

## Rajonivritti (Perimenopause) - Ayurvedic Disease Review

Dr. Kaveri Patil<sup>1</sup>, B.A.M.S; Dr. Shobha B Nadagouda<sup>2</sup>, B.A.M.S, MS (Ayu)

<sup>1</sup>PG Scholar, <sup>2</sup>Professor and HOD,

<sup>1,2</sup>Department of PG Studies in Prasooti Tantra and Stree Roga,

SVM Ayurvedic Medical College and R.P.K Hospital, Ilkal, Karnataka, India

### ABSTRACT

Period there is gradual but progressive loss of ovarian follicular activity. Perimenopause is a period around menopause (40-55 year) presenting with Psychological & somatic symptom such as mood disturbance, insomnia, anxiety, memory loss, irritability, weakness, pain, stiffness, tension, headache. In this society everyone is attentive towards a women in her illness or during her pregnancy but no one and she herself is not concern about the disturbances felt during perimenopausal period. In ayurvedic classics under the heading of artavakshaya the age of Rajonivritti is said to be around 50 yrs. Prevalence of psychological & somatic symptoms is seen in 80% of women at perimenopausal period. Symptoms and disturbance observed in perimenopause period are vata kupita lakshana, For symptomatic management as well as for prevention in modern medical H, R.T is recommended in spite of its benefits overall compliances with HRT is poor. In addition to high price it has many side effects like weight gain, Breast cancer, tenderness and pain in breast.

**KEYWORDS:** Rajonivritti, Perimenopause, Dosha, Dhatu

### INTRODUCTION

“Tadvarshatdwadashat kaale vartamanamasrik punah| Jarapakwashareeranam yaati panchashat kshayam|” S.Sha 3\10

Menstruation starts at the age of 12 years and continuing in regular periods every month stops at the age of 50 when the body is fully in grip of senility. It is a common observation that the physiological state of a body and mind do not remain one and the same throughout the life span. At certain periods taking into consideration these physiological changes, a womens life divided into three different stages which are called as Epochs. The rough criterion for grouping is the age, but the main aim of grouping is to point out the physiological state of the body during that epoch.

Perimenopause implies to immediately before and after the cessation of periods.

Rajonivritti; rajonivritti is not described as a pathological condition or severe health problem in Ayurvedic classics. The ancient achryas termed it as a normal physiology.

**How to cite this paper:** Dr. Kaveri Patil | Dr. Shobha B Nadagouda "Rajonivritti (Perimenopause) - Ayurvedic Disease Review" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-5, August 2022, pp.1760-1763, URL: www.ijtsrd.com/papers/ijtsrd51743.pdf



Copyright © 2022 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



“Tadvarshatdwadashat kaale vartamanamasrik punah|

Etymology;

The term Rajonivritti is made up of two different words viz, “Rajah” and “Nivritti”.According to Sanskrit language the root word for Rajah is given as which means to give colour to the substance. The word Rajah is used synonymously for various substances like,

- Arthava or streepuspa(Menstrual blood)
- Rajah guna(A type of manas dosha)
- Parag(Pollen grains of flower)
- Renu(Minute dust particle)

Nivritti;

The word nivritti is derived from Sanskrit varnas ina and trit. Acharya Hemchandra have coated the synonyms of the word nivritti like Apravritti, Uparama, Virati, Vyaparati, Uparati etc. Meaning of these all words can be summerised as below.

- Accomplishment, Fulfillment

- Completion, End
- Discontinuance of the influence of one rule over another
- Resulting
- Ceasing, desisting, abstaining form
- Inactivity
- Impropropriety
- Final beatitud.

### RAJONIVRITTI KALA:- (AGE OF MENOPAUSE)

Though Rajonivritti as a diseased condition is not described separately in the classics, Rajonivrittikala is mentioned by almost all acharyas without any controversy, few direct references are available regarding it, like

According to Sushruta and various other references too. (A.S. Sha. 1/11; A.H. Sha. 1/7; B.P. Pu. 3/1, 204), 50 years is mentioned as the age of Rajonivritti, when the body is fully in grip of senility. Acharya Arundatta opines that the age mentioned above is a probable age and not a fixed one. There may be some variation in this regard. (Arundatta on A.H. Sha. 1/7). Considering the variations, factors influencing it, can be logically quoted as either environmental or the individuality of a women. As Ayurveda has given more importance to Ahara and Vihara in the maintenance of health these factors too, should be considered for this fluctuation.

