



Alleviating Rajonivritti Lakshanas: An Exploration of Yogic Practices

Dr. Rashmitha

Assistant Professor, Dept. of Yogic Sciences & Spirituality,
Central Sanskrit University, Shri Raghunath Kirti Campus, Devprayag, Uttarakhand-249301..
Email: dr.rashmitha@csu.co.in

Priyanka Bhat

Junior Research Fellow, Centre of Integrative Medicine & Research, AIIMS, New Delhi

Dr. Deb Kumar Das

Assistant Professor, Department of Yoga Sciences, NSHM College of Management Technology,
Durgapur, West Bengal.

ARTICLE DETAILS

Research Paper

Accepted: 20-03-2025

Published: 15-04-2025

Keywords:

Rajonivritti, Ayurvedic,
detoxification, *pranayama*,

ABSTRACT

Rajonivritti, a natural biological transition in women's lives, is often accompanied by a spectrum of physical, psychological, and emotional symptoms that can significantly impact the quality of life. While conventional medical treatments exist, there is a growing interest in complementary and integrative approaches, particularly yoga, for managing these challenges. This article mentions about Indian approach regarding the *Rajonivritti* as well as the potential benefits of yogic practices in alleviating common menopausal symptoms such as hot flashes, sleep disturbances, mood swings, anxiety, and musculoskeletal discomfort. By addressing the interconnectedness of the mind, body, and spirit, yoga offers a holistic framework for women to navigate the menopausal transition with greater ease, resilience, and well-being.

DOI : <https://doi.org/10.5281/zenodo.15222494>

Introduction

Rajonivritti is known as Menopause, which represents a major transition in women's lives characterized by the cessation of menstrual periods that result in various physiological, psychological, and hormonal changes. According to some Ayurvedic scriptures, *Rajonivritti* occurs about the age of fifty and is caused by a dosha imbalance, namely the aggravation of Vata Dosha and the depletion of Shukra Dhatu and Ojas. It is ovarian insufficiency and decreasing estrogen levels from a modern medical standpoint. Classical texts include symptoms like *Kati shula* (difficulty with the lower back), *Santapa* (hot flashes), *Anidra* (insomnia), and *Sharira daurbalya* (body weakness), which are consistent with modern clinical observations. The predominance of Vata Dosha is the cause of other menopausal symptoms, such as anxiety, sleeplessness, urinary problems, and osteoporotic changes. In addition, during this period, Pitta Dosha symptoms such as hot flashes, irritation, and weight gain—especially in the abdomen, which represents Kapha Dosha are observed.

The causative factors for *Rajonivritti* are *Kala*, *Swabhava*, *Vayu*, *Karma*, *Dhatukshaya*, and *Abhighata*. Types of *Rajonivritti* - Acharya Sushruta mentioned a group of naturally occurring diseases under the heading of *Swahavabala pravritta* including *Kshudha* (hunger), *Pipasa* (thirst) *Nidra* (sleep), *Jara* (aging), *Mrityu* (death). In some manner, *Rajonivritti* too is a naturally occurring condition in every woman as that of *Jaravastha*, etc., *Swabhavika Vyadhis*. So *Rajonivritti* period may be divided as *Kalaja Rajonivritti* which means, *Rajonivritti* occurs at the proper age (i.e., around 50 years of age and *Akalaja Rajonivritti* which means, *Rajonivritti* occur before or after its proper age. Vata dosha vitiation is the reason to occur at the age of 50 years. *Vata dosha vriddhi Lakshanas* are *Shirah Shula*/ headache, *Hrid Spandanadhikya*/ cardiac overload, *Shabda Asahisnuta*/ Aggression, *Bala Kshaya*/ body weakness, *Anidra / Alpanidra*/ insomnia, *Bhrama*/ delusion, *Katishula*/ backache, *Sandhi Vedana*/ joint pain. Pathogenesis of *Pitta Dosha* is *Daha*/ thirst, *Swedadhikyata*/ increased sweat, *Ratrisweda*/ night flushes, *Mutradaha*/ burning urination, *Glani*/ fatigue, *Yonidaha*/ vaginal dryness. Pathogenesis of *Kaphaja Dosha* is *Hrid dravatva*/tachycardia, *Bhrama*/delusion, *Raukshaya*/ dryness, and *Angamarda*/ body pain.

