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Rajonivritti : A Physiological Study

Anita Bhardwaj¹, Deepak kumar Sharma²

¹Associate Professor, Dept. of Kriya Sharira, Rajkiya Ayurvedic, Yoga avam Prakritik Mahavidhyalaya, Jaipur, Rajasthan, India.

²Chief Medical Officer (Ayurveda), ESIC Model Hospital, Jaipur, Rajasthan, India.

ABSTRACT

Perimenopause has become an important health issue for women with increasing life expectancy. Most of Perimenopausal women experience various somatic & Psychological symptoms. *Rajonivritti* is considered as a normal physiological process in body, which is an indication of *Jaravastha* (ageing) in women's life. Ageing is natural in every individual that is "*Nishpratikrya*", that means it cannot be stopped. In this study total 100 women were selected for the evaluation of physiological status of *Rajonivritti*. These all women divided into two groups, (A) Premenopausal, (B) Post menopausal. The women in whom menstruation stops at least 12 consecutive months, put into post menopausal class. A Survey questionnaire was prepared for the details about physiology & other information. In this study, it was observed that food-habits, lifestyle, Sleep pattern, *Kostha*, *Agni* effect the *Rajonivritti*. *Jara*, *Vata Vridhi*, *Pitta Vridhi*, *Kapha Kshaya*, *Artava Kshaya* etc. all these factors play a role in causing symptomatology of perimenopausal syndrome.

Key words: *Rajonivritti*, *menopause*, *physiology*, *Jaravastha*.

INTRODUCTION

From the time immemorial woman has an important place in the society. Women are of prime importance to get a healthy. Women take many journeys in their lives : puberty and childbearing are two events that spring to mind and menopause is another. Menopause is an age old phenomenon that might have been occurring with the inception of human society.

तद् वर्षात् द्वादशात् काले वर्तमानसृक् पुनः ।

जरापक्व शरीराणाम् याति पंचाशतः क्षयम् ॥ (सु.शा.3/9)

This quotation of *Sushruta* points out the start and end

Address for correspondence:

Dr. Anita Bhardwaj

Associate Professor, Dept. of Kriya Sharira, Rajkiya Ayurvedic, Yoga avam Prakritik Mahavidhyalaya, Jaipur, Rajasthan, India.

E-mail: dr.animahi@gmail.com

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of the reproductive life of a female. Menopause is permanent cessation of menstruation at the end of reproductive life that occurs around the age 50 due to ovarian follicular inactivity.

The cause of menopause is "burning out" of ovaries. Throughout a woman's reproductive life, about 400 of the primordial follicles grow into mature follicles and ovulate, and hundreds of thousands of ova degenerate. At about age of 45 years the production of estrogens by the ovaries decreases as the number of primordial follicles approaches zero.^[1]

Some important factors that affect menopause are – 1) Kala 2) Swabhava 3) Vayu 4) Karma 5) Dhatukshaya 6) Abhigata

1. *Kala* - according to *Charaka*, old age and death are natural and due to result of time. So menopause is a natural process related to time.^[2]
2. *Swabhava* - *Acharya Charaka* told that any object has cause in his origin but no cause for his destroy. So menstruation is a physiological product, and has natural phenomena to destroy.^[3]
3. *Vayu* - due to increase of *Vata Dosha Vridhavastha*, *Dhatukshaya*, *Rukshata* and *Shosha* may occur.

4. *Dhatukshaya* - in old age *Annarasa* is not nourish all the tissues not properly, it is result into *Dhatukshaya* by *Rasakshaya* and menopause is the result of *Dhatukshaya*.^[4]
5. *Karma* - Ayurveda believes in *Karma* for all the phenomena, there is two types of *Karma*, *Purvajanmakrita* and *Ihajanma Krita*. On average, women who smoke cigarettes experience menopause significantly earlier than non-smokers.^[5]
6. *Abhighata* - *Acharya Sushruta* told that *Abhighata* in *Artva Vaha Srotas Mula* (*Garbhashaya* and *Artavavahi Dhamani*) is result in *Aratvanasha*. So, *Akalaja Rajonivritti* occurs due to *Abhighata* in *Artavaha Srotasa*.^[6]

The typical age range for the menopause is between the ages of 45 and 55 years. In some developing countries, such as India, the median age of natural menopause is considerably earlier, at 44 years.

