

A Critical Review Of Rajonivriti Awastha And Menopausal Syndrome In Ayurveda

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Cite this paper as: Dr. Nisha Mor, Dr. Darshana, Dr. Shashank Nautiyal (2025) A Critical Review Of Rajonivriti Awastha And Menopausal Syndrome In Ayurveda. Journal of Neonatal Surgery, 14, (2) 389-393

Date of Acceptance -08/01/2025

Date of Publication-24/02/2025

ABSTRACT

Rajonivriti Awastha is a natural physiological stage in a woman's life where menstrual cycle gradually stops due to age-related decline in reproductive function. In modern science, this condition is understood as menopause, usually associated with hormonal changes and symptoms such as hot flushes, mood changes, sleep disturbance, vaginal dryness, fatigue, joint pain, weight gain, and psychological instability. In Ayurveda, Rajonivriti is not described as a disease, but as a natural stage of life occurring mainly due to Jara Awastha, Dhatukshaya, predominance of Vata Dosha, and gradual decline of Artava. The symptoms seen during menopause can be understood through imbalance of Vata Dosha, associated involvement of Pitta Dosha, depletion of Rasa Dhatu, Rakta Dhatu, Meda Dhatu, Asthi Dhatu, and disturbance of Manas. Proper understanding of Rajonivriti Awastha helps in planning preventive, promotive, and supportive care for women during this transitional phase. Ayurveda gives importance to Rasayana, balanced Ahara, proper Vihara, mental relaxation, Abhyanga, Yoga, and lifestyle correction for maintaining health during menopause. This review highlights the Ayurvedic understanding of Rajonivriti Awastha, its relation with menopausal syndrome, probable Samprapti, clinical features, and preventive approach....

Key Words: Rajonivriti, Menopause, Vata Dosha, Dhatukshaya, Jara Awastha, Menopausal Syndrome.

INTRODUCTION

Rajonivriti Awastha is an important transitional phase in the life of a woman, where the regular monthly menstruation gradually ceases. The word Rajonivriti is formed from Raja meaning menstrual blood and Nivriti meaning cessation or stoppage. In modern medical science, this stage is known as menopause and is confirmed when menstruation stops permanently for 12 consecutive months, without any pathological cause. It commonly occurs between 45 to 55 years of age and represents the end of reproductive capacity.1

In Ayurveda, Rajonivriti is considered a natural phenomenon related to aging. It is mainly associated with Jara Awastha, decline of Dhatu, reduction in Artava, and increase of Vata Dosha. Although it is a physiological condition, many women experience troublesome symptoms due to improper adaptation of the body and mind during this stage. These symptoms may include irregular menstruation, hot flushes, irritability, insomnia, anxiety, dryness of skin and vagina, body ache, fatigue, joint pain, and reduced strength.2

Menopausal syndrome is not only a gynecological condition but also a systemic and psychological issue. It affects physical health, emotional balance, family life, and social productivity of women. Ayurveda provides a holistic view of this stage by focusing on balance of Dosha, nourishment of Dhatu, proper lifestyle, mental stability, and use of Rasayana therapy. Therefore, critical review of Rajonivriti Awastha is useful for understanding menopause in a broader preventive and therapeutic manner.3-

AIM AND OBJECTIVES

Aim

To critically review *Rajonivriti Awastha* and menopausal syndrome from an Ayurvedic perspective.

Objectives

To understand the concept of *Rajonivriti Awastha* in *Ayurveda*.

To correlate *Rajonivriti* with menopausal syndrome.

To study the probable role of *Dosha*, *Dhatu*, *Agni*, and *Manas* in menopausal symptoms.

To explain the probable *Samprapti* of menopausal syndrome.

To highlight Ayurvedic preventive and supportive measures for healthy menopausal transition.

MATERIAL AND METHODS

This study is a conceptual review based on Ayurvedic classical texts, modern medical concepts, and available literary sources related to *Rajonivriti Awastha* and menopausal syndrome. The Ayurvedic concepts of *Jara*, *Artava Kshaya*, *Vata Vriddhi*, *Dhatukshaya*, *Rasayana*, *Ahara*, and *Vihara* were reviewed and interpreted in relation to modern menopausal symptoms. The collected material was analyzed critically to understand the physiological, pathological, and clinical aspects of menopause through Ayurvedic principles.

