

## GRACEFUL MENOPAUSE THROUGH AYURVEDA

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Each phase of a woman's life is a beautiful and graceful journey. From birth to adolescence, preparing for motherhood, and transitioning into menopause, every stage holds its significance. Menopause, derived from the Greek words for "month" and

"cessation," is a natural phenomenon that occurs between the age of 45-55. During this time, the ovaries reduce hormone production, leading to disturbances in menstrual cycles and other bodily functions until they permanently cease. Menopause also marks the end of natural fertility.

Typical symptoms of menopause include irregular periods, hot flashes, night sweats, vaginal dryness, itching and mood swings. Long-term risks associated with menopause include osteoporosis, heart disease, and Alzheimer's disease. Ayurveda refers the menopausal phase as "Rejonivrutti" and the accompanying symptoms as "Rajonivruttiyanu bandhajavyadhis." According to Ayurveda, these symptoms result from an imbalance in the Doshas (Vata, Pitta, and Kapha) and Dhatukshya, which occur naturally as a consequence of aging.

Ayurveda offers excellent solutions for a safe and happy transition into menopause. It promotes a holistic approach by modifying diet and lifestyle, utilizing various herbs, minerals and providing reliable alternatives to conventional treatments. Ayurvedic treatment for menopause involves correcting

hormonal imbalances through appropriate diet, Samshamana therapy, internal detoxification (Panchakarma therapy), Rasayana therapy, and Yoga therapy. By addressing the underlying imbalances, Ayurveda aims to provide relief and support during this phase of a woman's life.



### Treatment:



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### 1. Ayurvedic diet and herbs-

(a) For Vata Dominant Menopause- Diet - Increase warm food and drinks, regular meals, and use spices such as fennel and cumin. Decrease caffeine and other stimulants, refined sugar, cold drinks, and salads. Lifestyle - Early bedtime, oil massage using almond and olive oil, meditation, yoga, Regular exercise like walking Herbs- Ashwagandha (Withaniasomnifera), Arjuna (Terminalia arjuna), Cardamom (Elettariacardomam), Garlic (Allium sativum ), Guggul (Commiphora mukul), Sandalwood (Santalum alba) and Zizphus (ziziphusjube).

(b) For Pitta Dominant Menopause- Diet - Increase cooling foods, water intake, sweet juicy fruits (grapes, pears, plums, mango, melons, apples) zucchini, yellow squash, cucumber, organic foods. Use spices such as cinnamon, cardamom and fennel. Avoid hot spicy foods, hot drinks and alcohol. Lifestyle - Oil massage using coconut and sesame oil. Meditation and other techniques to reduce anger, hatred and resentment. Exercise and exposure to the sun should be limited.

Herbs - Aloe vera, Arjuna(Terminaliaarjuna), Amla (Embliaofficinalis), Saffron(crocus sativus), Sandalwood and Use spices such as cinnamon, cardamom and fennel.

(c) For Kapha Dominant Menopause- Diet - Prefer light, dry and warm food. Consume fruits, whole grains, legumes, and vegetables. Use spices such as black pepper, turmeric and ginger. Avoid meat, cheese, sugar, cold foods and drinks. Weekly fasting is helpful. Most or all of the daily food should be consumed before 6 p.m.

**Lifestyle** - Get up early. Mustard oil and linseed oil are often recommended for massage. Herbs- Cinnamon, Guggul (Commiphoramukul), Mustard (Brassiclanigra), Haritki (Terminaliachebula), Nagarmotha (Cyperusrotundus).

#### 1. Samshamana Therapy-

Agnideepana, Amapachana, Anulomana, Balya.

#### 2. SattvavjayaChikitsa-

Counselling and Reassurance

#### 3. Panchkarma therapy-

Panchkarmachikitsa is physical therapy that thoroughly cleanses and purifies the physical and mental impurities from the body and mind. The general purpose of the Panchakarma therapies is to loosen, liquify and remove the vitiated substances and Doshas from their abnormal sites in peripheral tissues via their natural elimination pathway. More severe symptoms, such as frequent hot flashes, continual sleep disturbance, and moderate to severe mood swings, are signs of deeper

imbalances. Ayurveda describes that these stubborn symptoms are usually due to the build-up of wastes and toxins, referred to as 'Aama,' in the body's tissues. In this case, a traditional Ayurvedic detoxification programme, 'Panchakarma', may be needed to clear the body's channels and gain relief. This internal cleansing approach is also the treatment of choice for more severe problems such as osteoporosis and high cholesterol. Panchakarma- Abhyanga(Massage), Mriduswedana, Sirodhara, MriduVirechan, Basti

#### 4. Sthanika Chikitsa -

Yoni abhyanga, Yoni Pichu, Yoni prakshalana, such types of local treatment will help with vaginal dryness, vaginal itching and infectious conditions.

