



POTENTIAL IMPACT OF AVLEHA KALPANA IN POSTMENOPAUSAL WOMEN

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ABSTRACT

Men and women reach old age with different prospects for older age. Aging is a real challenge for women. This phase of life is more vulnerable for women, as along with aging, she suffers from inevitable scars of menopause. With increasing life expectancy, women spend one third of her lifetime under postmenopausal period. *Rajonivritti* is a physiological condition which is very well elaborate in classical texts of Ayurveda. In modern science Hormone replacement therapy is a system of medical treatment for surgical menopausal, perimenopausal and to a lesser extend postmenopausal women but there is also the risks of Hormone replacement therapy i.e. Endometrial cancer, Breast cancer, Venous thromboembolic (VTE) disease, Coronary heart disease, Dementia, Alzheimer etc. Ayurveda provides *Rasayana* therapy which is very useful to reduce *Rajonivrittijanya lakshana* (instead of HRT) without creating any side effects. *Avleha* is the most common Kalpana which has been employed in various disorders and this *kalpana* gaining popularity due to its easy administration, palatability and longer shelf life.

KEYWORDS : Avleha Kalpana, Rajonivritti.

INTRODUCTION:

Rajonivritti is a significant event in woman's life. It represents the end of the reproductive era. The ancient Acharyas termed it as a *Rajonivritti*. This word *Rajonivritti* is derived from *Rajah* + *Nivritti* meaning cessation of *Artava Pravritti*. *Rajah* is taken as *Artava* i.e. menstrual blood. *Artava* along with *Stanya* is mentioned as *Upadhātu* of *Rasa dhatu*¹. As *Rajonivritti* deals with *Jaravastha*, *Rasayana* is the line of treatment for the prevention of long term effects of depletion of *Dhatu*.² In modern view Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian and follicular activity. It is the point of time when last and final menstruation occurs.

RAJONIVRITTI KALA:

- *Artava pravritti* takes place at the age of twelve years due to the effect of *Jaravastha* and *Dhatu kshaya*, *Artava* will get completely stopped at the age of fifty years.³
- *Stanya* and *Raja* will manifest in the appropriate period. *Stanya* produced on 2nd or 3rd day after delivery, likewise menstruation starts at the pubertal age usually at twelve years and it will disappear completely at appropriate time i.e. 50 years.⁴
- The Vagabhatta, Bhavamishra also opined that *Rajonivritti* occurs at the age of fifty years. All acharyas stated the average age of *Rajonivritti* is *Panchashatam*-fifty years.
- According to modern science, the age of menopause ranges between 45-55 years, average being 50 years.

Rajonasha mentioned as *vataroga*, Bhavaprakash has described 80 types of *vatarogas* and *Rajonsha* is one of them.

TYPES OF RAJONIVRITTI:

The *Rajonivritti* can be classified in two types:⁵

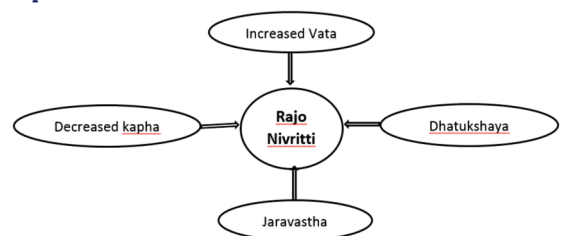
1. *Sahaja* : *Prakrit, Kalaja*
2. *Asahaja* : *Vaikrita, Akalaja*

Sahaja-

This occurs at the average age of fifty years. Physiologically as age advances, due to increased *vata*, decreased *kapha* and *Dhatukshaya* results into menopause.

Rajonivritti is the status of the changes which are occurring between *Proudhavastha* and *Vridhdhavastha* due to *Swabhava*.

The schematic presentation of factors leading to menopause:



Asahaja – Akalaja Rajonivritti is the condition when menstruation will be completely stopped prematurely i.e. before the age of 35 years or after (delayed) 55 years. This may be due to – *Dhatukshaya*, *Doshabhigata*, *Artavavaha strotobhigata*, *Garbhashaya nirharana*.

This can be prevented by taking following measures:

- *Uchita aahara* - Good nutrition diet
- *Vyayama* - Regular exercise
- *Mansik Shanti* - Peacefulness
- By treating the underlying disease
- *Rasayana chikitsa*

MANAGEMENT:

Currently, the number of menopausal women is about 43 million and projected figures in 2026 have estimated to be 103 million. According to Indian Menopause Society (IMS) research, there are about 65 million Indian women over the age of 45 and this figure is expected to creep up So, menopausal health demands even higher priority in Indian scenario. In modern science, hormone replacement therapy is one and only alternative for these health hazards. *Rasayana* therapy is the principal line of treatment.

