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### RESEARCH ARTICLE

#### A CASE REPORT ON MANAGEMENT OF MENOPAUSAL SYNDROME THROUGH AYURVEDA.

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#### Abstract

In women's life menopause is the most significant event. WHO has defined postmenopausal women as those women who have stopped menstrual bleeding one year ago or stopped having periods as a result of medical or surgical intervention like hysterectomy, oophorectomy. More than 80% women experience physical or psychological symptoms in the years when they reach menopause with various distress in their lives, leading to decrease in the quality of life. Hormone replacement therapy (HRT) is most effective therapy but has other side effects. Considering the limitations of HRT, present need is to explore new options for the management of menopausal symptoms in the form of non hormonal drug therapy. In Ayurvedic classics it is described under a title of Rajonivrutti and various beneficiary measures are mentioned for treatment of rajonivrutti anubandhit vyadhies (postmenopausal syndrome). This study was done to evaluate the efficacy of drugs which are used in postmenopausal syndrome. The treatment was conducted for the duration of 5 months. The response to the treatment was recorded and therapeutic effects were evaluated with the help of symptomatic relief. The results show that the postmenopausal syndrome can be better managed with ayurvedic drugs and can avoid HRT and their side effects.

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#### Introduction:-

Etymologically, origin of the word menopause lies in the Greek words 'meno' (menses/month) and 'pause' (stop/cease). Menopause is a permanent cessation of menstruation that occurs at mean age of 51 years<sup>1</sup>. After menopause the ovaries cease to produce significant amount of estrogen hormone therefore the symptoms and diseases associated with estrogen deficiency are of increasing importance to women's health<sup>2</sup>. With increase in life expectancy a woman spends almost a third of her life in this phase<sup>3</sup>. The transition from reproductive to the non-reproductive stage is the result of a reduction in hormone levels that are produced by the ovaries. The changes are not sudden. It tends to occur over a period of years and it is natural consequence of aging<sup>4</sup>.

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However in some women, the related sign symptoms and effects that can occur during menopausal years can significantly disrupt their daily activities and sense of well being. According to literature atleast 60% of females suffer from mild symptoms and 20% are free from symptoms<sup>5</sup>. The health ailments associated are

1. Psychological problems like depression, irritability, tiredness, anxiety, loss of libido, forgetfulness, lack of concentration.
2. Physical like irregular menstruation, vaginal dryness causing dyspareunia, thinning, wrinkling of skin, thinning and graying of hairs, dysuria, weight gain.
3. Vasomotor symptoms like hot flush, night sweats, palpitation. Osteoporosis, cardiovascular diseases are common in postmenopausal women due to estrogen deficiency<sup>6</sup>.

In modern science HRT is indicated to overcome these problems but there is an increased risk of endometrial cancer, breast cancer, venous thromboembolic disease, coronary heart disease (CHD), dementia, alzheimer, gallbladder diseases due to increase in cholesterol<sup>7</sup>. Recent results from Women's Health Initiative (WHI) and Heart and Estrogen/progestin Replacement Study (HERS) demonstrated increased risk of cardiovascular disease (CVD) and breast malignancy amongst women randomized to hormone therapy. More women are becoming aware of serious side effects; hence the use of HRT for menopausal symptoms has significantly decreased.

Ayurveda mentions these symptoms as a part of aging process. Ayurveda considers aging as Nishpratikriya<sup>8</sup> and swabhabala roga (natural disease)<sup>9</sup>. Rajonivrutti occurs in jarapakava sharir at the age of 50 years<sup>10</sup>. As the age advances there is gradual diminution in the qualities of dosha, dhatu, mala, agni and oja<sup>11</sup>. In Ayurveda menopause marks as the transition from the Pitta stage of life to Vata stage of life. Hence the more symptoms in menopause are due to imbalance of Vata dosha. If Pitta has accumulated (sanchay) more over the years, hot flushes are likely to be more frequently, intense and more irritable whereas Kapha tendency is towards weight gain and fluid retention. This transition from Pitta dominance to Vata dominance causes most of the menopausal symptoms<sup>12</sup>.

### Aims

To establish the effect of Ayurvedic drugs on postmenopausal syndrome.

### Objectives

1. To evaluate the therapeutic efficacy of Ayurvedic drugs.
2. To study recurrence rate.
3. To improve the physical and emotional health of woman

### Material and Method:-

Ayurvedic literature related to Rajonivrutti and anubandhit vyadhitatsya lakshana (postmenopausal syndrome) are searched. Books related to pharmacology of Ayurvedic drugs which are used in formulation and related research papers are also searched for their mode of action. Other research journals, papers, books related to postmenopausal syndrome are also explored to collect the matter.