#### 5. Yoga therapy-

Yoga is an original & ancient holistic art of living that include physical, mental, moral, and spiritual spheres. The Sanskrit word yoga means to 'join or union', and yoga brings this union to all levels of oneself. The eight limbs of yoga - Yama, Niyam, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. The most commonly performed yoga practices are postures (Asana ), controlling breathing (Pranayama ) & Meditation (Dhyana). Asana - Shavasana, Padmasana, Varjasaana Pranayama -Sheetali Pranayama, Ujjayi pranayama Yoga Therapy is a helpful adjunctive complementary & integrative for menopausal women. Current evidence indicates that women will benefit from yoga therapy during the menopausal transition in terms of decreased risk of



cardiovascular disease, insulin resistance & loss of bone mineral density as well as improved psychological well-being, sleep patterns & emotional modulation.

#### 6. RasayanaTherapy-

Rasayana therapy not only prevents ageing changes but also brings in youthfulness to a person. It increases lifespan, memory, & intelligence health; improves colour & complexion, Strength & performance of the organs of cognition & conation. Rasayana drugs act by strengthening all seven Dhatus. According to Acharya Charaka, Rasayana produces long lasting memory, talent, a healthy physique, youth, a lustre bright complexion, a good voice, Strength of body and senses, truthfulness, respect, and a glowing body. Acharya Charaka has described 'Rasayana' as a means to promote vigour and health, which is mainly virility and promotive of vitality. Maharsi Susruta has defined 'Rasayana' as the method which retards the ageing process increases longevity, talent, and vitality and makes the body fit to overcome the factors causing ailments. Many drugs act as Rasayana properly- Triphala- Triphala consisting of Haritaki (Terminalia chebula), Vibhitaki (Terminalia bellerica), Amalaki (Embelica officinalis), pacify all the three Doshas & also is an excellent Vayasthapana (anti-ageing agent) It is a powerful antioxidant. Ashwagandha (Withaniasomnifera)- & immune modulator. It improves Strength, muscle

In Menopause patients, it effectively controls the vasomotor symptoms

(Hotmass, relieves stress, flushes, night sweats, palpitation) It is another Rasayana drug which is Yasthimadhu (Glycyrrhizaglabra)- It is an excellent antioxidant prescribed for Menopause. It is described as a promoting agent enhancer for life, voice, hair, complexion, Strength & libido. Classical anti-ageing. Formulation, e.g. CHYAVAN PRASHA & BRAHM RASAYAN Medhya Rasayana- The Ayurvedic texts describe certain rasayana drugs which significantly influence the Medha and promote mental competence. Such rasayan are called as Medhya Rasayana. Acharya Charak has described four Medhyarasyanas: Sankhpushpi, Mandukaparni, Guduchi, and Yasthimadhu. Medhyarasyana medicines have been scientifically studied in recent years, and they have been reported to possess varying degrees of Anxiolytic and psychotropic activity besides restoration of intelligence and memory.

Each phase of a woman's life is beautiful and should be considered gracious. Ayurveda has an excellent solution for a safe and happy transition into Menopause. The basic concept of Ayurvedic medicine is 'Swasthasya swasthyarakshanam and aturasya vikaraprasamanam'. Prevention are better than cure. Panchakarma therapy (such as Shirodhara & Basti), Yoga therapy & Rasayan therapy (Chyavanprash & Brahmrasyan) and Medhya Rasayana is benefit in attaining graceful Menopause.

### Venkat Pharma visit at Ramanagar, from dept of RSBK Moment of Glory





## EVENTS ORGANIZED



2nd BAMS students of the year 2022 has cleared the examination conducted by RGHS with 53 distinction, and this record achievement is dedicated with utmost humility to our esteemed mentor, Dr. Gurubasavaraja B Sir, in recognition of his unparalleled dedication and more

than 35 years of service to JSS Ayurveda Medical College and Hospital.

Dr. Gurubasavaraja B Sir has been a guiding light and source of inspiration for countless students, faculty members, and staff members throughout his illustrious career. His

unwavering commitment to the field of Ayurveda and his tireless efforts in promoting its principles and practices has significantly contributed to the growth and success of the institution.

