



Menopause and Ayurveda

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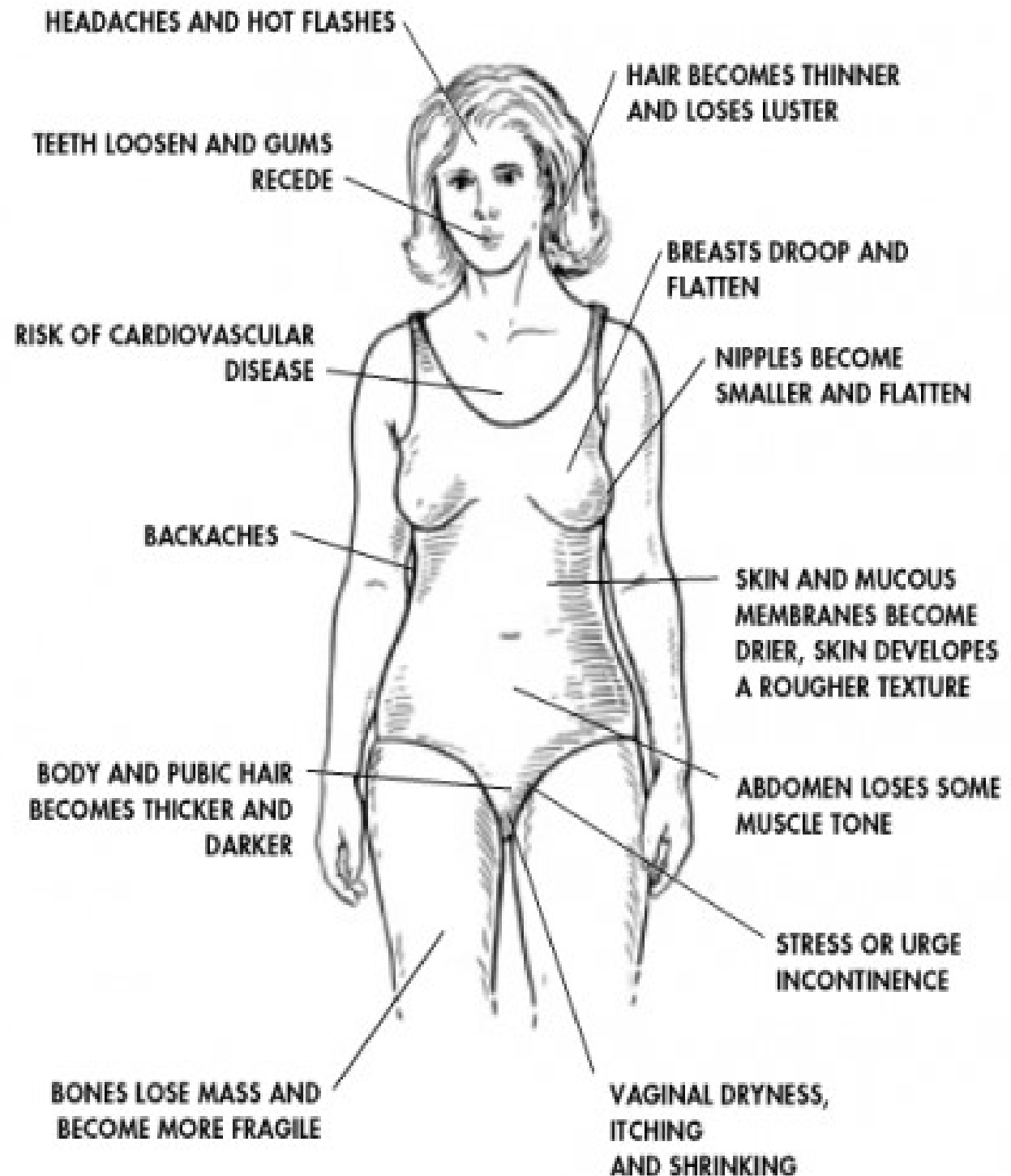
3 stages of Life : Ayurveda

- ▶ Childhood : Associated with Kapha dosha
- ▶ Adulthood : Associated with Pitta dosha
- ▶ Elderhood : Associated with Vata dosha

Menopause

- ▶ Entering into menopause : Transition into the vata-dominated period of the life from Pitta dominant period.

Menopause



Ayurvedic View : Menopause

- ▶ Not considered as a Disease / Not a Pathology
- ▶ Termed as “ Rajonivritti” : which means “ stoppage of the Menstruation”
- ▶ This phenomenon has been described in the ancient texts ... Has been mentioned that the menstrual cycle begins at 12 years and ends at 50 years.