CONCEPTUAL STUDY

Rajonivriti Awastha

Rajonivriti means permanent cessation of menstruation. It is a natural condition occurring due to gradual decline of reproductive function. In *Ayurveda*, menstruation is related to *Artava*, which is considered as an important factor in female reproductive health. When age advances, *Artava* gradually decreases and finally ceases. This stage is called *Rajonivriti Awastha*. This condition is not directly mentioned as a disease in classical texts. It is considered a natural outcome of aging. However, when this transition is associated with physical and mental discomfort, it may be understood as a disturbed state due to imbalance of *Dosha* and depletion of *Dhatu*.⁴

Age Factor in *Rajonivriti*⁵

In Ayurvedic understanding, reproductive ability is strongest during young and middle age. With advancing age, the body enters into *Jara Awastha*, where natural decline of strength, tissue quality, fertility, and immunity occurs. Due to this age-related decline, *Artava* also becomes reduced and menstruation stops. Modern science explains menopause as ovarian follicular depletion and reduction of estrogen production. This can be correlated with *Artava Kshaya*, *Beeja Kshaya*, and *Dhatukshaya* in *Ayurveda*.

Menopausal Syndrome

Menopausal syndrome refers to a group of symptoms occurring before, during, or after menopause. These symptoms may vary from woman to woman. Some women may have mild symptoms, while others may suffer from severe disturbances.⁶

Common symptoms include:

Irregular menstruation

Hot flushes

Excessive sweating

Palpitation

Insomnia

Mood swings

Irritability

Anxiety

Depression

Dryness of skin

Vaginal dryness

Joint pain

Backache

Fatigue

Weight gain

Reduced sexual desire

Urinary complaints

Role of *Vata Dosha* in *Rajonivriti*

During aging, *Vata Dosha* naturally increases in the body. Menopause also occurs during the age when *Vata* dominance becomes more prominent. Therefore, many menopausal symptoms can be explained through aggravated *Vata Dosha*. Dryness of skin, vaginal dryness, joint pain, backache, insomnia, anxiety, restlessness, constipation, and weakness are mainly related to *Vata Vriddhi*. Due to the mobile, dry, light, and unstable nature of *Vata*, the woman may experience both physical and psychological instability during this period.⁷

Role of *Pitta Dosha*

Symptoms like hot flushes, excessive sweating, irritability, anger, burning sensation, and disturbed sleep indicate the involvement of *Pitta Dosha*. In many women, menopause presents with heat-related symptoms. These can be understood as *Pitta Prakopa* along with *Vata* disturbance. When *Pitta* is aggravated, it affects emotional balance, metabolism, skin, and heat regulation. Therefore, menopausal syndrome can be considered as a mixed condition where *Vata* is the main *Dosha*, but *Pitta* may also be involved.⁸

Role of *Kapha Dosha*

Although menopause is mainly related to *Vata* dominance, *Kapha Dosha* may also play a role in some women. Weight gain, heaviness, lethargy, water retention, low mood, and sluggish metabolism may occur due to *Kapha Vriddhi* and *Agni Mandya*. In women having sedentary lifestyle and improper diet, *Kapha* and *Meda Dhatu* involvement may become more prominent. This may increase the risk of obesity, diabetes, hypertension, and metabolic syndrome after menopause.⁹

Role of *Dhatukshaya*

Dhatukshaya is one of the major causes behind menopausal symptoms. Due to aging, nourishment and quality of body tissues gradually reduce. In menopause, depletion of *Rasa Dhatu* may cause dryness, fatigue, and poor nourishment. Depletion of *Rakta Dhatu* may cause weakness, hot sensation, and reduced vitality. Depletion of *Mamsa Dhatu* may cause reduced muscle tone and body strength. Depletion of *Asthi Dhatu* is very important in menopause because it may lead to joint pain, backache, bone weakness, and risk of osteoporosis. In *Ayurveda*, *Asthi Dhatu* has a close relationship with *Vata Dosha*, so *Vata Vriddhi* may further worsen bone-related symptoms.¹⁰

Role of *Agni*

Proper *Agni* is necessary for digestion, tissue nourishment, strength, and immunity. During menopause, irregular lifestyle, stress, improper food habits, and age-related decline may disturb *Agni*. Due to *Agni Mandya*, formation of proper *Dhatu* becomes affected. This may lead to fatigue, heaviness, indigestion, weight gain, constipation, and metabolic imbalance. Therefore, correction of *Agni* is an important Ayurvedic principle in menopausal care.¹¹

Role of *Manas*

Menopause also affects mental and emotional health. Mood swings, irritability, anxiety, depression, disturbed sleep, and lack of confidence are commonly seen. In *Ayurveda*, these symptoms may be related to disturbance of *Manas*, *Rajas*, *Tamas*, and *Manovaha Srotas*. Hormonal changes, family responsibilities, social pressure, aging concerns, and physical symptoms together may affect mental stability. Therefore, mental health care is equally important in the management of menopausal syndrome.¹²

Ayurvedic View on Prevention and Care

The main approach of *Ayurveda* in *Rajonivriti Awastha* is not only symptom control but also maintenance of health. This includes proper *Ahara*, *Vihara*, *Rasayana*, *Yoga*, *Pranayama*, adequate sleep, mental relaxation, and regular daily routine. Use of nourishing diet, mild exercise, oil massage, meditation, and stress management can help women pass through menopause with better physical and mental stability.

