

## AYURVEDIC INTERVENTION IN THE MANAGEMENT OF RAJO NIVRITTI: A CLINICAL CASE STUDY

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Article Received on  
21 May 2025,

Revised on 10 June 2025,  
Accepted on 30 June 2025

DOI: 10.20959/wjpr202513-37500



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### ABSTRACT

Menopause, or Rajo Nivritti in Ayurveda, marks the cessation of menstruation and reproductive capability in women, typically occurring between 45 and 55 years of age. While modern science attributes menopause to declining estrogen levels, Ayurveda describes it as a natural Vata-dominant phase associated with Dhatu Kshaya and aging (Jara). This case study presents an Ayurvedic approach to manage menopausal symptoms with an integrative line of treatment. The integration of Ayurved Rasayana, lifestyle modification, and Shodhan and Shaman treatment can offer effective, personalized care in menopausal management.

**KEYWORDS:** Menopause, Rajo Nivritti, Vata Dosha, Artava Kshaya, Rasayana, Ayurveda, Aging, Dhatu Kshaya.

### INTRODUCTION

Menopause is a natural biological event characterized by the permanent cessation of menstruation. Menopause (Rajo Nivritti) marks a transition in a woman's life with significant physiological and psychological changes. In modern medicine, it is associated with ovarian failure and reduced estrogen levels. In Ayurveda, this transition is known as Rajo Nivritti, a stage that corresponds to the later part of a woman's life where

Vata Dosha predominates. This review aims to explore the Ayurvedic etiology, pathophysiology, and holistic treatment modalities for Rajo Nivritti.

## Concept of Rajo Nivritti in Ayurveda

### Definition

"Rajo Nivritti" literally means cessation of menstrual flow. Charaka Samhita mentions that menstruation generally ceases by the age of 50 (Charaka Sharira 1/15).

Dosha and Age

Lifephases

- Kapha (childhood)
- Pitta (adulthood)
- Vata (oldage)

Menopause marks entry into Vata-dominant stage → symptoms arise due to Vata prakopa and Dhatu kshaya.

Pathogenesis

- Artava Kshaya: Decline in reproductive tissue
- Jara: Degenerative aging process
- Vata Prakopa: Imbalance causes dryness, anxiety, joint pain, and irregular cycles

### Clinical Features of Rajo Nivritti (Ayurvedic View)

Ayurvedic Concept	Modern Concept
Vata Prakopa	Anxiety, insomnia, dryness
Pitta Aggravation	Hot flashes, irritability
Dhatu Kshaya	Weakness, fatigue, osteoporosis
Ojas Kshaya	Immunity reduction, aging

### CASE PRESENTATION

A 51-year-old female presented with complaints of hot flashes, irritability, insomnia, joint pain, vaginal dryness, and generalized weakness for the past 8 months. Her menstrual history revealed cessation of menstruation for the last one year. She had no history of diabetes or hypertension and was not on hormone replacement therapy.

### Ayurvedic Diagnosis

Based on classical Ayurvedic assessment, she was diagnosed with Rajo Nivritti (Menopausal syndrome) with Vata predominance. Dosha involved: Vata Pradhana Tridosha Dushti Samprapti Ghatak.

Dushya: Rasa, Rakta, Shukra, Majja

Srotas: Artavavaha, Majjavaha

Rogamarga: Abhyantara

### Management Plan

The treatment was planned in three steps

#### 1. Shodhana (Bio-purification)

- Matra Basti with Ashwagandha Taila – 60 ml for 7 days
- Virechana with Avipattikar Churna – 10 gm for 3 days

#### 2. Shamana (Palliative treatment)

- Ashwagandha (4gm) + Shatavari Churna (4gm) with warm milk – twice daily
- Yashtimadhu Churna (4gm) with honey
- Amalaki Rasayana – 500 mg twice daily
- Dashamoola Kwath – 20 ml twice daily

#### 3. Ahara-Vihara (Diet and lifestyle)

- Warm, nourishing, Vata-pacifying diet
- Gentle Yoga, Meditation, and regulated sleep

### Outcome and Follow-Up

Symptom	Day 0	Day 30	Day 60
Hot flashes	5–6/day	2–3/day	Rare
Sleep quality	Poor	Improved	Good
Mood swings	Frequent	Occasional	Rare
Joint pain	Moderate	Mild	Minimal
Vaginal dryness	Severe	Mild	Minimal
Weakness	Low	Better	Good

## DISCUSSION

Ayurveda recognizes menopause not as a disorder but a physiological milestone that requires balance. The symptoms result from aggravated Vata and depleted Dhatus, especially Artava. Unlike modern HRT (hormone replacement therapy), Ayurveda emphasizes natural therapies like Rasayana, Ahara-Vihara, and Panchakarma, offering a holistic, individualized, and safer alternative for managing menopausal symptoms. This case illustrates the successful application of Ayurvedic principles in managing menopause-related symptoms. The use of Matra Basti helped in pacifying aggravated Vata Dosha, while Rasayana drugs rejuvenated depleted Dhatus. The integrative approach involving diet, lifestyle, and Panchakarma therapies played a significant role in achieving symptomatic relief Management of Rajo Nivritti in Ayurveda.

### Panchakarma Treatment

- Basti (Vata shamak): Matra Basti with medicated oils (e.g., Ashwagandha Taila)
- Virechana (Pitta control): Mild purgation with herbs like Trivrit, Avipattikar

### Rasayana Therapy (Rejuvenation)

- Ashwagandha – Anti-stress, Vata-nashak
- Shatavari – Supports reproductive health
- Guduchi, Amalaki – Immunomodulators
- Yashtimadhu – Anti-ulcer, rejuvenating

### Ahara (Diet)

Warm, unctuous, nourishing foods. Ghee, milk, dates, sesame – balance Vata and Pitta.

### Vihara (Lifestyle)

Regular sleep, gentle yoga, meditation. Avoid fasting, over-exertion, and mental strain.

## CONCLUSION

Menopause or Rajo Nivritti, as explained in Ayurveda, is a Vata-dominant phase characterized by Artava Kshaya and Jara. Proper lifestyle management, Rasayana herbs, and Panchakarma procedures can significantly improve the quality of life in menopausal women. Integrating Ayurvedic principles in clinical practice offers a time-tested, holistic framework for menopausal care. Ayurvedic treatment offers a safe, effective, and holistic alternative for the management of Rajo Nivritti. Individualized therapy based on Dosha, Dhātu, and Srotas provides sustained relief and improves overall quality of life during the menopausal

transition. From this case study RajoNivritti Patients can be managed by Ayurveda treatment. For proper functioning of Aartava vaha strotas balance apan vayu needed. Imbalance cause dushti (Diseases) in Aartava vaha strotas. This is single Case Study but large scale study need with more number of patients.

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