Management of Rajonivritti Through Rasayan Chikitsa (rejuvenation therapy):

It is a unique concept of Ayurveda. It provides a comprehensive physiologic and metabolic restoration for aging. *Rasayana chikitsa* is mainly used for maintaining the health of healthy individuals although it can be used for diseased also. *Rasayana* is defined as "*Yatjaravyadhinashanam*" i.e., which eradicates the disease and senility is called *Rasayana*.⁶

AVLEHA KALPANA:

Avleha Kalpana was first described by Acharya Charak & it was widely used as Rejuvenator by Acharya Charak, Vagabhatta and Sushrut. Acharya Kashyapa has given importance to this *kalapana* & has described separate chapter *Leha adhyaya* in Sutrasthana. Pharmaceutical principal was firstly described by Sharangdhar in Sharangdhar Samhita.

The word *Avleha* is derived from the root word "*Lih*Aswadane" in which '*Lih*' means substance which is licked and '*Aswadane*' means that which has good taste.⁷

Its synonyms are *Rasakriya*, *Lehya*, *Ghanasara*, *Ghanasatva*.

Definition: *Avleha* is a semisolid preparation prepared by solidifying any of the liquid preparations along with desired quantity of sweetening agents, fine powder of medical drugs as *Prakshepa dravyas* and *Ghrita* or *Madhu* as mentioned. Its dose is one pala.⁸

HOW AVLEHA EFFECT IN RAJONIVRITTIJANYA LAKSHANA:

As it is the period of *vata-viddhi*, during menopausal period, the selection of treatment and *ahara* should be *Vata-shamak*, *balya*, *jeevniya*, *rasayana*, *rasadi-dhatu-varadhaka*.⁹

DOSHAJA LAKSHANAS:

According to symptoms, differentiation can be done as *Vataja lakshanas*, *Pittaja lakshanas* and *Kaphaja lakshanas*. As this condition is characterized by generalized *Vata vridhhi*, the *Vataja lakshanas* are more dominantly observed than other two (*Pittaja* and *Kaphaja*) *lakshanas*.

Vata dominant lakshana:

Vibandha, *ShirahShoola*, *HastaPada supti*, *Bhrama*, *Adhmana*, *Sandhi vedana*, *ShabdaAsahishnuta*, *Anidra* are the symptoms.

If we correlate this symptoms in modern than Dryness in vagina, extremities get cold, difficulty in getting sleep, mild to variable hot flushes (Invariable), anxiety, panic, nervousness, mood swings, dry skin, palpitations, bloating and constipation may be included.

As majority of symptoms occurring due to *VataVridhhi*, the treatment should be based on *Ushna*, *Snigdha* and *Sthira* property drugs.

Ashwagandha is useful in osteoporosis as it improves the degenerative changes by effect of chondroplasts in cartilages as well as it also enhances osteoblasts.¹⁰

Pitta dominant lakshana:

Ushna Taranga Pratiti, *Daha*, *Mutradaha*, *Swedadhikya*, *Amlodgara*, *Ghani*.

In modern view: Angry, irritable, excess hot flushes, night sweats, burning sensation, skin rashes, as-associated complaints such as UTI (urinary track infection).

Ayurveda suggests that a good way to calm the fiery *Pitta* – dominant menopause is with *Arjuna*, *Aloe vera*, *Chandana* etc.

Ashwagandha particularly can effect the central nervous system along with immune system, hence might be useful in reducing hot flushes.¹¹

Kapha dominant lakshana:

Aruchi, *Weight gain*, *lethargy*, *depression*, *lack of motivation*, *hormonal changes* such as *Thyroid malfunction*, *fibrocystic changes* in uterus or in the breast and *excessive fluid retention*

The physical manifestation of *Kapha* dominance may include excess cholesterol and mucous so use of *Vasa*, *Haridra*, *Trikatu* is recommended to dry out. It may help ease any congestion and an overall sense of heaviness and fatigue.

DHATUKSHAYAJA LAKSHANAS¹²:

As this condition is a sequel of generalized *Dhatukshayajanya* avastha, the symptoms of *Dhatukshaya* are also observed in the patients of *Rajonivrittri*, which can be grouped according to the individual *Dhatukshayaja lakshanas*.

MANASIKA LAKSHANAS¹²:

Krodha, *Shoka*, *Bhaya*, *Dvesha*, *Smritihras*, *Utsahahani*, *Dhairyahani*, *Shirah-Shula*, *Vishada*, *Chinta*, *Medhahras*, *Alpaharsha* like *lakshanas* will develop.

Due to fluctuations in levels of female reproductive hormones including progesterone and oestrogen, mental functions are also affected, promoting instances of mood swings, depression, fatigue, anxiety and insomnia.

