

Review of Ayurveda interventions in the management of menopausal symptoms: A systemic review

M. K. G. C. M. Manike¹, H. L. M. G. Sajeewani²

¹*Postgraduate Institute of Indigenous Medicine, University of Colombo, Sri Lanka*

²*Bandaranayake Memorial Ayurveda Research Institute (BMARI), Sri Lanka*

Menopause, defined as the permanent cessation of menstruation, is a universal physiological transition in women that typically occurs between the ages of 45 and 55. In Ayurveda, the concept of Rajonivrittijanya Lakshana corresponds to menopausal symptoms. A comprehensive literature search initially identified 117 articles across multiple databases (PubMed, ResearchGate, DHARA, CCRAS). After removing duplicates, 90 articles remained for title and abstract screening. Of these, 78 were excluded as they were not randomized controlled trials (RCTs) or did not evaluate Ayurveda-based interventions. Twelve RCTs met the inclusion criteria, investigating a variety of Ayurvedic herbs and formulations. Women aged 40–60 years participated in these clinical studies. Shatavari emerged as the most commonly used herbal intervention, while Shirodhara and Nasya were employed as external Panchakarma therapies. The results demonstrated significant improvements in somatic symptoms (e.g., hot flashes, night sweats, sleep disturbances) and psychological symptoms (e.g., anxiety, depression, mood swings) compared to conventional treatments. Additionally, improvements in hormonal balance and overall quality of life were observed, with minimal adverse effects. This systematic review supports the efficacy and safety of Ayurveda interventions in managing menopausal symptoms. Further research is warranted to optimize treatment protocols and clarify mechanisms of action.

Keywords: *Menopausal symptoms, Shathawari, Shirodhara, Nasya*