



World Menopause Day 2026: Ayurveda Promotes Holistic Approach to Menopausal Health

Ministry of Ayush Emphasizes Awareness, Preventive Care and Research for Women's Health During Menopause

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On the occasion of World Menopause Day 2026, observed on 18 October, the Ministry of Ayush is highlighting the importance of awareness, preventive care and comprehensive approaches to women's health during menopause. Through the Central Council for Research in Ayurvedic Sciences (CCRAS), the Ministry seeks to promote a better understanding of menopausal health, with attention to physical health, emotional well-being, and quality of life.

Menopause is a natural biological stage, defined as the permanent cessation of menstruation following the loss of ovarian follicular activity. It usually occurs between 45 and 55 years of age. The transition to menopause may be accompanied by a range of physical and psychological changes, including irregular menstruation, hot flushes, vaginal dryness, sleep disturbances, mood changes, joint pain and anxiety. In Ayurveda, symptoms associated with this phase are discussed in the context of Rajonivritti and its associated clinical features. Their recognition and appropriate management are important for supporting women's health and well-being during this stage of life.

According to 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 until one year after the final menstrual period. It can last several years and affect physical, emotional, mental and social well-being. Both hormonal and non-hormonal interventions can help alleviate perimenopausal symptoms.

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Emphasised, "Women's health requires sustained attention across every stage of life, including the transition through menopause. Ayurveda offers a comprehensive framework that emphasizes prevention, appropriate lifestyle practices and individualized care. The Ministry of Ayush remains

committed to strengthening research and scientific validation in this area, while promoting greater awareness of women's health and approaches that support their well-being and quality of life."

Prof. Rabinarayan Acharya, Director General, CCRAS, emphasized, "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, noted, "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 approach to managing menopausal symptoms through Rasayana (rejuvenation) therapies, dietary guidance, counseling, yoga, and herbal formulations. Key approaches include:

- **Rasayana and Lifestyle Interventions:** Rejuvenating herbs and appropriate lifestyle modifications are traditionally used to support vitality and address degenerative changes.
- **Counseling and Emotional Support:** Ayurveda emphasizes mental well-being through self-care, stress management and family support.
- **Herbal Formulations:** Classical Ayurveda preparations such as Ashokarista, Lodhrasava, Usheerasava, Chandanadi Loha, Amalaki Rasayana and Mukta Shukti are traditionally used in Ayurvedic practice for concerns associated with menopausal health. Their use should be guided by a qualified healthcare professional.
- **Dietary Guidance:** A balanced, varied diet suited to individual needs can support general health during and after menopause. Ayurvedic dietary recommendations may be individualized according to the person's constitution, digestive status, and clinical condition. Adequate protein, calcium, and other essential nutrients are particularly important for maintaining muscle strength and bone health.
- **Yoga and Meditation:** Regular practice of Asanas, Pranayama, meditation, and Dhyaan may support emotional equilibrium, sleep quality and musculoskeletal health. Yoga practices such as Setu Bandhasana, Vipreetkarani Asana, Marjariasana and Shavasana promote relaxation and may help ease stiffness, back pain and fatigue. Breathing techniques such as Sitali Pranayama and Bhramari Pranayama, along with Yoga Nidra, may support relaxation, emotional balance and sleep.

Ayurveda emphasizes balanced dietary and lifestyle habits, including moderation in food intake, avoiding excessive consumption of pungent and salty foods, limiting alcohol, avoiding tobacco, and managing physical and emotional stress.

The Ministry of Ayush and CCRAS continues to advance research on Ayurvedic approaches to women's health, with a focus on generating scientific evidence, evaluating clinical outcomes, and promoting informed awareness of menopausal health and well-being.

On World Menopause Day 2026, the Ministry of Ayush calls for greater awareness, open conversations and timely, appropriate care to help women navigate menopause with confidence and maintain their health and well-being.

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

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