

MENOPAUSAL SYNDROME

(RAJONIVRITTI JANYA LAKSHANA SAMUCCHAYA)



Ashoka



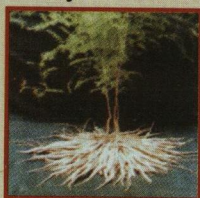
CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India

What is Menopausal syndrome (Rajonivritti JANYA LAKSHANA SAMUCCHAYA)?

Menopause is a natural phenomenon in elderly women, defined as permanent cessation of menstruation due to loss of ovarian function, occurs in the age between 45-55 years. The related physiological & psychological changes due to the above reason are termed as **Menopausal syndrome**.

What is the impact of Menopausal syndrome (Rajonivritti Janya Lakshana Samucchaya)?

- Irregular menses, Hot flushes, Dyspareunia, Pruritis, Vaginal dryness, Stress incontinence
- Anxiety, Insomnia, Mood swings, Depression, Irritability
- Perspiration, palpitation, headache
- Bony/joint pains, Osteoporosis
- Sleep disturbances
- Breast tenderness



Shatavari

How Ayurveda manages Menopausal syndrome (Rajonivritti Janya Lakshana Samucchaya)?

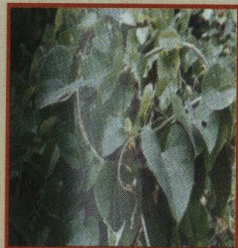
According to Ayurvedic views menopause is a natural occurrence not a disease or harmful condition.

- Preventive measures like using Rasayana drugs and adopting life style modifications in the early life

- Adequate counseling

Some useful Ayurvedic Formulations:

- Ashokarista
- Lodhrasava
- Usheerasav
- Chandanadi loha
- Amalaki Rasayana
- Mukta shukti



Guduchi



Amalaki

What are the useful medicinal plants for Menopausal syndrome (Rajonivritti Janya Lakshana Samucchaya)?

- Ashoka (Saraca indica)
- Shatavari (Asparagus racemosus)
- Amalaki (Phyllanthus emblica)

- Guduchi (Tinospora cordifolia)
- Yashtimadhu (Glycyrrhiza glabra)
- Mandukaparni (Centella asiatica)
- Kumari (Aloe vera)
- Ashwagandha (Withania somnifera)
- Asthi shrinkhala (Cissus quadrangularis)



Mandukaparni

Specific Do's and Don'ts

Do's:

- Balanced diet, fresh seasonal fruits, ghee, milk treated with turmeric
- Godhuma (wheat), old Rice, Mudga (green gram), Soya
- Medicated oil massage, walking, yogasanas and meditation breathing exercises, practicing personal and social good conduct.

Don'ts:

- Heavy and unwholesome food, excess pungent, salty and sour food items, mustard oil, etc
- **Alcohol**, Smoking, intaking of excess tea, coffee, hot bath
- Excessive physical exertion

Important Scientific References & Reading material

➤ Prof.P.V.Sharma:, Charaka Samhita Vol. 1 and 2 (Text with English Translation), Chaukhamba Orientalia, Gokul Bhawan, K-37/109, Gopal Mandir Lane, Varanasi-1 (India) 1st edition, 1983.

➤ Pandey S., Vaidya A. B. et al., Evaluation of Anti-oxidant & lipid modulating effects of Soy isoflavones & root powder of Glycyrrhiza glabra Linn. in Peri/post-menopausal women, Indian Drugs, 43(2), Feb.2006, p.130-135



Ghrita Kumari



Ashwagandha