

# Perimenopausal Symptoms and Their Correlation with Ayurvedic Concepts: A Narrative Review

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**Abstract:** *Perimenopause is a transitional phase in a woman's reproductive life characterized by progressive ovarian aging, hormonal fluctuations, and multisystem clinical manifestations. Women commonly experience menstrual irregularities, vasomotor symptoms, psychological disturbances, sleep disorders, and musculoskeletal complaints during this period. Although modern medicine primarily attributes these changes to fluctuating estrogen and gonadotropin levels, hormonal explanations alone do not adequately account for the marked inter-individual variability in symptom severity and duration. Ayurveda, with its holistic and life-course-oriented approach, offers a broader conceptual framework to understand perimenopause. Classical Ayurvedic texts do not explicitly describe perimenopause as a separate disease entity; however, concepts such as Jara (aging), Kala parinama (time-dependent transformation), and Rajonivritti (cessation of menstruation) provide valuable insights. The phase preceding Rajonivritti can be correlated with Rajonivritti-purva avastha, characterized by Vata predominance, Dhatu kshaya, and reduced adaptive capacity. This narrative review aims to critically analyze perimenopausal symptoms and correlate them with Ayurvedic principles while integrating contemporary biomedical understanding, thereby highlighting the relevance of Ayurveda in integrative women's midlife health care.*

**Keywords:** Perimenopause; Rajonivritti; Ayurveda; Jara; Dosha; Dhatu Kshaya; Women's Health