Ayurvedic View : Menopause

- ▶ Causative factors has not been mentioned in Ayurvedic texts... since it is NOT considered as a “DISEASE”.
- ▶ Following factors can be considered :
 - ▶ Time
 - ▶ Vata dosha
 - ▶ Deficiency (Dhatu depletion)
 - ▶ Natural phenomenon (Theory of natural destruction)
 - ▶ Activities
 - ▶ Injury

Symptoms caused by Vata increase

- ▶ Fear
- ▶ Depression
- ▶ Confusion
- ▶ Restlessness
- ▶ Anxiety
- ▶ Mood swings
- ▶ Insomnia
- ▶ Lack of concentration
- ▶ Atrophy of the vagina/ uterus
- ▶ Vaginal dryness
- ▶ Constipation
- ▶ Reduced libido
- ▶ Scanty bleeding during menopause
- ▶ Dry skin
- ▶ Degeneration of the cervical spine
- ▶ Tingling and numbness in the body
- ▶ Joint pain
- ▶ Backache
- ▶ Palpitations

Symptoms caused by Pitta and Kapha increase

▶ Caused by Pitta

- Hot flashes
- Night Sweats
- Anger
- Irritability
- Short temper
- Urinary Tract infections
- Inability to adjust to warm temperatures.

▶ Caused by Kapha

- Weight gain
- Sleepiness / lethargy
- Oedema in the joints
- Lack of motivation
- Feeling of heaviness
- Depression

Symptoms connected with Dhatu depletion

- ▶ **Rasa dhatu depletion**
 - ▶ Dry skin / lustreless skin
 - ▶ Graying of hairs
 - ▶ Mild or occasional vaginal dryness
 - ▶ Feeling of weakness without physical work
 - ▶ Lethargy and tiredness
 - ▶ Lack of stamina

- ▶ **Rakta dhatu depletion**
 - ▶ Severe hot flashes
 - ▶ Frequent feeling of excessive heat
 - ▶ Frequent or chronic skin rashes, acne

Symptoms connected with Dhatu depletion

- ▶ **Mamsa dhatu depletion**
 - ▶ Muscular pain
 - ▶ Easily fatigues muscles
 - ▶ Very Dry and Cracking lips

- ▶ **Meda dhatu depletion**
 - ▶ Frequent night sweats
 - ▶ Sweats during the day associated with hot flashes.

Symptoms connected with Dhatu depletion

- ▶ **Asthi dhatu (Bones) Depletion**
 - ▶ Low bone density
 - ▶ Hair breaking
 - ▶ Frequent Nail cracking
 - ▶ Teeth issues
 - ▶ Constant joint pains or arthritic conditions, deep pains in the bones.
 - ▶ Osteoporosis / Osteopenia

Symptoms connected with Dhatu depletion

- ▶ **Majja dhatu depletion**
 - ▶ Frequent or recurring infections
 - ▶ Unable to concentrate
 - ▶ Recurrent tendonitis
 - ▶ Frequent feeling of fainting or giddiness
- ▶ **Shukra dhatu depletion**
 - ▶ Stoppage of reproductive function

Line of Management

- ▶ Elimination of menopausal symptoms involves, first and foremost, the balancing of the dosha
- ▶ Since *Vata* is at the root of menopausal imbalances, PROPER BALANCE of Vata is required , followed by restoring balance to the other doshas if needed.
- ▶ Intake of Phytoestrogens like Ashok, Shatavari , Soya, Flax seed , Licorice , etc
- ▶ Intake of herbs like Ashwagandha , Brahmi, Mandukaparni
- ▶ Intake of Rasayana herbs like Amla

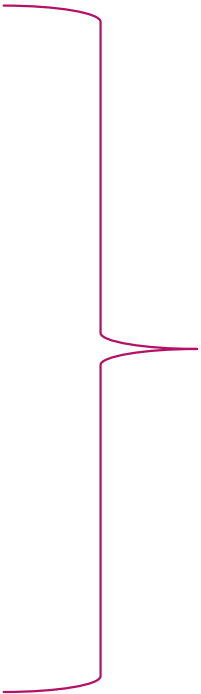
Diet and life style modification

- ▶ Depending on which particular dosha is imbalanced , diet needs to be taken accordingly.
- ▶ Relaxation techniques through Yoga asanas
- ▶ Pranayama (Breathing techniques)

Food

- ▶ Dry Food ingredients
 - ▶ Raw Food ingredients
 - ▶ Cold Food ingredients
- } **Increases Vata**
- ▶ Coffee , Black tea and Alcohol : **Increases Vata and Pitta**
 - ▶ Multitasking , Stress , Too many responsibilities : **Increases Vata and will disturb Pitta**
 - ▶ Keeping awake till late night : **Increases Vata and Pitta**
 - ▶ Add nourishing , healthy sweet to your diet
 - ▶ Add healthy fat to your diet to balance the dosha

Food

- ▶ Pungent Spices
 - ▶ Garlic, Onions
 - ▶ Tomatoes
 - ▶ Vinegar
 - ▶ Soya Sauce
 - ▶ Excess of Salt
 - ▶ Wasabi , Tobasco
 - ▶ Radish, Krane
 - ▶ Sour ingredients
- Pitta Increasing
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Yoga postures

Head stand

Shoulder stand

Legs up the wall pose

- All meditative postures
- All relaxation techniques

Therapies beneficial for smooth transition

- ▶ Abhyanga
- ▶ Shirodhara
- ▶ Kayadhara
- ▶ Shiroabhyanga
- ▶ Swedan (Fomentation)
- ▶ Shirobasti
- ▶ Padabhyanga

Therapies beneficial for smooth transition

- ▶ Panchakarma
 - ▶ Mainly Purgation (Virechan) and Enema (Basti)



Thank You!

