



Treatment of *Rajo-Nivrutti Janya Lakshana* by *Medhya Ghrita Nasya*

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Abstract:

For a woman "*Rajah*" is a very important factor. *Shuddha Rajah* or *Artava* is a sign of *Dhatuparipurnata*. In *Ayurveda*, *Rajonivrutti* is not described as a diseased condition. Almost all *Acharya* have described the age of *Rajonivrutti* as approximately 50 years without any controversy. The majority of the *Lakshanas* of *Oajonivrutti* are due to *Vata Vriddi*, *Kapha Kshaya*, *Ashayapakarsha* of *Pitta* by aggravated *vata*; vitiation of *Manovaha Strotas*; and *Dhatukshaya*, Which all are manifesting as a part of aging. The diagnosis was carried out on the basis of various symptoms. On the basis of criteria of assessment adopted, *Medhya Grita Nasya* the total effect of therapy has been carried out.

Keywords – *Rajah*, *Rajonivrutti*, *Manovaha Strotas*, *Nasya*.

Introduction:

Today, in the era of information and technology, the whole scenario has been changed. Women have a multidimensional attitude and enjoy special place in the society by reaching all kind of heights by then spectacular physical and mental performance in almost all possible fields. The laws of Manu may not be relevant today. Yet! reality "really" very different

today? Answer certainly would be number of problems of different age group of women are still present and the most suffering age group is 40plus due to change in reproductive life by permanent cessation of menstruation causing untowards physical and mental agonies called as menopause. Every woman faces varies physiological changes during this "change of life" as a part of hormonal dearrangement.

Sometimes such disturbance attain the stage of disease or syndrome called as "Menopausal Syndrome" which is accompanied by various vasomotor, psychological, genital, locomotors and GIT related symptoms. About 75% of women are having uncomfortable physical and 50% experience psychological manifestation during menopause. About 50-60% of women seek medical help for that.

Thought menopause is a natural event as a part of the normal process of aging, it is into a major health problem in recent years in developed as well as developing countries like India. In our country, more than one third of women are aged over years and within the next two decades the number of women of this age group will exceed that of women under years.

Moreover, recent evidences has shown that in 2003, there are almost 40 million menopausal women in India and this figure is expected to creep-up to 60 million in this year.

Aims and objective :

- 1) To study the detail etiology-pathology of *Rajonivruttijanya Lakshnas*.
- 2) To calculate the therapeutic efficacy of *Medhya Rasayana Ghrita Nasya* in *Rajonivrutti janya Lakshana's*.

Material and method :

For the clinical study the patient from the IPD and OPD from department of *Streerog* in *SMBT Ayurved Hospital*.

Total 30 patients selected non blind randomized trial in this study.

Drug :

(*Medya Rasayana Ghrita Nasya*)

Rasayana drug itself denotes to aging the body and mind, both encourage. In *Ayurveda* texts explain that the drug property having *Medha* and promotes mental situation such call *Medhya Rasayana*. *Rajonivruttijanya Lakshana* is a condition which directly hampered reduction in the ability of *Agni*, which results in an adequate tissue nutrition. This nutritional imbalance that is *Saptadhatu Kshaya* regain by directly enrichment of the nutritional quality of *Medhya Rasayana*. The drug is actively works on digestion and metabolism gives improve nutritional status. This all action gives final result *Rejuvenation*. This action of *Medhya Rasayana* extended from *Rasadhatu* to *Shukradhatu* also upto *Ojas*.

Ingredient of *Medhya Ghrita* :

No.	Drug	Part used
1	<i>Mandukparni</i>	Entire plant
2	<i>Yasthimadhu</i>	Roots
3	<i>Guduchi</i>	Steam
4	<i>Shankhapushpi</i>	Entire plant
5	<i>Jatamasi</i>	Roots

Dose: 8 drop's in each nostrils.

Duration : 2 courses of each 8 days with the gap of 8 days.

