

**Effect of *Pranayam* on *Rajonivruti* for Mental Health****Priya S. Patil<sup>\*1</sup>, C. J. Kulkarni<sup>2</sup>**

1. M. S. Scholar,
2. Asso. Professor,

Dept. of Strirog &amp; Prasuti Tantra,

S.V.N.H't Ayurved College, Rahuri, Dist. Ahamadnagar, Maharashtra.

**\*Corresponding Author:** Mob No: 9021550768; Email Id: ppriyapatil369@gmail.com**ABSTRACT:**

Permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. Complete stoppage of menstruation for twelve consecutive months without any other pathology. Around 45 to 55 yrs averages. But now a days the age of menarche and menopause is changing to 12 yr to around 40 to 45 yrs due to changing life style of females. Pranayama serves as the link between the consciousness and the mind .it is breating technique which help in stress and relaxation. This helps the women to focus on the simplicity of movement and get about work responsibility and demands thus reduce anxiety as well as depression.

**KEYWORD:** Rajonivruti, Pranayam, Dhyana, Asan, Mental health

## INTRODUCTION:

“Rajonivruti” means permanent cessation of Rajakal at the end of reproductive life due to loss of ovarian follicular activity i.e Artavnash.

‘Rajonivruti’ duration female is suffering from mental health problems like Insomnia, Depression and mood swings ,lack of concentration.

‘Pranayam’ means extension of the prana (breath of life force) or breath control.

Prana –meaning life force

Ayam- to restrain or control the prana , implying a set of breathing techniques where the breath is internationally altered in order to produce Specific result. Management of Rajonivruti lakshan ,yogic lifestyle is away of living which aims to improve the body ,mind and day to day life of individuals .

The most commonly performed yoga practice are posture (Asan) controlling. Breathing (Pranayam) and mediation (Dhyana) .Pranayam has been utilized tool. To achieve position health and control and cure disease.

**AIM:** to study the effect of pranayam on rajonivruti for mental health

### OBJECTIVE:

1. To study the mental health issue in women during menopause.
2. To study Ayurvedic rajonivrutti.
3. To study Pranayama

4. To study the effect of Pranayama on mental heath in Rajonivrutti period.

**METHOD:** Conceptual study

### MATERIAL:

1. Literature regarding the *Rajonivruti*, *Pranayama* will be reviewed from *Ayurvedic* classics.
2. Modern review of Menopause will be taken for study from modern text books.
3. Internet data and various research papers will be reviewed.

### OBSERVATION:

#### 1. RAJONIVRUTI:

Permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. Complete stoppage of menstruation for twelve consecutive months without any other pathology.

Around 45 to 55 yrs averages. But now a days the age of menarche and menopause is changing to 12 yr to around 40 to 45 yrs due to changing life style of females.

#### 2. SYMPTOMS IN RAJONIVRUTI:

1. Depletion of ovarian follicle
2. Fall in level of serum estradiol 50 -300 pg /ml to 10-20 pg/ml
- 3) Distrubed follicogenesis
- 4) Sustained level of oestrogen
- 5) Decrease in level Oestrogen :Androgen ratio

- 6) Trace amount of progesterone.
- 7) Enhance responsiveness of pituitary to GnRH
- 8) Changes in organ
- 9) Bone formation and reabsorption rate decreases.
- 10) Risk in cardiovascular system after menopause

### **Physiological and mental and mental health changes:**

- 1) Insomnia :Problem in sleeping
- 2) Depression and mood swings : Feeling of irritability, mood swings i.e extreme high to severe low in a short period of time.

### **3. PRANAYAM:**

Pranayam is an ancient Indian practice concerned with controlling your breath. Pranayam is a word alternatively translated as extension of the prana or breath control. The word composed from two Sanskrit words, Prana meaning life force and eighter Ayam, The prana implying set of breathing techniques where the breath is intentionally altered in order to produce specific result or the negative form may mean to extend or draw out.

Anulom vilom pranayam and benefits, excellent breathing exercise for improving Blood circulation. Remove heart blockages, releases stress anxiety and depression. Importance and benefits of practicing Pranayam in Yoga. The word 'Prana' stands for life force and this is believed to be the vital energy or life force that encompasses the body. This also

serves as the link between the consciousness and the mind. It is a breathing technique which helps in stress and relaxation.

### **RESULT:**

### **EFFECT OF PRANAYAM ON RAJONIVRUTI:**

Practice of Pranayam develops a steady mind, strong willpower and sound judgment.

- Pranayam strengthens the lungs, improves their function and enhances the lung power.
- It improves the defence mechanism of the body, slows down mental chatter and infuses positive thinking.
- Meditation is a process where by consciousness looks in and acts upon itself. The aim of meditation is a process whereby consciousness looks in and acts upon itself. The aim of meditation is to help still the mind and to practice some form of contemplation or introspection, which is helpful in preventing impaired memory and concentration, mood swings also.
- Meditation is simply and easy; meditation techniques can be a source of relief.
- When there is overload during stressful time.
- Meditation stills the mind of excessive thoughts and can give the clarity.
- and focus needed to cope with mood swings and mental imbalance.

- It restores a sense of inner peace and balance and renews focus and control
- Irritability, depression and mood swings .can be greatly eased by regular meditation which will help to stabilize the emotion .
- Meditation has been found to be associated with increased plasma melatonin level and improved sleep quality particularly if done in the evening before rest.
- The exact mechanism as to how yoga helps in various disease status is not
- Known. It has been suggested that there could be neurohormonal pathway
- With a selective effect in each pathological situation.

## DISCUSSION:

- It is possible that Yogic exercises about normalization of the pathological state by control of counter regulatory hormone or by increased receptor sites .it has been also been suggested that yogic practices creates a hypothermic state and an alternation in the sympho-parasympathetic axis.
- Yoga practices may provide a source of distraction from daily life and enhancement of self esteem. Helping woman to focus on the simplicity of movement and get about work responsibility and demands thus reduce anxiety as well as depression.

## CONCLUSION:

Thus from all qualities of Pranayam a free of cost, non invasive method is fairly effective and is strongly recommended to all women of menopausal age. Pranayam dose have the potential to provide physical, mental, emotional health benefits to those who practice it with proper guidelines.

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