

World Menopause Day 2025 - Ayurveda Empowers Women to Embrace Menopause with Balance and Vitality

Ministry of Ayush Highlights Holistic, Preventive, and Restorative Approaches for Women's Health

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On the occasion of World Menopause Day 2025, the Ministry of Ayush highlights the importance of awareness, preventive care, and holistic management for women experiencing menopause — a natural transition in a woman's life. The Ministry, through the Central Council for Research in Ayurvedic Sciences (CCRAS), emphasizes Ayurveda's time-tested, integrative solutions to help women maintain physical, emotional, and hormonal balance during and after menopause.

Experts characterise Menopause, medically defined as the permanent cessation of menstruation due to the decline of ovarian function, typically occurring between 45 to 55 years of age. The physiological and psychological changes during this period are collectively termed as Menopausal Syndrome (*Rajonivritti Janya Lakshana Samucchaya*) in Ayurveda. Common symptoms include irregular menses, hot flushes, vaginal dryness, mood swings, sleep disturbances, joint pains, and anxiety.

As per the World Health Organization (WHO), "the menopausal transition can be gradual, usually beginning with changes in the menstrual cycle. Perimenopause refers to the period from when these signs are first observed and ends one year after the final menstrual period. Perimenopause can last several years and can affect physical, emotional, mental and social well-being. A variety of non-hormonal and hormonal interventions can help alleviate perimenopausal symptoms."

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Informed : "The Ministry of Ayush is committed to advancing evidence-based traditional health solutions for every stage of a woman's life. Menopause represents a crucial physiological milestone, and Ayurveda provides comprehensive guidance rooted in preventive, promotive, and restorative healthcare principles. Through focused research, clinical validation, and public health integration, we aim to make Ayurveda interventions for menopausal wellness more accessible and acceptable globally. This approach not only supports women's physical health but also nurtures emotional resilience and quality of life in alignment with India's holistic health vision."

Prof. Rabinarayan Acharya, Director General, CCRAS, noted : "Ayurveda views menopause as a natural transformation, not a disorder. Through the use of Rasayana therapies, dietary guidance, and mental well-being practices, women can transition through this phase with balance and grace. At CCRAS, our research focuses on validating classical formulations such as *Ashokarista* and *Amalaki Rasayana* for their effectiveness in supporting hormonal balance, bone health, and emotional resilience. Empowering women through awareness and preventive care remains central to our mission."

Dr. N. Srikanth, Deputy Director General, CCRAS, observed, "Menopause is a natural transition that deserves mindful care. Ayurveda empowers women to navigate this phase with balance, vitality, and confidence through time-tested approaches in diet, Rasayana therapy, yoga, and emotional well-being. Our focus at CCRAS is to translate classical knowledge into evidence-based solutions that enhance women's holistic health and quality of life."

Ayurveda provides a multidimensional strategy for managing menopausal symptoms through Rasayana (rejuvenation) therapies, diet, counseling, yoga, and herbal formulations. The key approaches include:

- **Rasayana and Lifestyle Interventions:** Adoption of rejuvenating herbs and lifestyle modifications early in life to delay degenerative changes and support vitality.
- **Counseling and Emotional Support:** Ayurveda underscores the importance of mental well-being through self-care, stress management, and family support.
- **Herbal Formulations:** Classical Ayurvedic preparations such as *Ashokarista*, *Lodhrasava*, *Usheerasava*, *Chandanadi Loha*, *Amalaki Rasayana*, and *Mukta Shukti* are traditionally used to restore hormonal balance, improve bone health, and alleviate menopausal discomforts.
- **Dietary Guidance:** A balanced diet including *fresh fruits*, *milk*, *ghee with turmeric*, *wheat*, *old rice*, *green gram*, and *soy* is recommended to enhance strength and hormonal stability.
- **Yoga and Meditation:** Regular practice of Asanas, Pranayama, Meditation and Dhyaan supports emotional equilibrium, sleep quality, and musculoskeletal health. Yoga practices such as Setu Bandhasana, Vipreetkarani Asana, Marjariasana, and Shavasana help improve mood, circulation, and relaxation while easing stiffness, back pain, and fatigue. Breathing techniques like Sitali Pranayama and Bhramari Pranayama assist in moderating hot flashes, calming the nervous system, and improving sleep quality. Yoga Nidra further enhances emotional balance, reduces anxiety, and promotes deep rest, helping women navigate this phase with grace and vitality.

At the same time, Ayurveda advises avoiding heavy, pungent, and salty foods, alcohol, smoking, and excessive physical or emotional strain, which aggravate *Vata* and *Pitta doshas* and worsen menopausal symptoms.

The Ministry of Ayush and CCRAS continue to promote evidence-based Ayurvedic research, awareness programmes, and clinical studies focused on women's health, aiming to integrate traditional wisdom with modern healthcare approaches.

On World Menopause Day 2025, the Ministry urges women to embrace Ayurveda's holistic practices—balanced diet, herbal support, yoga, and mindful living—to ensure a smoother menopausal transition, improved quality of life, and healthier aging.

For more information, CCRAS IEC publication on Menopauses may be accessed here: <https://ccras.nic.in/wp-content/uploads/2024/06/Menopausal-Syndrome.pdf>

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