MENOPAUSAL SYNDROME
(RAJONIVRITTI JANYA LAKSHANA SAMUCCHAYA)

Ashoka

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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
- Bone/joint pains, Osteoporosis
- Sleep disturbances
- Breast tenderness

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

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)

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