Clinical impression has suggested that mothers and daughters tend to experience menopause at the same Age.^[7]

Both users and non users of HRT (Hormone replacement therapy) identify lack of energy as the most frequent and distressing effect.^[8]

She requires changes in life style based on Ayurvedic principles including exercises, optimistic outlook and emotional assurance and above all a safe remedy which can reduce the serious short and long term consequences of hormonal decline and can slow down aging.

MATERIALS AND METHODS

100 women were selected for survey to understand the subject 'Rajonivritti : A Physiological Study.

Following parameters had been used in the selection of women ;

1. Women those are between the age of 40 – 50 years were selected for study.
2. Women those are below the age of 40 years and above 55 years were not included in this study.

3. Women those are suffering from any serious diseases were not selected for study.
4. Women those both ovaries were removed by surgery were also not selected.
5. Women those ovaries were inactivated by chemotherapy or radiotherapy were also not included in this study.

All the selected women were divided into two groups.

6. Prememopause
7. Postmemopause

The women whom menstruation stop atleast 12 consecutive months, put into Postmemopause.

A survey questionnaire was prepared for the details about physiology and other information under the following topics that was studied.

- (A) Vital statistic or Demography
- (B) General Physiological Examinations
- (C) Ashtavidha Pareeksha
- (D) Description of menstruation and delivery

Symptoms related to Menopause

Symptoms due to *Vata*^[9,10,11]

1. *Aniyamita Masika Chakra* (Irregular Menstrual cycle)
2. *Hridaspandana* (Palpitation)
3. *Adhmana* (Flatulence)
4. *Yoni Shushakata* (Vaginal Atrophy)
5. *Vibandha* (Constipation)
6. *Smritihras* (Loss of memory)
7. *Anidra* (Insomnia)
8. *Adhira* (Anxiety)
9. *Shirashoola* (Headache)
10. *Katishoola* (Backache)
11. *Shandishoola* (Joint Pain)
12. *Ayasa* (Fatigue)

13. *Toda* (Pricks & Pins sensation in Body)

14. Irritability

15. *Maithunakrichata* (Dyspareunia)

16. *Twakaparushaya* (Skin Dryness)

Symptoms due to *Pitta*^[9,10,11]

1. *Ushnabhitapa* (Hot Flushes)

2. *Swedadhikya* (Excessive Sweating)

3. *Mutradaha* (Burning Micturation)

4. *Krodha* (Anger)

Symptoms due to *Kapha Dhosa*^[9,10,11]

1. *Avashada* (Depression)

2. *Sthaulaya* (Weight Gain)

3. *Yonirava* (Vaginal Secretion)

4. *Alasya* (Lethargy)

Other major disorder

1. Osteoporosis

2. Cardio-vascular Diseases

3. Recurrent UTI

4. Recurrent vaginal infections

5. Genital Prolapse

6. Breast-Pain

OBSERVATION AND RESULTS

Age

SN	Age class (In years)	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	% Total	
1.	40-45	23	39.6%	8	19	31
2.	46-50	26	44.8%	24	57.1	50
3.	51-55	9	15.5%	10	23.8	19

Religion

SN	Religion	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	% Total	
1.	Hindu	56	96.5	36	85.7	92
2.	Muslim	2	3.4	5	11.9	7
3.	Other			1	2.4	1

Residence

S N	Residence	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	Rural	20	34.5	10	23.8	30
2.	Urban	38	65.5	32	76.2	70

Occupation

S N	Occupation	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	Service	1	1.7	4	9.5	5
2.	Labour	11	19.0	11	26.2	22
3.	Housewife	46	79.3	27	64.3	73

Economical Status

S N	Economic Status	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	LIG	9	15.5	12	28.6	21
2.	MIG	43	74.1	27	64.3	70

3.	HIG	6	10.3	3	7.1	9
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Educational Status

S N	Educationa l Status	No. of women				Total n=10 0
		Premenopausal		Postmenopausal		
		Total 58	%Tota l	Total 42	%Total	
1.	Illiterate	7	12.1	4	9.5	11
2.	Primary	20	34.5	18	42.9	38
3.	Secondary	12	20.7	8	19	20
4.	Grad.	15	25.9	6	14.3	21
5.	Post-grad.	4	6.9	6	14.3	10

Marital Status

S N	Marital status	No. of women				Total n=10 0
		Premenopausal		Postmenopausal		
		Total 58	%Tota l	Total 42	%Tota l	
1.	Married	57	98.3	41	97.6	98
2.	Unmarrie d	1	1.7	1	2.4	2

Life-Style

SN	Life- style	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	Active	29	50	12	28.6	41
2.	Inactive	29	50	30	71.4	59