SAMPRAPTI OF DISEASE

Ageing / *Jara Awastha*

- ↓ Natural decline of reproductive function
- ↓ Reduction of *Artava* and ovarian activity
- ↓ *Artava Kshaya* / hormonal decline
- ↓ Increase of *Vata Dosha* due to age and *Dhatukshaya*
- ↓ Associated involvement of *Pitta Dosha* and sometimes *Kapha Dosha*
- ↓ Disturbance of *Agni* and improper *Dhatu Poshana*

- ↓Depletion of *Rasa, Rakta, Mamsa, Meda, and Asthi Dhatu*
- ↓Disturbance of *Manas* and *Manovaha Srotas*
- ↓Physical symptoms: dryness, joint pain, fatigue, hot flushes, sweating, weakness
- ↓Psychological symptoms: irritability, anxiety, insomnia, mood swings
- ↓Clinical manifestation of menopausal syndrome

FINDINGS OF STUDY

Rajonivriti Awastha is a natural physiological stage, not a disease.

Menopausal syndrome occurs when the body fails to adjust properly to this transition.

Vata Dosha plays the most important role in menopausal symptoms.

Pitta Dosha involvement explains hot flushes, sweating, irritability, and burning sensation.

Kapha Dosha involvement may be seen in weight gain, heaviness, and metabolic changes.

Dhatukshaya is a major cause of weakness, dryness, joint pain, and bone-related problems.

Asthi Dhatu Kshaya may be correlated with post-menopausal bone weakness and osteoporosis.

Disturbed *Agni* contributes to indigestion, fatigue, weight gain, and poor tissue nourishment.

Psychological symptoms are related to disturbance of *Manas, Rajas, Tamas, and Manovaha Srotas*.

Ayurvedic care through *Ahara, Vihara, Rasayana, Abhyanga, Yoga*, and mental relaxation may help in reducing menopausal discomfort.

DISCUSSION

Rajonivriti Awastha is a natural stage in the female life cycle. It represents the end of reproductive ability and beginning of an age-related physiological transition. Modern science explains it mainly through estrogen deficiency and ovarian follicular depletion. In *Ayurveda*, the same process can be understood through *Artava Kshaya, Dhatukshaya*, and predominance of *Vata Dosha* during *Jara Awastha*. This shows that both systems accept menopause as a natural biological change, but *Ayurveda* gives a wider view by including body, mind, digestion, tissue strength, and lifestyle.¹³

The clinical symptoms of menopausal syndrome can be clearly interpreted through Ayurvedic principles. Dryness, insomnia, constipation, anxiety, joint pain, and body ache indicate *Vata Prakopa*. Hot flushes, sweating, anger, and burning sensation show *Pitta* involvement. Weight gain, heaviness, and lethargy indicate *Kapha* and *Meda Dhatu* involvement. This suggests that menopausal syndrome may not be the same in every woman. The symptoms depend on *Prakriti*, diet, lifestyle, mental condition, tissue strength, and previous health status.¹⁴

The Ayurvedic approach is highly useful because it focuses on prevention and quality of life. Instead of treating menopause only as a hormonal event, *Ayurveda* explains it as a whole-body transition. Proper diet, daily routine, *Rasayana*, oil massage, mild exercise, *Yoga, Pranayama*, and mental relaxation can help in reducing symptoms and maintaining strength. Early care before menopause may also reduce severity of symptoms. Therefore, *Rajonivriti Awastha* should be managed with a preventive, promotive, and individualized approach.¹⁵

CONCLUSION

Rajonivriti Awastha is a natural physiological condition related to aging, but it may become troublesome when associated with *Dosha* imbalance, *Dhatukshaya*, disturbed *Agni*, and mental stress. Menopausal syndrome can be understood mainly as a *Vata Pradhana* condition with associated involvement of *Pitta, Kapha, Dhatu, and Manas*. Ayurvedic principles provide a holistic understanding of this stage and offer safe supportive measures through proper *Ahara, Vihara, Rasayana, Abhyanga, Yoga*, and mental health care. Thus, *Ayurveda* can play an important role in improving the physical, psychological, and social well-being of women during menopause.

CONFLICT OF INTEREST - Nil.

SOURCE OF SUPPORT - None.

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