### NIDANA OF RAJONIVRITTI:-

As it is already mentioned that Rajonivritti is not described in the classics as a separate disease there is no information available regarding its Nidana, Purvarupa, Rupa, Samprapti etc. So, to understand

### DOSHAJA LAKSHANAS OF RAJONIVRITTI

Vataja Lakshan	Pittaja Lakshan	Kaphaja Lakshanas
❖ Sandhi Vedana	❖ Ushnanubhuti	❖ Hrid dravatva
❖ Shirah Shula	❖ Daha	❖ Bhrama
❖ Hrid Spandanadhikya	❖ Swedadhikyata	❖ Raukshaya
❖ Hasta-Pada Supti	❖ Ratrisweda	❖ Angamarda
❖ Shabda Asahisnuta	❖ Trisha	
❖ Bala Kshaya	❖ Mutradaha	
❖ Adhmana	❖ Glani	
❖ Atopa	❖ Yonidaha	
❖ Vibandha		
❖ Anidra / Alpanidra		
❖ Bhrama		
❖ Katishula		

### B. Dhatukshayaja lakshanas:-

As this condition is a sequel of generalized dhatukshayajanya avastha, the symptoms of dhatukshaya are also observed in the patients of rajonivritti, which can be grouped according to the individual dhatukshayaja lakshanas as follows.

this condition as a disease, certain basic principles have to be considered here. Concentrating on the probable Nidanas (etiological factors) regarding the condition Rajonivritti, few factors can be squeezed out. Some of these factors are mentioned by Acharyas in the context of ‘‘Rajah utpatti’’ hetus, too. These factors can be considered as Rajah nivritti hetus also. Besides this, some very specific factors also can be considered as the causative factors for Rajonivritti which all are enlisted below.

1. KALA
2. SWABHAVA
3. VAYU
4. KARMA / ENVIRONMENT
5. DHATUKSHAYA
6. ABHIGHATA etc...

### LAKSHANAS OF RAJONIVRITTI:-

As there is no direct reference available regarding lakshanas of rajonivritti in the Ayurvedic classics, the clinical symptoms manifested by the patients of rajonivritti have to be considered and can be grouped under following Ayurvedic parameters.

- (A) Doshaja lakshanas.
- (B) Dhatukshayaja lakshanas.
- (C) Manasika lakshanas. Artavanas

### A. Doshaja Lakshanas:-

According to available symptoms, differentiation can be done as Vataja lakshanas, Pittaja lakshanas and Kaphaja lakshanas. As this condition is characterized by generalized vata vriddhi, the Vataja lakshanas are more dominantly observed than other two (Pittaja and Kaphaja) lakshanas.

Dhatukshayaja Lakshanas						
Rasakshaya	Raktakshaya	Mamsa Kshaya	Meda Kshaya	Asthikshaya	Majjakshaya	Shukrakshaya
Shabdhasahatva	Twakarukshata	Sphik Gandadi Shushkata	Anga Rukshata (i.e, vaginal dryness)	Asthitoda	Asthi Saushirya	Yoni vedana
Hridhravatva	Sira Shaithilya	Toda	Shrama	Danta-Nakha-Kesha-Roma (Rukshata)	Asthi Saushirya	Shrama
Shula		Rukshata	Shosha	Sandhishaitilya	Asthi toda	Daurbalya
Shrama		Gani	Krushata		Daurbalyaa	Panduta
Shosha		Sandhi Sphutana			Bhrama	
Trisha		Sandhi Vedana			Tamodars hana	

### C. Manasika lakshanas:-

After considering the clinically observed features of rajonivritti through Ayurvedic point of view, dividing them in doshaja and dhatukshayaja lakshanas certain psychological symptoms also commonly observed due to vitiation of Monovaha srotas. So these symptoms can be grouped under the heading of manasika lakshanas as follows:-

MANASIKA LAKSHANAS		
❖ Krodha	❖ Bhaya	❖ Alpa Harsha and Priti
❖ Shirah	❖ Chinta	❖ Utsaha hani
❖ Shula	❖ Dwesha	❖ Parakrama
❖ Shoka	❖ Medhahras	❖ Hani
❖ Vishada	❖ Smriti hras	❖ Dairya Hani

These symptoms are very troublesome to the patients as well as for physician. Some times that disturbed the whole family happiness of the patients. So, it is very necessary to treat these symptoms with proper medical help as well as counseling and family support too.