Food Habits

S N	Food habits	No. of women				Total n=10 0
		Premenopausal		Postmenopausal		
		Total 58	%Tota l	Total 42	%Tota l	
1.	Vegetaria n	40	69-0	27	64-3	67
2.	Non veg.	18	31-0	15	35-7	33

Sleep

SN	Sleep	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	<i>Samyaka</i>	22	37-9	20	47-6	42
2.	<i>Ati</i>	5	8-6	5	11-9	10
3.	<i>Alpa</i>	18	31-0	14	33-3	32
4.	<i>Vishama</i>	13	22-4	3	7-1	16

Bowel

SN	Bowel	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	<i>Samyaka</i>	19	32-8	14	33-3	33
2.	<i>Ati</i>	7	12-1	5	11-9	12
3.	<i>Alpa</i>	9	15-5	6	14-3	15
4.	<i>Vishama</i>	23	39-7	17	40-5	40

Micturition

S N	Micturiti on	No. of women				Total n=10 0
		Premenopaus al		Postmenopaus al		
		Total 58	%Tota l	Total 42	%Total	
1.	<i>Samyaka</i>	17	29-3	11	26-2	28
2.	<i>Ati</i>	5	8-6	5	11-9	10
3.	<i>Alapa</i>	10	17-2	5	11-9	15
4.	<i>Vishama</i>	26	44-8	21	50-0	47

Koshtha

S N	Koshtha	No. of women				Total n=10 0
		Premenopaus al		Postmenopaus al		
		Total 58	%Tota l	Total 42	%Tota l	

1.	Krura	15	25-9	17	29-3	32
2.	Madhyama	37	63-8	22	52-4	59
3.	Mridu	6	10-3	3	7-1	9

Agni

S N	Agni	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	Mandagni	12	20-7	8	19-0	20
2.	Tikshnagni	7	12-1	7	16-6	14
3.	Samagni	13	22-4	7	16-6	20
4.	Vishamagni	26	44-8	20	47-6	46

Past-history of Menstruation

S N	Past-History of Menstruation	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	Regular	47	81-0	30	71-4	77
2.	Irregular	11	26-2	12	29-6	23

Age of Menarche

S N	Age of Menarche	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	12-14 yrs.	40	69-0	28	66-6	68
2.	10-12 yrs.	11	26-2	10	23-8	21

3.	14-16yrs.	7	12-1	4	9-6	11
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Present History of Menstruation

S N	Present History of Menstruation	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	Regular	16	27-6	-	-	16
2.	Irregular	42	72-4	-	-	42
3.	Absent	-	-	42	100	42

Contraceptive History

S N	Contraceptive History	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	Yes	54	93-1	29	69-0	83
2.	No	4	6-9	13	31-0	17

Parity

SN	Parity	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	0	2	3-4	2	4-7	4
2.	1	5	8-6	3	7-1	8
3.	2	9	15-5	6	14-3	15
4.	Multi-para	42	72-4	31	73-8	73

Symptoms which were found in Perimenopausal Syndrome

Symptoms due to Vata

S N	Symptoms	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	<i>Aniyamita Masika Chakra</i> (Irregular Menstrual cycle)	48	82-8	0	0	48
2.	<i>Hridspandana</i> (Palpitation)	18	31-0	14	33-3	32
3.	<i>Adhmana</i> (Flatulence)	39	67-2	23	54-8	62
4.	<i>Yoni Shushakata</i> (Vaginal Atrophy)	49	84-5	39	92-8	88
5.	<i>Vibandha</i> (Constipation)	41	70-7	22	52-4	63
6.	<i>Smritihras</i> (Loss of memory)	33	56-9	26	61-9	59
7.	<i>Anidra</i> (Insomnia)	31	53-4	17	40-5	48
8.	<i>Adhira</i> (Anxiety)	43	74-1	29	69-0	72
9.	<i>Shirashoola</i> (Headache)	42	72-4	27	64-3	69
10.	<i>Katishoola</i> (Backache)	41	70-7	30	71-4	71
11.	<i>Shandishoola</i> (Joint Pain)	42	72-4	26	61-9	68
12.	<i>Ayasa</i> (Fatigue)	49	84-5	32	76-2	81
13.	<i>Toda</i> (Pricks & Pins sensation in Body)	47	81-0	30	71-4	77

14.	Irritability	50	86-2	33	78-6	83
15.	<i>Maithunakrichata</i> (Dyspareunia)	47	81-0	37	88-0	84
16.	<i>Twakaparusha</i> (Skin Dryness)	43	74-1	38	90-4	81