Mode of action of *Nasya* :

- 1) *Shrungataka Marma* is a *Shira Marma* formed by union of *Sira's*

supplying to ear, nose, throat and eyes.

- 2) *Indu Marma* has opened that *Shrungataka* is the inner side of middle part of the head.

Pharmacodynamics Properties of Ingredient's:

No.	Drug	Rasa	Guna	Virya
1	<i>Mandukparni</i>	<i>Tikta-kashaya</i>	<i>Sheet</i>	<i>Sheet</i>
2	<i>Yashtimadhu</i>	<i>Madhura-tikta</i>	<i>Guru sniighda</i>	<i>Sheet</i>
3	<i>Guduchi</i>	<i>Tikta-kashay</i>	<i>Guru snigdha</i>	<i>Ushna</i>
4	<i>Shankapushpi</i>	<i>Tikta-katu</i>	<i>Snigdha pichila</i>	<i>Sheet</i>
5	<i>Jatamansi</i>	<i>Tikta-kashaya</i>	<i>Laghu snighda</i>	<i>sheet</i>

No	Vipaka	Prabhava	Doshgnata
1	Madhur	Medya	Tridoshghna
2	Madhur	Varnya	Vat-pittghna
3	Madhur	Rasayana	Tridoshghna
4	Madhu	Medya	Tridoshghna
5	Katu	Bhutaghna	Tridoshghna

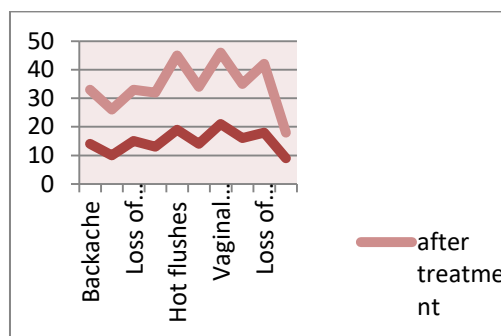
Follow up :

All patients advised to attend OPD once in a week for 28days. (Total=4 Visits)

Observations and result :

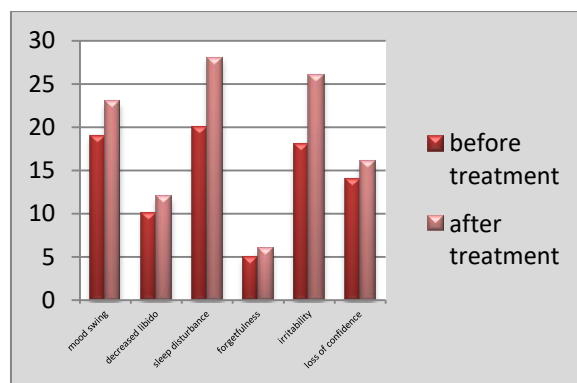
Relief from somatic complaints wise distribution of 30 patient's:

No	Complaints	No. of patients	
		Before treatment	After treatment
1	Backache	14	19
2	Fatigue	10	16
3	Loss of appetite	15	18
4	Palpitation	13	19
5	Hot flushes	19	26
6	Constipation	14	20
7	Vaginal dryness	21	25
8	Excessive sweating	16	19
9	Loss of urinary control	18	24
10	Flatulence	09	09



Relief from psychological complaints wise distribution of 30 patients :

No.	Psychological Complaints	No of patients	
		Before treatment	After treatment
1	Mood swing	19	23
2	Decreased libido	10	12
3	Sleep disturbance	20	28
4	Forgetfulness.	05	06
5	Irritability	18	26
6	Loss of confidence	14	16
7	Headache	26	28
8	Depression	16	19



Conclusion :

The age, *Rajonivrutti* has been found (40-45 years) in majority patients. The most commonly observed *Doshajanya lakshana* were from *Vata Prakopa*, *Kapha Kshaya* and *Dhatukshayjanya Lakshana* from *Rasadhatukshaya*. *Medhya Grhuta Nasya* seen better result in hot flushes, headache, irritability, mood swing and depression. Hence drug is effective in *Rajonivrutti Lakshana's*

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