Types of Rajonivritti

1. Kalaja
2. Akalaja

Rajonivritti i, which occurs as per Svabhava and Kala, is timely, at probable age of 50, is Kalaja Rajonivritti. Cause of Akalaja Rajonivritti is as stated above.

### PROBABLE PATHOGENESIS BEHIND VARIOUS SYMPTOMS:-

After describing the clinical features of rajonivritti, it is very important to understand the probable pathogenesis behind these symptoms. So, here an attempt has been made on the basis of few basic principles to know the pathogenesis of every symptom under the heading of Doshaja, Dhatukshayaja and manasika lakshanas.

Rajonivritti occurs at Sandhi Kala of Praudhawastha and Jarawastha, where Vata starts overpowering Pitta Dosha and leads to Kshaya of all Dhatus. Gradual decline of all Dhatus occurring in Jarawastha is a natural process. Svabhava, Jara, Vayu and Karma act as Nidana as previously mentioned for pathogenesis of Rajonivritti. Vata Dosha is the major factor contributing in Kshaya of all Dhatus. Vata Dosha manifests all the symptoms by its Ruksha, Khara, Chala etc. properties. During Praudhawastha, Pitta Dosha is also provoked along with Vata, hence symptoms of Pitta Vriddhi are also present along with Vata.

Sadhyasadyata of Rajonivritti

As Rajonivritti is categorized under Svabhavika Vyadhi, according to Acharya Caraka, 'Svabhavo Nishpratikriyaha' i.e. by nature they are incurable. But the disease manifests again if the treatment is discontinued. Thus the Svabhavika diseases are Yapya in nature. Chakrapani while commenting on the word 'Nishpratikriya' says that these diseases cannot be managed with any treatment other than Rasayana.[14]

Chikitsa of Rajonivritti Janya Lakshana (Perimenopausal Syndrome)

Rajonivritti is classified under Swavabhavika Vyadhi occurring at the end of Praudhawastha and beginning of Jarawastha. Chakrapani while commenting on the word 'Nishpratikriya' says that these diseases cannot be managed with any treatment other than Rasayana. [14]

### CONCLUSION

The age between 40-50 years in women can be termed as "perimenopause syndrome", when there are acute physical and psychological changes. This is the age when her body begins to prepare for facing the scars of aging and perimenopause. The changes in women's body at any given time are attributed to hormonal levels. Ayurveda classifies different phases of women's lifetime according to status of Dhatu and Dosha. Raja Pravritti and Raja Nivritti are solely dependent on condition of Dhatu and Dosha. Rajonivritti is a biomarker of aging in women. From the division of her life span, it can be taken as Sandhikala of Madhyamawastha and Jarawastha. The age of perimenopause is agreed as around 40-50 years in Ayurveda as well as in modern science. In this phase the Pitta Dosha is responsible for most of the menopausal symptoms occurring in climacteric.

Estrogen levels declining in perimenopausal state and postmenopausal state is held responsible for various diseases women faces in her latter half of life like

osteoporosis. As postmenopausal period falls under Jarawastha, the dominant Vata Dosha of this stage contributes in the occurrence of age related conditions according to Ayurvedic view. Use of Rasayana herbs with Vata Pittashamaka properties proves to be effective in managing Rajonivritti Janya Lakshana.

### REFERENCES

- [1] Acharya YT. Charak Samhita with Ayurveda Deepika Commentary of Chakrapani. Reprint edn, RashtriyaSanskrit Sansthanam Varansi (India), 2004; p. 280.
- [2] Sharma PV. Sushruta Samhita with Nibandha samgraha commentary of Dalhana. Edn 7, Chaukhamba Orientalia, Varanasi (India), 2002; p. 155.
- [3] Sharma PV. Sushruta Samhita with Nibandha Samgraha commentary of Dalhana. Edn 7, Chaukhamba Orientalia, Varanasi (India), 2002; p. 155.
- [4] Acharya YT. Charak Samhita with Ayurveda Deepika Commentary of Chakrapani. Reprint edn, Rashtriya Sanskrit Sansthanam, Varansi (India), 2004; p. 514.
- [5] Prof. P. V. Tewari. Ayurvediya Prasutitantra Evam striroga Part-1, Prasutitantra, Rerint Chaukhambha Orientalia, Varansi (India). 2009; p. 38.