Symptoms due to Pitta

S N	Occupation	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	<i>Ushnabhita</i> (Hot Flushes)	47	81-0	33	78-6	80
2.	<i>Swedadhikya</i> (Excessive Sweating)	43	74-1	30	71-4	73
3.	<i>Mutradaha</i> (Burning Micturition)	31	53-4	21	50-0	52
4.	<i>Krodha</i> (Anger)	35	60-3	24	57-1	59

Other major disorder

S N	Disorder	No. of women				Total n=100
		Premenopausal		Postmenopausal		
		Total 58	%Total	Total 42	%Total	
1.	Osteoporosis	43	74-1	28	66-6	71
2.	Cardio-vascular Diseases	21	36-2	20	47-6	41
3.	Recurrent UTI	36	62-1	24	57-1	60
4.	Recurrent vaginal infections	31	53-4	17	40-5	48

5.	Genital Prolapse	6	10-3	8	19-0	14
6.	Breast Pain	40	69-0	29	69-0	69

DISCUSSION

Women selected for this study were between the age range of 40-55 years. Highest frequency, 50% was observed between 46-50 years of age, 31% women had their menopause between age 40-45 years & 19% between 51-55 years of age.

Out of 42 postmenopausal women 24 women were between 46-50 years of age, following average menopausal age between 46-50 years. 68% women in our study group had their menarche between 12-14 years of age and as the figures of pre and postmenopausal women in all the frequency groups were same, study indicate that there is no relation between age of menarche & menopause.

Maximum numbers of women (70%) belong to urban area. The reason for that high frequency of urban women can be their sedentary, stressful, fast and competitive life-style.

Women from middle socio-economic class were maximum (70%) probably because they face a more stressful life, though the lower economical group women also have problem they suffer more from social & comfortable lives and have the money & the mean to more their life for the better.

Observation related to marital status of selected women show that the majority of women were married. This is according to general structure of Indian society. 73% of women in the study were multipara.

92% of the women in study were Hindus. Highest frequency of Hindus may be due to predominance of Hindu community in surrounding area.

89% women were educated. Working women 27% suffer less from symptoms of menopause than housewife (73%).

59% women's life were inactive while 41% women life were active. It indicates that inactivity increases during menopause.

67% of women in this study were vegetarian while remaining 33% were non vegetarian. Only 42% women were having *Samyaka Nidra* supporting the fact that incidence of sleep was very less during menopause.

28% of women were having *Samyaka Mutra Pravritti*, 47% were having *Vishama Mutra Pravritti*, 15% having *Alpa Mutra Pravritti* & remaining 10 % were having *Ati Mutra Pravritti*. It is suggesting that *Vata Dosha* is more prone in perimenopausal women.

72.4% of premenopausal class women were having irregular menstrual bleeding remaining 27.6% were having regular menstrual bleeding. It is suggesting that irregular menstrual bleeding is one of the main symptoms of perimenopausal syndrome. It happens due to decrease of Germ cells & oocytes.

Maximum women, 83% were using the contraceptive. Only 17% women were not using the contraceptive. No conclusion can be drawn from this data.

Symptoms of *Kshaya* of all seven *Dhatus* & *Oja* were observed. Most of the symptoms of *Dhatu Kshaya* were related to *Vata* & *Pitta Dosha*, supporting to *Vridhhi* of *Vata* & *Pitta* and *Kapha Kshaya*, that main causative factor of this menopausal syndrome.

82.8% women of the premenopausal class were having *Yathochitakala Darshana*, that due to *Vata Prakopa* and *Artava Kshaya*.

CONCLUSION

Age of menopause is not related to religion, socio-economical-status, academic level, marital-status, Age of menarche, using of contraceptive and parity. Irregularity in menstrual bleeding is seen before menopause is suggesting that irregular menstrual is one of the main symptoms of perimenopausal syndrome. According to study average menopausal age is between the age of 46-50 years. According to study menopause is not effected by food-habits, life-style, *Nidra*, *Mala Pravritti*, *Mutra Pravritti*, *Koshtha* and *Agni*. Maximum numbers of were having *Yathochitakala Darshana*, 84% were having *Maithunakrichata*, 48% having vaginal infection. It is suggesting that degenerative changes in genital organs occur during perimenopausal stage. Symptoms of

Sapta Dhatu Kshaya, Vata Prakopa, Pitta Prakopa and Kapha Kshaya, Artava Kshaya and Jaravastha were observed in perimenopausal women.

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