

A CASE STUDY ON “EFFICACY OF *RASAYANACHURNA* AND *PRANAYAMA* IN THE
MANAGEMENT OF *RAJONIVRITTILAKSHANASW. S. R.* TO POSTMENOPAUSAL
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ABSTRACT

Menopause is a gradual and natural transitional phase of adjustment between the active and inactive ovarian function and occupies several years of a women's life and involves biological and psychological changes adjustments. This period is usually associated with unavoidable manifestation of aging process in women. The menopause can be correlated to '*Rajonivrutti*' in Ayurveda. *Rajonivrittias* a disease condition is not described separately in the classical texts of Ayurveda. According to Ayurveda *Rasayana* drugs are used to enhance general body resistance, promote longevity, as anti-stress and adaptogen. So, it was assumed that *RasayanaChurna* along with *Pranayama* would be effective in relieving Postmenopausal Symptoms. **Aims & Objectives** of the case study was to give better results in *Rajonivrutti Lakshanas* with the help of *Rasayanachurnam* and *Pranayama*. **Results**: - There was a very good relief seen with the help of the above medicine. **Conclusion**: - An estimated 80% of females experience physical or psychosocial symptoms while approaching menopause, leading to change in their quality of life. For this Ayurveda has better role in management and also helps in increasing the quality of life.

KEYWORDS: Ayurveda, *Rasayanachurnam*, *Pranayama*, *Rajonivrutti*, Postmenopausal Symptoms.**INTRODUCTION**

Menopause literally means the "end of monthly cycles" from the Greek word pauses (cessation) and the root men- (month). Menopause is an event that typically (but not always) occurs in women in midlife, during their late 40s or early 50s, and it signals the end of the fertile symptoms in one Phase of a woman's life. Post menopause is menopausal transitional period after menopause (40–55years). Menopause is a gradual and natural transitional phase of adjustment between the active and inactive ovarian function and occupies several years of a women's life and involves biological and psychological changes adjustments. This period is usually associated with unavoidable manifestation of aging process (*jaraavastha*)^[1] in women.^[2] The menopause can be correlated to '*Rajonivrutti*' in Ayurveda. *Rajonivrittias* a disease condition is not described separately in the classical texts of Ayurveda. According to Ayurveda *Rasayana* drugs are used to enhance general body resistance, promote longevity, as anti-stress and adaptogen. So, it was assumed that *RasayanaChurna* along with *Pranayama* would be effective in relieving Postmenopausal. *Rasayana Churna* is a classical Ayurvedic formulation which contains dried

powders of three rejuvenating drugs viz. *Guduchi* (*Tinospora cordifolia*), *Amalaki* (*Emblica officinalis*) and *Gokshura* (*Tribulus terrestris*).^[3,4] As name suggested, it is used in Ayurveda as *Rasayana* to enhance general body resistance, promote longevity, as anti-stress. So, it can be assumed that *Rasayana Churna* along with *Pranayama* would be effective in relieving postmenopausal symptoms in female patients.

MATERIALS AND METHODS

Present Case study was carried out in accordance with ethical principles & Good Clinical Practices. Informed written consent was taken from the patient in 2 languages and the case was recorded at OPD Level.

Site of study

Dr. D.Y.Patil School of Ayurveda, Maharashtra.

Case report

Patient age of 50years married came with complaints of Dryness of vagina, Dementia, Insomnia, Bilateral Knee joint pain, Lower Backache, Decrease in concentration, Libido since 2years.

History Of Present Illness Patient was apparently healthy 2yrs back later she developed with the above complaints for better management she came Dr.D.Y.Patil. School of Ayurveda OPD no - 08. Significant and relevant past illness was not observed.

Personal history Appetite- normal, takes food 3 times a day ,Bowel – once a day/no hard stools,no pain/ burning sensation/ itching on passing motions, Micturition – 7-8 times / day and 2 times in night, Sleep –Insomnia, not disturbed, No sleep at day time, Habits –Nil.

