

## **AN UNDERSTANDING AND COMPREHENSIVE APPROACH TOWARDS PERIMENOPAUSAL STRESS – A REVIEW**

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### **ABSTRACT**

Stress is body's way of responding to any kind of demand or threat. Stress is different from anxiety. Mainly Hypothalamus - pituitary - adrenal glands are responsible for mechanism and effects of stress. Stress can be there because of any happening in life. Menopause is life changing event that every woman experiences. Perimenopause is the period before, during and after menopause. Because of the hormonal changes in body, woman undergoes many stressful transforms. Empty nest syndrome may aggravate the stress in perimenopause. Perimenopausal stress can be managed by use of different Aushadhi, Ahara and Vihara.

**KEYWORDS:** Perimenopause, perimenopausal stress, Ayurveda, Rajonivrutti, menopause

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