

Conceptual Review Study of Rajo Nivruttijanya Lakshanas

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Abstract

Today, in the era of information and technology, the whole scenario has been changed. Women have a multidimensional attitude and enjoy special place in the society by reaching all kind of heights by their spectacular physical and mental performance in almost all possible fields. The laws of Manu may not be relevant today. Yet! Is reality "really" very different today? Answer certainly would be No. Problems of different age group of women are still present and the most suffering age group is forty-plus due to change in reproductive life by permanent cessation of menstruation causing untoward physical and mental agonies called as menopause. Every woman faces varies physiological and psychological changes during this "change of life" as a part of hormonal derangement. Sometimes such disturbances attain the stage of disease or syndrome called as "Menopausal Syndrome" which is accompanied by various vasomotor, psychological, genital, locomotors and GIT related symptoms.

Keywords- Multidimensional, Mental Performance, Menopausal, GIT etc.

Introduction-

To study menopausal disorder it is very essential to know the Prakriti of female reproductive system. From childhood to old age many changes occurs in female – reproductive system. Hence there exist a considerable difference of reproductive organs in a child, young lady and in lady after menopause. In childhood reproductive organs have to mature properly. In child bearing period the genital organs undergo periodical cyclic changes every month whereas during and after menopause regressive changes take place in the genital organs. Thus the necessity arises to study and understand the anatomy and physiology of female reproductive system, and this is dealt here in neither descriptive nor indescriptive way. But, for the sake of understanding of the subject it's worthwhile to have a brief description as follows.

The female genital tract has been mentioned by Acharyas, in short, in Ayurvedic texts. The anatomical peculiarities such as Bahiramukha Strotas, Artavavaha Strotas, Peshies, Nadies, Dhamani, Shiras, Yoni, Ashaya, which are directly related to the present context are described in Samhita¹.

Aim :

Conceptual review study of Rajo nivruttijanya lakshanas.

Objectives :

To Study the Rajonivrutti as per Ayurveda classical and focus on Ayurveda review Rajonivrutti.

Materials -

Source of Data - E-Journal, Dhallan Commentary, Sushruta Samhita, Sharangadhara Samhita, Vagbhata Samhita, Charaka Samhita.

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Methods

To compile available literature on Rajonivrutti and to compile the importance of Rajonivrutti Lakshana in appearance of disease. This is literary research study. In this articles all the references from Ayurveda Samhita and respective commentaries regarding – “Conceptual review study of Rajo nivruttijanya lakshanas”

Review of literature-

Etymology :-

The term 'Rajonivritti' is made up of two different words viz. "Rajah" and "Nivritti".

Rajah :-

According to Sanskrit language the root word for "Rajah" is given as which means to give colour to the substance. i.e.

The word Rajah is used synonymously for various substances (Amarkosha) like,

- Artava or stripushpa (Menstrual blood)
- Raja Guna (A type of Manas dosha)
- Parag (Pollen grains of flower)
- Renu (Minute dust particles)
- Synonym of a plant named Parpata etc.

Rajonivrutti:-

Thus, the whole term Rajonivritti means end of Artava Pravritti or cessation of menstruation.

Rajonivritti Kala :- (Age of Menopause)^{2,3}

"तद् वर्षाद् द्वादशादूर्ध्वं याति पश्चातः क्षयम्।

तद्वर्षाद् द्वादशात् काले वर्तमानमसृक् पुनः!! (सु.सु. 14/6)

जरापक्वशरिराणां याति पश्चातः क्षयम्!! " (सु.Sha. 3/11)

Though Rajonivrutti as a diseased condition is not described separately in the classics, Rajonivrutti kala is mentioned by almost all Acharya 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 Rajonivrutti, 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 variations 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 heath, these factors too, should be considered for this fluctuation.

Hetu 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 this condition as a disease, certain Basic principles have to be considered here. Concentrating on the probable Nidanans (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

Types of Rajonivritti :-⁴

"ते चतुर्विधाः आगन्तवः, शारीराः, मनसाः, स्वाभाविकाश्चेति!" (सु.सु.1/24)

Ayurvedic science has divided all diseases into 4 major types.

Agantu, Sharira, Manas and Swabhavika. Concentrating on 'Swabhavika' type; it is described that this type includes all those conditions, which are naturally occurring. Acharya Sushruta has mentioned a group of naturally occurring diseases under the heading of swabhavabala pravritta includes Kshudha

(Hunger); Pipasa (Thirst), Nidra (Sleep), Jara (Aging) and Mrityu (Death).

Further Acharya Dalhana has commented over it as, In the same manner, Rajonivritti too is a naturally occurring condition in every woman as that of Jaravastha etc. Swabhavika Vyadhies. So Rajonivritti also can be divided into two types.