### Case History

This study was done at Government Autonomous Ayurved College, Jabalpur. M.P. A 48 years old female came to OPD on date 8-2-2017 (OPD No. 3608) with complaint of hot flush, palpitations in every half to one hour interval, night sweats, vaginal dryness causing dyspareunia and joint pain. She had associated symptoms like loss of appetite, disturbed sleep, constipation, anxiety, and irritability since 1 year. She requested for Ayurvedic treatment as she knew about the side effects of HRT.

Thorough history was taken. She had history of hypertension. Family history was not significant. Menstrual history includes absence of menstruation since 10 months. Obstetric history includes G<sub>4</sub>P<sub>3</sub>L<sub>3</sub>D<sub>0</sub>A<sub>1</sub> three full term normal deliveries with a history of spontaneous abortion of 3 months gestation. There was no history of obstetric complications.

Her physical examination revealed normal vitals except increased blood pressure (150/100 mm of Hg), nadi (pulse) was vatapradhan. Thyroid profile, blood sugar was normal, BMD shows osteoporosis, hemoglobin was 8.5 gm%, and urine analysis shows pus cells 3-4/hpf with 2-3/hpf epithelial casts. Weight was 68 kg.

**Management**

Sl.No	Drugs	Dosage form	Dose	Time of administration	Duration	Anupana
1.	Yograj guggula	tablet	2 tablet of 250mg	After meal twice a day	5 months	lukewarm water
2.	Brahmi vati	tablet	1 tablet	After meal twice a day	5months	lukewarm water
3.	Combination of Ashwagandha churna, shatawari churna and prawal pishti	powder	Ashwagandha churna 2gms+shatawari churna 2gms + prawal pishti 250 mg	After meal three times a day	5months	milk
4	Arjun kshirpaka	Medicated milk	20ml	Morning and evening empty stomach	5 months	-
5	Saraswatarishta	Arishta-liquid	20ml	After meal twice a day	5months	With equal quantity of lukewarm water
6	Triphala churna	powder	5 grams	After meal once in night	7days	lukewarm water

She was advised to take plenty of oral liquids, light diet, yoga and to avoid spicy food. She was asked for regular follow-up in 7 days interval for first 2 months. After 2 months 15 days interval. Duration of treatment was 5 months.

**Observations**

During first 2 weeks she got moderate relief. Her attacks of hot flush and night sweats as well as palpitation reduced to almost 1-2 times in 24 hours. In 3<sup>rd</sup> week 2-3 times in a week. 4<sup>th</sup> week only once with reduced irritability and anxiety. Appetite improved with relief from constipation. After 2 months she got complete relief from all the symptoms. Hemoglobin improved. BMD, blood pressure was normal with good sleep and good sense of well being.

**Discussion:**

There is no specific description regarding clinical features of rajonivritti as Ayurveda considers rajonivritti is a natural process of aging. Out of three doshas vayu increases significantly with considerable decline in pitta and kapha with the aging. There is decline in all the seven dhatus starting from rasa to shukra along with oja (the essence of all the seven dhatus that is vital for life). We can consider symptoms of menopausal syndrome under jaravyadhi therefore, lakshan (symptoms) of dhatukshaya (depletion of body tissues) and vatpittadosha dominance are mainly seen along with some manasik lakshana (psychological symptoms)<sup>13</sup>. The treatment had based according to the need and symptoms experienced by the patient. The drugs were selected which could workout at the different levels of samprapti (pathophysiology).

**Ashwagandha (withania somnifera):**

It is laghu (light), snigdha (unctuous) in guna, having madhur (sweet), kashay (astringent), tikta (bitter) rasa (taste), madhur vipaka (taste conversion after digestion), and ushna veerya (hot potency). It is useful in the symptoms that are produced by vitiation of kapha and vata as it has kapha-vataghna (pacifies vata and kapha) property, protects brain cells from inflammatory proteins & free radicals. Acts on endocrine system and encourage the hormones to settle down. It lowers production of cortisol by 28%. It helps to improve concentration and peaceful sleep. It works with adrenal system to moderate the effects of estrogen as compared to progesterone. The severity of symptoms like mood swings, hot flushes and the overall quality of life gets improved<sup>14</sup>. It is diuretic, immunomodulator, sedative, nervine tonic, purifies blood and relieves edema<sup>15</sup>.

