ABSTRACT
The journey of womanhood start from the day the girl child is born. She passes through the phases of childhood, adolescence, youth, elderly and finally to geriatric. The two milestones in her life are menarche and menopause herald the reproductive period of life. Menopause is a physiological phenomenon, literally means cessation of menses and this follows loss of ovarian activity in women. This is a transition between reproductive and non-reproductive potential. Stress and sedentary modern lifestyle disturbs this transitional phase and impairs the quality of life. In Ayurveda, Menopause is termed as ‘Rajonirruttu’. Menopausal symptoms are regarded as imbalance of the Doshas and dhatu kshaya. As it is vata vridhi avastha, line of treatment should be vata shamaka, balya, jeevaniya, rasayanam, rasadi dhatu vardhaka. Hence Kushmanda Rasayana and Ashwagandha – Arjuna Ksheerapaka are selected for this case study.

KEYWORDS: Menopausal syndrome, Rajonirruttu, Kushmanda rasayana, Ashwagandha-Arjuna Ksheerapaka.

INTRODUCTION
Woman, a marvelous creation of almighty goes through variable stages during her reproductive life. Menarche and Menopause are the landmarks of reproductive stage of woman's life.

Menopause is generally defined as cessation of periods for 12 months due to cessation of ovarian function resulting in permanent amenorrhea. Menopause is thus a gradual and natural transitional phase of adjustment between the active and inactive ovarian function and occupies several years of a women's life. Menopausal transition is characterized by varying degree of somatic and psychological changes. The period may be uneventful or may manifest through various symptoms. The group of symptoms is known as "Menopausal Syndrome". The hormonal changes that spur the end of menstruation affect entire bodies from the texture of skin to bones.

Postmenopausal women usually have low levels of estrogen and progesterone, with little fluctuation and no cyclicity. Symptoms are due to hormonal changes of the menopausal transition and adverse life style factors.

In Ayurveda, Menopause is termed as Rajonirruttu. Menopause is delt with the Jara Pakwa Avastha, Jara and Rajonirruttu are manifested due to progressive reduction in the functional ability of Srotas and Agni, which results into an inadequate tissue nutrition. This nutritional imbalance triggers the irreversible degenerative changes in dhatu, leading to Shukra kshaya. Though, Menopause is a natural event as a part of the normal process of aging, it is turning into a major health problem in recent years in developed as well as developing countries like India. Being an alarming problem, it needs an effective and safe treatment. It is important therefore to address Menopause related disease and apply prophylactic measures, so that menopausal women can lead an enjoyable and healthy life.

CASE REPORT
A 50-year-old married woman visited the OPD of Prasooti Tantra And Stree Roga, SKAMCH & RC, on 11th November 2017 with the complaints of severe perspiration in night, fatigue, irritability and depression since 1 month.

Past history: No H/O DM/HTN/Thyroid dysfunction or any other medical or surgical history.

Family history: No history of similar problem in any of the family members.

Personal History
Diet – Non vegetarian.
Appetite- Decreased
Bowel- Once /day.

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Micturition - 5-7 times/day 2-3times/Night.
Sleep – Disturbed sleep

Menstrual history
Attained menopause 1-year back.

**ASHTA STHANA PAREEKSHA**

<table>
<thead>
<tr>
<th>Dosi</th>
<th>Shamsaka</th>
<th>Vayu</th>
<th>Vriddhi</th>
<th>Aahara vihaara</th>
<th>Prakruti</th>
<th>Dasha</th>
<th>Vrika Shodhini</th>
<th>Sroto</th>
<th>Pancha</th>
<th>Dhatu Vighatana</th>
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<tbody>
<tr>
<td>Nadi</td>
<td>80 bpm</td>
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<td>Mootra</td>
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<td>Mala</td>
<td>Once a day.</td>
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**Yonishoola shamaka, Vajikarana, Garbhashaya shothahara, Yonisoolahara, Balya, Brihmiya, Rasayana properties.**
The Drug Arjuna has Rakta stambhana, Sandhantiya, Raktavahini shothahara, Hridya, Mutra-sangrahaniya shamaka, Tvak prasadana, Medohara, Vishaghana, Balya properties. Milk is Alpabhishyanda, Rasayana, Jeevaneeya, Mediya, Balya, Pathya, Ruchya, Vrishya, Pushtikara.