SOME AVLEHA YOGAS:

***Ashwagandhadi leha*¹³:** The characteristic symptom of menopause is 'hot flash' is characterized by sudden feeling of heat followed by profuse sweating, There may also be the symptoms of palpitation, fatigue and weakness. According to Ayurveda, hot flashes in menopausal women are usually due to the build up of wastes and toxins in the body, referred to as *Ama*. Taking *Ashwagandha* helps to remove these toxins (*Ama*) because of *Kapha* and *Vata* balancing property and thus control hot flashes.

***Kalyanavleha*:** In Menopause, Decreasing oestrogen levels also have been hypothesized to be associated with increased risk of Dementia. There is increased frequency of anxiety, headache, insomnia, irritability, dysphasia, depression and inability to concentrate. *Kalyanka avleha* enhance the memory and cures dullness of mind.

***Chyawanprash*:** *Chyavana* is a *Rasayana* (rejuvenator) for young and old. It works as *Medhakara*, *Smrtikara*, *kantikara*, *Indriya balakara*, *varna prasada*, *vatanulomaka*. It promotes intelligence, sexual desire, complexion and colour.

Kushmanda Avleha : It is beneficial for both young and old. There may be dysuria, frequency urge or even stress incontinence is present in the women, So it provides strength and reduce aggravated pitta symptoms including burning sensation, acid reflux, hyperacidity and headache occurring during burning sensation is treatable by *Kushmanda Avleha*.¹⁴ It is effective for persons suffering from *kshaya*, *trishna*, *Kasa*, and *Daurbalya*.

***Puanaranavadi Avleha*:** It is recommended in *shwas*, *aruchi* and also promotes *bala vardhana*, *agni vardhana* and *varna vardhana*.

There is thinning, loss of elasticity and wrinkling of the skin. Skin collagen content and thickness decreased by 1-2 % per year, 'Purse string' wrinkling around the mouth and 'Crow feet' around the eyes are the characteristics.

***Agastya-Haritaki Avleha*:** This recipe relieves *Kshaya*, *Kasa*, *Aruchi*, removes grey hairs and wrinkles. It is also indicated in *SirahShoola*. It Improves strength and complexion, cures all the diseases and act as a *Rasayana* (rejuvenator).

***Vasavaleha*:** Risk of Cardiovascular disease is high in postmenopausal women due to deficiency of oestrogen. This *Avleha* is very effective in disorders of *vata* and *kapha*, *agnimandhya*, heart diseases, retention of urine etc. It can also be given in *Parshwashula*, *Katishoola*.¹⁵

The association of Osteoporosis and oestrogen deficiency has been known for over 60 years, since Albright noted the very high incidence of Osteoporosis amongst post menopausal women.¹⁶ The commonest cause of Osteoporosis is menopausal oestrogen deficiency and age related deterioration in bone haemostasis.¹⁷

Avleha contains proteins, carbohydrates, minerals, vitamins and fat along with pharmacologically active substance

DOSE, ADJUVANT AND SHELF LIFE:

1. *Pala* (48 gm.) is the dosage specified given along with Gaudugdha, Ushnodaka, Ikshurasa or any kwatha preparation.

For 1 year *Avleha* can be stored in suitable, dry, airtight wide mouthed containers.¹⁸

DISCUSSION:

Menopause is not a disease but transitory phase, Due to increased life expectancy, specially in affluent society, about one-third of life span will be spent during the period of oestrogen deficiency stage with long-term symptomatic and metabolic complication. It is the phase where *Dhatukshaya* starts and *Vata Dosha* turn out to be Predominant *Dosha*. Postmenopausal women are at a risk of developing diseases like osteoporosis, cardiovascular diseases and cancer. In Ayurved, without *Panchvidha Kashaya Kalpana* we can not expect mitigation of any disease.

Kalpna is the procedure/modification through which a substance is transformed in to a range of medicinal forms. The *Panchvidha Kashaya Kalpana* are ; *Swarasa* (juice), *Kalka* (paste), *Shrita* (decoction), *Hima* (Cold infusion) and *Phanta* (hot infusion). (A review of practical utility of *Panchvidha Kashaya kalpana* by C. Sahana, Bharadwaj Vikas). *Avleha* if required can be considered as an *Upkalpana* of *Kwath*. According to Acharya *Sharangdhar*, The solid mass that is obtained as a result of boiling *kwathadi*, is known as *Rasakriya*.

CONCLUSION:

The major goal of *Rasayana* therapy in *Rajonivrittijanya lakshana* to reduce symptoms and discomfort as well as to enhance well-being and prevent physiologically and psychologically changes. There are many such negative changes in women, physical and mental, due to changes in vasomotor, cardiovascular, and psychological system. To get rid of this, women are looking for one good option, which is full of properties and also easy to eat. *Avleha* has the qualities of various disease mitigation (*Roga shamantha*), *Baladhanrtha*, *Manaprasadanarth*, *Preenan* etc.

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