- 1) Kalaja Rajonivritti
- 2) Akalaja Rajonivritti

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

Sadhyasadyata :-

Sadhyasadyata of Rajonivritti is not mentioned separately in classics, but as mentioned earlier, Rajonivritti is a Swabhavika Vyadhi as that of Jara and Mrityu. Acharya Charaka considered them as, i.e. by nature they are incurable or having no treatment. (Cha. Sha. 1/115)

Acharya Chakrapani while commenting on this verse, mentions that the word "Nish Pratikriya" means ordinary treatment and measures have no effect on aging (\cong Rajonivritti) but it is "Yapya" by Rasayana treatment. Acharya Dalhana also comments that there exists not any treatment to Kalakrita. They may be made "Yapya" by Rasayana, dietetics etc. Rajonivritti is also a naturally occurring condition and having good number of similarity with the process of aging, it should be considered as "Yapya" condition. 'Yapya' is partial amenability of disease to treatments. Rather a person lives with the disorder without cure but without disturbed by the disease. Because it is said that in "Yapya" stage the disease recurs immediately after the treatment withdrawn

Menopause

Etymology :-

The term Menopause is made up of two words viz.'Meno' and 'Pause'.

Meno = month = Related to menses

Pause = Pausis = Stopping, Cessation.

Thus the word Menopause refers permanent cessation of menstruation.

Definition :-

Menopause is defined as the permanent cessation of menstruation at the end of reproductive life resulting from the loss of Ovarian follicular activity.

The clinical diagnosis is confirmed following stoppage of menstruation for six (or twelve) consecutive months, for which, there is no other obvious pathological or physiological cause. As such, a woman is declared to have attained Menopause only retrospectively. It is an event rather than a period of time.

Different terms Regarding Menopause -

1) Climacteric - The word climacteric is derived from a Greek word means a step of a stair (the word climax means a gradual ascent to a peak or height)

In practice, the terms Menopause and climacteric are used interchangeably, but they refer to essentially different condition. Climacteric is the physiologic period in woman's life during which there is regression of the ovarian function and may start two of three years before the Menopause and continue for two to five after it.

2) Premenopause : (The period prior to Menopause) - The term premenopause is often used ambiguously to refer to the one or two years immediately before the Menopause or to refer to the whole of the reproductive period prior to Menopause. The group recommended that the term be used consistently in the latter sense to encompass the entire reproductive period up to first menstrual period (WHO).

3) Postmenopause : (The period after Menopause) - The term is defined as dating from the final menstrual period regardless from of

whether the Menopause was induced or spontaneous (WHO)

4) Perimenopause : (The period around Menopause) - The perimenopause encompasses the time before, during and after Menopause.

5) Menopausal transition / Perimenopausal transition - The years' prior to Menopause that encompass the change from normal ovulatory cycles to cessation of menses are known as the perimenopausal transition.

6) Premature Menopause - If the Menopause occurs at or below the age of 40, it is said to be premature. In developing countries, the age of 40 years is frequently used as an arbitrary cut-off point; below which Menopause is said to be premature (WHO).

7) Induced Menopause - The term induced menopause is defined as the cessation of menstruation following either surgical removal of both ovaries (with or without hysterectomy) or iatrogenic ablation of ovarian function. (e.g. by Chemotherapy or radiation)

8) Menopausal Syndrome - Menopausal syndrome can be defined as a group of relatively characteristic symptoms which attains the stage of disease or syndrome produced by the process of Menopause

Age of Menopause -

Designating the average age of Menopause has been somewhat difficult. On the basis of various cross-sectional studies, it can be concluded that the age of Menopause ranges between 45 to 55 years, average (median age) being 50 years, varying from 47 to 51 years.

Factors influencing on the age of Menopause :

The age of natural Menopause appears to be determined genetically and does not seem to be related to age of menarche or age at last pregnancy. It is also not related to number of pregnancies, lactation or ovulations; use of contraceptives; or failure to ovulate spontaneously. It is also unrelated to race, height, weight, socio-economic conditions, education heavy physical work etc.

Probable Samprapti of Rajonivritti:-⁵

"वार्धक्ये वर्धमानेन वायुनां रसशोषणात्!

न तथा धातुर्वृद्धिं स्यात् ततस्त्रानिलं जयेत् !! (भा.प्र.पु. 2/193)

As the pathogenesis of rajonivritti is not elaborately described in as such Ayurvedic text, few points should be taken into consideration (including nidanas which are already described previously) in this regard. First of all classics have quoted the age around 50 years as the probable age for rajonivritti. This age limit is dominated by "Vata dosha" and obviously it easily is get vitiating during this time.

Result & Discussion

In today's era, horizons of the Ayurvedic treatment in regard to Stri-roga has increased tremendously. For Almost all Gynecological Problems, patients are turning to the Ayurvedic treatment modality. Irregularities of menstrual cycles, white discharge or infertility and such other complaints can be tried to solve efficiently by this medical science. Now a days, the Sequel of Menopause is turning out in a major health problem for women and Gynecologists too. Hormonal imbalance produced by this condition, is the base for various Physical as well as Psychological manifestations. Out of these, physical problems are nicely tackled by Modern medical Science

Conclusion -

The present study entitled as "**Conceptual Review Study of Rajo Nivruttijanya Lakshanas**" has been planned. In this study, a new angle in understanding the condition - Menopause is laid down, also giving much importance to Psychological Manifestations of this condition.

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