INTRODUCTION
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Inquisitiveness in human beings is an inherent quality by which attempt to alleviate the sufferings are made. Human ailments, affecting normal body functions and the way to get rid of them were written in Vedas, the earliest written records of Indian literature. The scholars (sages) of ancient time, by their zealous efforts, instinctive inspiration, intuition and original thoughts, scholarly discussions and seminars have collected all the routes of knowledge about maintaining mental and physical health. They have added their practical knowledge to it and made the great compendiums of ‘Ayurved’.

“यत्र नार्यास्तु पुज्यते रमन्ते तत्र देवता।”

This quotation found in Sanskrit literature suggests that wherever women are worshipped, the God exists there. The real worship of woman is nothing else but to provide them good health by the removal of every type of diseases and make them happy. This reference clarifies that woman is the centre point of the family, society, nation and the world. So the health of the nation depends upon the health of a woman.

It is a well known fact that, from the very beginning of the existence of life in the universe, man has preferred to live a healthy and comfortable life. For this history of science itself is the best witness, which reveals that the man has always tried to be healthy and comfortable, both physically and mentally.

Propagation of species is a basic feature of the nature. In the multiplication of human race, the woman has invaluable role to play. She is endowed with qualities and features those are in every way reflects the role for which they have, been designed. Psychologically the instinct to become wonder is the most primitive and most powerful instinct to man

[1]
just in woman. Menarche and Menopause are two landmarks in her life. Menarche heralds the onset of the reproductive life of a woman, while menopause signifies its cessation.

It is only to be expected that any change involving the reproductive function in a woman will seriously affect her health and happiness, menopause is one such change in reproductive life causing untoward physical and mental agony. When this change is associated with certain disturbance it will attain more significance. Sometimes such disturbances attain the stage of a disease or syndrome. Menopausal syndrome is a common disorder among the women, which oftenly come across in Striroga practice. Moreover from the ancient times woman has been treated as a “Symbol of beauty” and so she tries to take extra precautions and care to maintain her beauty, which is present only during her youth. A woman starts her youth from the menarche and it eventually ceases with the menopausal stage. Therefore with the ending of her youth she starts feeling inferior resulting in mental weakness due to the menopausal stage. Moreover she loses her body strength disabling her to do the routine household works also.

Hence, from the above description it can be concluded that the menopausal stage of a woman is a 'curse in disguise'.

Only few scattered references are available in ancient Ayurvedic literature on menopausal stage of a woman. In Susruta Samhita it has been described as:-

तदृ बर्षां द्वादशात् काले चार्मानामसुक पुनः ।

जरायम्य शरीरानाम् यस्ति पञ्चशाश्तः क्षयम्।।

(Su.Su.3/9)

This quotation includes the whole phenomena of the menarche and menopausal process. The first half of the quotation refers to causes of
puberty and menarche, while in the second half the description of climacteric and menopause is given. The climacteric stage results due to Jara Avastha of the body.

Some natural body changes are inevitable in the human life i.e. changes occurring in the body from childhood to and old age. Some special changes are found in female such as puberty and climacteric. These changes are not disease conditions, they are physiological changes but they are very much different from the normal condition. So in order to bring the woman back to her normal condition. These special but normal situations are to be dealt with as disease.

Climacteric is the physiological stage in woman's life, where there is regression of the ovarian function. It may start 2 to 3 years, before the menopause and continue for 2 to 5 years after it (Swa's Text Book Gynaecology). Menopause and climacteric are peculiar to the human race; in lower animals ovulation and fertility continue upto older age.

A number of somatic physiologic and psychologic changes occur during menopause, some of which are due to oestrogen deficiency as a consequence of ovarian follicular exhaustion and others of which are caused by the oestrogen independent consequences of ageing. Further elaboration of the definition will give clear picture as the climacteric is that phase in the ageing process of women that marks the transition from the reproductive stage of life to the nonreproductive stage. Menopause is the final menstrual period and occurs during climacteric. Rajanivritti starts at the age of 50 years as quoted in ancient literatures. Present estimation data of this at about 45 to 55 years of age, the average age being 47 years. The menopause is sometimes but not necessarily always associated with symptomatology. When it occurs it may be termed as menopausal syndrome.
There is a proverb "prevention is better than cure" is equally applicable to the menopausal disorder also. However, such individuals cannot avoid onset of menopause, but it is a worthwhile effort to bring back the social structure of those individuals to normalcy, so that they are integrated. Medical Science the world over is increasingly tilting towards the time honoured principle upholding with 'Quality of life is more important than quantity'. Any disease or deformity that deleteriously affects the quality of life is therefore perceived with a possible fatal outcome. 'Menopausal stage in a woman is such a disorder which is landmark for every woman while makes the life even agonizing'.

Present day society expects peak physical and mental performance from each of its members. On the other hand it is the modern nuclear age with the extremely fast race of life makes the life of menopausal woman into an unending trek through misery. Current demographic trends indicate that a mind of a woman's life is her post menopausal period. While woman are now playing increasingly active role in the social and professional avenues. Woman with menopausal stage finds herself physically and psychologically unfit to amalgamate in a modern society. It is from this stand point that the management of Menopausal disorder is a challenging proposition that lies before the Medical Fraternity today.

While coming to management point being an alarming problem woman with climacteric stage needs utmost care and effective treatment. Relief from the worst of the menopause even if not cured often be achieved by the proper treatment or drug administration with modern therapeutics like hormonal replacement therapy (HRT), through there is spectacular achievement in combating the disease, still a high risk exists due to serious side effects of the therapy. Therefore, wide scope of search for safest medicine from other pathies still exists.

On the contrary, in Ayurvedic system of Medicine through a specific reference about this particular disorder is not seen but certain indigenous
drugs are found to be very useful. Here in this proposed study, an effort has been made to assess the efficacy of certain indigenous drugs having Rasayana property in the management of the disorder arising during menopause.

**Aims and objectives:**

The aim of the present work is to study the clinical profile of Post Menopausal Syndrome (Rajanivritti) with the spear reform to its treatment by indigenous drugs and the objectives are –

1. To study the physical and mental changes during the post menopausal period on general health and day to day life.
2. To evaluate the efficacy of indigenous drugs (having the rasayana property) on the management of menopausal syndrome (Rajanivritti) along with untowards effect of the drugs.