Effectiveness of Yoga: A lot of women are turning towards gentler and holistic healing methods to tackle this change. Yoga is an ancient Indian way of thinking aimed at achieving physical, mental, and emotional health and well-being for humans. It offers a complex and nuanced toolbox for reducing menopause symptoms. Its practices include a series of *asanas*, *pranayama*, *bandha*, *mudra*, *dhyana* and relaxation techniques. In short, the *asanas* are postures you do in every sort of way (bending, standing,



twisting, balancing) to help your body and mind be in unity, gain flexibility and strength, and reduce stress, anxiety, and fatigue. *Pranayama* is breathing technique emphasizing body awareness and mental relaxation during the performance. The techniques increase lung volume and ventilatory efficiency, enhance oxygen delivery to the blood and the brain, settle the nervous system, lower heart rates and blood pressure, support detoxification by eliminating metabolic end-products, and promote digestive function. Stress, anxiety, and depression, calms and steadying the mind, improving focus, and concentration, enhancing mindfulness and emotional regulation, and promoting relaxation and better sleeping. Meditation is a mental exercise that embodies the deliberate focus of one or more activities, with the goal of getting into a changed state of awareness, and a state of perception, attention, and cognition. Some asanas such as *Sarvangasana*, *viparitarani*, *bharadwajasana*, *marichyasana*, *janushirshasana* may also stimulate endocrine glands like the thyroid and pituitary that can aid hormonal balance. Gentle twists also help detoxify the body and promote healthy blood flow to the reproductive organs. Menopause causes swings in hormone levels that can cause increased stress, anxiety, and mood changes. Certain *pranayama* techniques specifically serve to calm the nervous system, reduce cortisol levels, and create a sense of inner peace, such as *Ujjayi* and *Nadi Shodhana*. Meditating on a regular basis also improves emotional resilience and may help control anxiety and depression. *Pranayama* techniques such as *Shitali* and *Sheetkari* are effective in controlling body temperature. Restorative asanas like *Savasana*, *Makarasana*, and *Supta Konasana* help to promote relaxation and reduce the intensity of hot flashes. Restorative yoga poses, like *supta vajrasana* and *Balasana*, calm the mind and put the body at ease to prepare for sleep. Another benefit of yoga is sleep-wake cycle regulation.

Gentle stretching asanas improve flexibility, strengthen muscles around the joints, and reduce stiffness. *Asanas* like *Virabhadrasana* and *Trikonasana* can build strength and stability. Weight-bearing yoga poses like *Utkatasana* and *Virabhadrasana* can help improve bone density and reduce the risk of osteoporosis, a concern for postmenopausal women. *Asanas* and *pranayama* techniques enhance blood circulation, delivering oxygen and nutrients to all parts of the body. This can combat fatigue and boost overall energy levels.

Conclusion: *Rajonivritti* or Menopause is a natural transition that doesn't have to be a period of suffering. Yoga offers a holistic and empowering approach to managing its various symptoms. By integrating gentle *asanas*, calming *pranayama*, and mindful meditation into their lives, women can find balance within, embrace this new chapter with vitality, and thrive during their menopausal journey.



References:

1. Dutta, D. C., & Konar, H. (2013). *Textbook of gynecology* (6th ed.). New Central Book Agency Pvt Ltd.
2. Acharaya, Y. T. (2005). *Sushrut Samhita with Nibandha Sangraha commentary by Dalhanaacharya* (8th ed.). Choukhamba Sri Orientalia.
3. Sembulingam, K. (2016). *Essentials of medical physiology* (7th ed.). Jaypee Brothers Medical Publishers.
4. Raman, K. (1998). *A matter of health* (2nd ed.). Eastwest Books (Madras) Pvt Ltd.
5. Patil, I. (n.d.). *An Ayurvedic overview of Rajonivrutti w.s.r. to menopausal syndrome: A conceptual approach*.