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Rajonivritti-Menopause

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Abstract:

Menopause changes are experienced by 1.5 million women each year and often involves troublesome symptoms. It is the permanent cessation of menses, shows oocyte depletion and loss of gonadal steroids. In Ayurveda it is known as Rajonivritti. Ayurveda helps women in gaining a peaceful and healthy menopause with use of some safe drugs.

Keywords: Menopause, Rajonivritti, Estrogen, Shatavari, Bramhivatti

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