Menstrual history With LMP on 20:11:2017 patients had regular menstrual periods with duration of bleeding for 3-4 days with an interval of 28days and the flow within normal limits.

Marital life is of 30 years with no h/o consanguineous marriage.

Coital history: weekly once / Pain during coitus.

General examination Built: Moderate, Tongue: Clear, Pulse Rate: 78/Min, BP: 120/80mm Hg, Respiration Rate: 18/Min, Temp: A febrile.

Physical examination Dasavidha pariksha Prakriti – Vata, Kapha, Satmya – Madhyama, Vikriti – Kapha, Aharashakti – Madhyama, Sara – Astisara, Vyayama Shakti – Avara, Samhanana – Madhyama, Vaya – madhyama, Satva – Madhyama, Pramana – 149 CM.

Systemic examination: CNS: Normal, C.V.S: S1, S2 clear; RS: Normal.

Stanika pariksha P/A: soft, No tenderness, Breast examination: soft, No tenderness, P/S: cervix healthy; P/V: Ante Verted /Atrophied /Free Fornices.

Treatment plan

- *Rasayana Churna* orally and daily practice of *Pranayama*.
- Dose of *Rasayana Churna* : 6 gm twice a day (Total dose 12 gm / 01 Pala per day)
- Kala: *Apana kala* (Before Food)
- Anupana: *Ghrita* (quantity as required)

- *Anuloma – Viloma Pranayama*: The process of inhale and exhale the breath through right nose by closing the left nose, repeat the same for left nose by closing the right nose and these can be repeated for 10 to 15 times twice a day for 12 weeks in morning and evening before food.
- Duration of Treatment – 12 weeks.

DISCUSSION

Rajonivritti janya lakshana is a group of symptoms produced by degenerative changes, so *rasayana chikitsa* is described by *Acharyas* to combat the degenerative process of the body tissues. *Rasayana Churna* is a classical Ayurvedic formulation which contains dried powders of three rejuvenating drugs viz. *Guduchi* (*Tinospora cordifolia*), *Amalaki* (*Emblica officinalis*) and *Gokshura* (*Tribulus terrestris*)^[5,6] As name suggested, it is used in Ayurveda as *Rasayana* to enhance general body resistance, promote longevity, as anti-stress and adaptogen. So, it can be assumed that *Rasayana Churna* along with *Pranayama* would be effective in relieving postmenopausal symptoms in female patients.

CONCLUSION

An estimated 80% of females experience physical or psychosocial symptoms while approaching menopause, leading to change in their quality of life (QOL)^[7] These physiological and psychological changes are due to estrogen deficiency.^[8] Many symptoms found related to postmenopausal syndrome are hot flushes, irritability, mood swings, insomnia, dry vagina, difficulty concentrating, mental confusion, stress incontinence, urge incontinence, osteoporotic symptoms, depression, headache, vasomotor symptoms, insomnia etc. The formulation, *Rasayana Churna* contains three ingredients as, *Guduchi* (*Tinospora cordifolia*), *Amalaki* (*Emblica officinalis*) and *Gokshura* (*Tribulus terrestris*)^[9] *Pranayama* was found to be effective in relieving postmenopausal symptoms in female patients in previous clinical trials.^[10] The present case study is found to be effective in treating the symptoms of Menopausal scale (Ref Table¹) psychological got reduced from 8 to 5 score, physical symptoms got reduced from baseline score 13 to 8 by 12th week. So, *Rasayana churna* along with *Pranayama* found be significant in the management of *rajonivritti lakshanas* w. s. r. to postmenopausal syndrome.

Table-1: Menopause-Specific Quality Of Life Questionnaire (Menqol).

SL. NO	SCALE	SCORE	
		BASELINE	WEEK 12
1	VASOMOTOR	0	0
2	PSYCHOLOGICAL	8	5
3	SEXUAL	04	3
4	PHYSICAL	13	8

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