**Shatawari (Asparagus racemosus):**

It is guru (heavy), snigdha (unctuous) in guna, having madhur (sweet), tikta (bitter) rasa (taste), madhur vipaka (taste conversion after digestion) and sheeta veerya (cold potency), pacifies vata and pitta. It is a well known Ayurvedic rasayana which prevents aging. It has phytoestrogenic activity so balances hormones. It reduces cholesterol LDL, VLDL and thus prevents coronary artery disease. It has antidepressant, antioxidant, analgesic action. It is Medhya (improve the intellectual) hence protects against stress and helps in enhancing memory. Erythropoietic, anticoagulant, cleanses, nourishes, strengthens female reproductive system hence traditionally been used for postmenopausal syndrome, pelvic inflammatory disease, acts as a soothing agent upon systemic dryness which is a part of natural aging process<sup>16</sup>. Balances pH of cervical area<sup>17</sup>. It gives strength to urinary bladder<sup>18</sup>.

**Prawal Pishti:**

It is laghu (light), ruksha (dry), madhur (sweet), slightly sour having madhur vipak, sheeta veerya, pacifies tridosha. It contains calcium carbonate 83%, magnesium carbonate 3.5%, Iron 4.5%, organic compound 8%. Since it modifies sweat secretion, it is helpful in excessive sweating<sup>19</sup>. It is a rich source of calcium. Withdrawal of estrogen cause significant loss of bone calcium<sup>20</sup> so helps to prevent osteoporosis. It can reduce the pain as well as fluid retention which is seen in PMS. It helps in the process of blood clotting so beneficial for bleeding disorders. Prawal pishti reduces hyperacidity. Its deepana-pachana property improves appetite and digestion power. It is anti-inflammatory in action, exhibits cytotoxic activity against breast adenocarcinoma<sup>21</sup>, and prevents osteoporosis<sup>22</sup>.

**Yograj Guggula:**

It pacifies all the three dohas, improves digestion. Guggulu contains essential oils, it is ushna, snigdha, picchila (slyminess), pittaghna by kashaya and madhura rasa, kaphaghna by katu, tikta, tikshna guna.. It is analgesic, good appetizer, liver stimulant hence useful in liver disorder. It increases hemoglobin and leukocyte count thus enhances blood quality. It helps in edema, glandular enlargement, dysmenorrhea, leucorrhoea and other gynecological disorders. It rejuvenates the body tissues and increases strength. It is good rasayana<sup>23</sup>.

**Brahmi Vati:**

It is tranquillizer, intellect promoting, and anxiolytic, useful in managing psychic disturbances during menopause. It is diuretic, cardio tonic so helps in urinary and cardiac problems respectively. Helps in insomnia and psychosomatic disorders<sup>24</sup>. Brahmi is a valuable plant for brain and entire nervous system. It helps in depression, enhances memory, intelligence, longevity, strengthens all sapta dhatus, useful in anemia and urinary disorders<sup>25</sup>.

**Arjuna kshirapaka:**

Arjuna (Terminalia Arjuna) is a potential cardioprotective drug. Studies show that it has a significant role in lowering both systolic and diastolic blood pressure<sup>26</sup>, Strengthens the heart and lowers the heart rate so useful in palpitation; It prevents accumulation of fluid and thus reduces edema. Helpful in pain and burning during micturition. Use of kshirapaka helps to reduce dryness<sup>27</sup>.

**Sarswatarishta:**

The drug Sarswatarishta has madhura, tikta, katu rasa, sheeta veerya, madhura vipaka, and laghu guna properties. It pacifies all the three doshas; the ingredients possess digestive properties, helps to control gastrointestinal symptoms like constipation, loss of appetite etc. It is nutritive, adaptogenic, immunomodulator, antioxidant. Contents of sarswatarishta have the properties like rasayana (rejuvenator), vayasthapana (age promoting), balya (improves strength), medhya (promote intelligence), manodoshahar (helps in psychological disorders), vedanasthapaka (analgesic) and dhatupushtikar (strengthens tissues). It is helpful in arthritis, heart and vascular diseases. The drugs like brahmi, vidari, haritaki etc act as cardio tonic. It is aphrodisiac, hypolipidemic, and hypotensive that may help in relieving some other menopausal complaints<sup>28</sup>.

**Conclusion:-**

The above treatment protocol was found to be effective in postmenopausal syndrome. There is no recurrence of such type of episodes till date. This single case study shows encouraging result and need of further study for its scientific validation. Thus with the help of Ayurvedic treatment modalities and preventive measures, this entire painful scenario of menopausal syndrome can be changed into a blissful episode of women's life.

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