By these properties of these drugs improves in Sroto Vahana and enhancement of Rasa Nirmana, proper nourishment leads to Vata Shamana this helps in Samprapti Vighatana and ultimately leads to Lakshanopashamana. By making Ksheerapaka of these drugs the Kaphakarita of milk is decrease and Rookshata of Arjuna and Ashwagandha is removed and by its Madhura, Guru, Snigdha, Ushna, Shalakshana, Manda properties it helps in Vata Shamana, also milk is rich in Calcium which acts as a bone supplement.

In Ashwagandha – Arjuna Ksheerapaka, the drug Ashwagandhas has Deepana, Anulomana, Raktabhara shamaka, Vijikarana, Garbhashaya shothahara, Yonisoolahara, Balya, Brihmiya, Rasayana properties.

**DISCUSSION**

Menopause occurs during Madhyama Avastha of life. This phase can be considered as transitory phase from Pitta dominance to Vata and Sama domination. During this phase, Saptadhu starts to decline and Vata Dosha start to aggravate. Most of the menopausal symptoms are due to aggravated Vata-Pitta Dosha and Saptadhatukshaya. As it is vata viridi avastha, the selection of treatment and pathya aahara vihaara should be vata shamaka, balya, jeevaniya, rasayanam, rasadi dhatu vardhaka. Hence Kushmanda Rasayana and Ashwagandha – Arjuna Ksheerapakaa are selected for this case study.

In Ashwagandha – Arjuna Ksheerapaka, the drug Ashwagandhas has Deepana, Anulomana, Raktabhara shamaka, Vijikarana, Garbhashaya shothahara, Yonisoolahara, Balya, Brihmiya, Rasayana properties. The Drug Arjuna has Rakta stambhana, Sandhantiya, Raktavahini shothahara, Hridya, Mutra-sangrahaniya shamaka, Tvak prasadana, Medohara, Vishaghana, Balya properties. Milk is Alpabhishyanda, Rasayana, Jeevaneeya, Mediya, Balya, Pathya, Ruchya, Vrishya, Pushtikara.

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In Kushmanda rasayanam, kushmanda is a major ingredient, it helps to relieve symptoms persisting owing to the menopausal and post menopausal stage. Drugs like shunti, pippali, moricha, dhanyaka, jiraka, ela are katu rasa and ushna veerya. It acts as vatakaphahara, deepana, pachana. It helped in agni pradipti and dhatu

**OBSERVATION AND RESULTS**

**Table 1 – Changes in signs and symptoms before and after treatment.**

<table>
<thead>
<tr>
<th>Signs and symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
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<tbody>
<tr>
<td>Night sweats</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Irritability</td>
<td>Present</td>
<td>Absent</td>
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<td>Depression</td>
<td>Present</td>
<td>Absent</td>
</tr>
<tr>
<td>Decreased appetite</td>
<td>Present</td>
<td>Absent</td>
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<td>Sleep</td>
<td>Disturbed</td>
<td>Sound</td>
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pushti by prasasta dhatu nirmana. Pippali drug acts as a medhya, mano indriya tarpaka which helps in chinta, shoka and sleep disturbance.

Kushmanda rasayanam improves the nourishment to dhatu, boosts immune system and increases the anabolic activity. Helps in formation of prasasta dhatu after getting transformation by respective bhutagni and Dhatvagni. It also helps to prevent the adverse effect of menopausal syndrome.

CONCLUSION
Only few scattered references are available in the classics regarding Rajonirvrutti stage of women. Rajonirvrutti as a diseased condition is not described in the classics at all as it is the physiological state of life. All the Acharyas have mentioned 50 years as the age of Rajonirvrutti. Factors like Kala, Swabhava, Vayu, Dhatukshaya, Karma, Abhighata etc. seem to be main underlying causative factors of Rajonirvrutti. Menopausal symptoms are more distressing problem of present era due to changed responsibility of present day female leading to altered life style e.g. excessive use of body and brain (of female’s) who are made supple by nature. Considering the samprapti of Rajanivritti it is observed that the drugs having Rasayana - Balya and Vayasthapana properties are helpful at this stage.

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