With his vast knowledge, expertise, and compassionate approach, Dr. Gurubasavaraja B Sir has nurtured generations of students, instilling in them a deep understanding of Ayurveda and its holistic healing principles. His dedication to the profession and his unwavering commitment to excellence have set a remarkable example.



The Department of Kriya Sharira organized a series of six guest lectures, focused on exam-oriented topics of the Kriya Sharira subject. The lectures were conducted from 31st May 2023 to 9th June 2023, with the aim of providing students with a comprehensive understanding of the subject matter and helping them prepare effectively for their exams.





On the occasion of National Technology Day 2023, our college organized a visit for undergraduate and postgraduate students to the DFRL (Defence Food Research Laboratory) campus. The visit included an exhibition open to the public, which took place on 11th May 2023. It provided students with the opportunity to explore and learn about the innovative technologies and research conducted at DFRL in the field of food technology and defense.



May 4th, 2023. Dr. Dhakshaini M. R, Principal of JSS Dental College, Mysuru, graced the event as the chief guest. She awarded the best three documentations of SAMSKARA 2023 and also felicitated the winners of the debate competition on G20.

The valedictory function of Samskara-2023, the PG orientation program, took place at 3:00 PM on



The Undergraduate II BAMS and III BAMS students from our college have excelled in the Rajiv Gandhi University of Health Science examination 2022-23, achieving 53 distinctions in II BAMS and 22 distinctions in III BAMS. Their remarkable success is a testament to their dedication and hard work. Congratulations to all the students for their outstanding academic achievements.



## Ashgourd Juice – AGJ

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Ashgourd, also known as winter melon, is a highly popular vegetable in Indian cuisine and is recognized for its numerous medicinal properties that contribute to our overall well-being. One convenient method of incorporating ashgourd into our diet is by preparing and consuming its juice. Not only is ashgourd juice simple to make, but it also offers a delightful flavor and a multitude of health advantages.

How to Make Ashgourd Juice:

### Ingredients:

- Ashgourd (peeled and chopped)
- 1/2 cup water
- 1/2 tsp lemon juice
- A pinch of salt
- Honey (optional)

### Instructions:

1. Peel and chop the ashgourd into small cubes.
2. Add the chopped ashgourd and water to a blender and blend until it becomes a smooth paste.
3. Strain the juice in a fine mesh strainer. Press the pulp with the back of a spoon or a spatula to extract as much juice as possible.
4. Add lemon juice and a pinch of salt to the juice. You can also add honey for sweetness if desired.
5. Mix well and serve chilled.

Now, let's take a look at some of the health benefits of ashgourd juice:

1. **Helps with Weight Loss:** Ash gourd juice is low in calories and fibre, making it an excellent aid for

weight loss. It helps you feel full longer and reduces your cravings for unhealthy foods.

2. **Boosts Digestion:** Ash gourd juice is known to improve digestion and ease constipation. It has a cooling effect on the stomach and helps soothe any inflammation.
3. **Improves Kidney Function:** Ash gourd juice is a natural diuretic and helps cleanse the kidneys by flushing out toxins from the body. It also reduces the risk of kidney stones.
4. **Lowers Blood Sugar:** Ash gourd juice has natural blood sugar-lowering properties and is especially beneficial for people with diabetes.
5. **Reduces Anxiety:** Ash gourd juice has a calming effect on the nerves and helps reduce anxiety and stress levels. It improves mental clarity and promotes better sleep.

In conclusion, ash gourd juice is a refreshing and healthy drink that has numerous health benefits. It is easy to make and tastes great. So, next time you are looking for a healthy beverage option, try making some ash gourd juice at home and enjoy its benefits.



## Upcoming Camps July 2023

### Yoga Classes for Public

01.07.2023 to 31.07.2023

### Spinal Disorders

01.07.2023 to 31.07.2023

### Pratisyaya (Common Cold)

03.07.2023 to 08.07.2023

### Neck and Back Pain

04.07.2023 to 11.07.2023

### Diabetic Foot Ulcer

05.07.2023 to 12.07.2023

### Multiple Joint Pain

06.07.2023 to 13.07.2023

### Urinary tract infection in female

10.07.2023 to 15.07.2023

### Kampavata

17.07.2023 to 22.07.2023

### Psychosexual Disorder

19.07.2023 to 26.07.2023

### Diabetic Camp

24.07.2023 to 31.07.2023

### Hypothyroidism

25.07.2023 to 31.07.2023

### Female Infertility

26.07.2023 to 31.07.2023