



MANAGEMENT OF MENOPAUSAL SYNDROME - A CASE REPORT

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ABSTRACT

The journey of womanhood start from the day the girl child is born. She passes through the phases of childhood, adolescence, youth, elderly and finally to geriatric. The two milestones in her life are menarche and menopause herald the reproductive period of life. Menopause is a physiological phenomenon, literally means cessation of menses and this follows loss of ovarian activity in women. This is a transition between reproductive and non-reproductive potential. Stress and sedentary modern lifestyle disturbs this transitional phase and impairs the quality of life. In *Ayurveda*, Menopause is termed as '*Rajonivrutti*'. Menopausal symptoms are regarded as imbalance of the *Doshas* and *dhatu kshaya*. As it is *vata vridhi avastha*, line of treatment should be *vata shamaka*, *balya*, *jeevaniya*, *rasayanam*, *rasadi dhatu vardhaka*. Hence *Kushmanda Rasayana* and *Ashwagandha – Arjuna Ksheerapaka* are selected for this case study.

KEYWORDS: Menopausal syndrome, *Rajonivrutti*, *Kushmanda rasayana*, *Ashwagandha-Arjuna Ksheerapaka*.

INTRODUCTION

Woman, a marvelous creation of almighty goes through variable stages during her reproductive life. Menarche and Menopause are the landmarks of reproductive stage of woman's life.

Menopause is generally defined as cessation of periods for 12 months due to cessation of ovarian function resulting in permanent amenorrhea.^[1] Menopause is thus a gradual and natural transitional phase of adjustment between the active and inactive ovarian function and occupies several years of a women's life. Menopausal transition is characterized by varying degree of somatic and psychological changes. The period may be uneventful or may manifest through various symptoms. The group of symptoms is known as "Menopausal Syndrome". The hormonal changes that spur the end of menstruation affect entire bodies from the texture of skin to bones.

Postmenopausal women usually have low levels of estrogen and progesterone, with little fluctuation and no cyclicity. Symptoms are due to hormonal changes of the menopausal transition and adverse life style factors.

In *Ayurveda*, Menopause is termed as *Rajonivrutti*.^[2,3] Menopause is delt with the *Jara Pakwa Avastha*⁴. *Jara* and *Rajonivrutti* are manifested due to progressive reduction in the functional ability of *Srotas* and *Agni*,

which results into an inadequate tissue nutrition. This nutritional imbalance triggers the irreversible degenerative changes in *dhatu*, leading to *Shukra kshaya*. Though, Menopause is a natural event as a part of the normal process of aging, it is turning into a major health problem in recent years in developed as well as developing countries like India. Being an alarming problem, it needs an effective and safe treatment. It is important therefore to address Menopause related disease and apply prophylactic measures, so that menopausal women can lead an enjoyable and healthy life.

CASE REPORT

A 50-year-old married woman visited the OPD of Prasooti Tantra And Stree Roga, SKAMCH & RC, on 11th November 2017 with the complaints of severe perspiration in night, fatigue, irritability and depression since 1month.

Past history: No H/O DM/HTN/Thyroid dysfunction or any other medical or surgical history.

Family history: No history of similar problem in any of the family members.

Personal History

Diet – Non vegetarian.

Appetite- Decreased

Bowel- Once /day.

Micturition - 5-7times/day 2-3times/Night.
Sleep – Disturbed sleep

Menstrual history

Attained menopause 1-year back.

ASHTA STHANA PAREEKSHA

Nadi - 80 bpm

Mootra- 5-7times/day 2-3times/Night.

Mala - Once a day.

Jihwa- Alipta

Shabda - Avisesha

Sparsha - Anushna sheeta

Druk - Avishesha

Aakruti – Madhyama

DASHAVIDHA PAREEKSHA

Prakruti – Vata-Kapha

Vikruti - Madhyama

Sara - Madhyama

Samhanana - Madhyama

Pramana - Dhaigya – 152 cms Dehabhara - 65 kg

Satmya - Madhyama

Satva- Madhyama

Aahara Shakti - Abhyavaharana Shakti - Madhyama

Jarana Shakti - Madhyama

Vyayama Shakti – Madhyama

Vaya –Madhayama

General examination

- Built - Moderate
- Nourishment - Moderate
- Temperature – 98.F
- Respiratory rate -24/min
- Pulse rate – 80 bpm
- B.P - 130/90 mm of hg
- Height – 152 cms
- Weight - 65 Kg
- Tongue : Uncoated

Systemic examination

CVS: S1 S2 Normal.

CNS: Well oriented, conscious.

RS: normal vesicular breathing, no added sounds.

P/A: Soft, Non tender.

INVESTIGATIONS - 11/11/17

Hb – 11.1 gm%

FBS – 92 mg/dl

Intervention

- ☞ *Kushmanda Rasayana* 1tsp (5gms) twice a day, before food with 1 glass of milk
- ☞ *Ashwagandha – Arjuna Ksheerapaka* 15ml twice a day, after food.

Medicines were administered for 2 months.

OBSERVATION AND RESULTS

Table 1 –Changes in signs and symptoms before and after treatment.

Signs and symptoms	Before treatment	After treatment
Night sweats	Present	Absent
Fatigue	Present	Absent
Irritability	Present	Absent
Depression	Present	Absent
Decreased appetite	Present	Absent
Sleep	Disturbed	Sound

DISCUSSION

Menopause occurs during *Madhyama Avastha* of life. This phase can be considered as transitory phase from *Pitta* dominance to *Vata* dominance. During this phase, *Saptadhu* starts to decline and *Vata Dosha* start to aggravate. Both *Sharirika* and *Mansika Bala* are affected. Most of the menopausal symptoms are due to aggravated *Vata-Pitta Dosha* and *Saptadhatukshaya*. As it is *vata vridhi avastha*, the selection of treatment and *pathya aahara vihaara* should be *vata shamaka, balya, jeevaniya, rasayanam, rasadi dhatu vardhaka*. Hence *Kushmanda Rasayana*^[5] and *Ashwagandha – Arjuna Ksheerapaka*^[6] are selected for this case study.

In *Ashwagandha – Arjuna Ksheerapaka*, the drug *Ashwagandha* has *Deepana, Anulomana, Raktabhara shamaka, Vajikarana, Garbhashaya shothahara, Yonishoolahara, Balya, Brihmniya, Rasayana* properties. The Drug *Arjuna* has *Rakta stambhana, Sandhaniya, Raktavahini shothahara, Hridya, Mutra-sangrahaniya shamaka, Tvak prasdana, Medohara, Vishhaghana,*

Balya properties. Milk is *Alpabhishtyanda, Rasayana, Jeevaneeya, Medhya, Balya, Pathya, Ruchya, Vrishya, Pushtikara*.

By these properties of these drugs improves in *Sroto Vahana* and enhancement of *Rasa Nirmana*, proper nourishment leads to *Vata Shamana* this helps in *Samprapti Vighatana* and ultimately leads to *Lakshanopashamana*. By making *Ksheerapaka* of these drugs the *Kaphakaritva* of milk is decrease and *Rookshata* of *Arjuna* and *Ashwagandha* is removed and by its *Madhura, Guru, Snigdha, Ushna, Shalakshana, Manda* properties it helps in *Vata Shamana*, also milk is rich in Calcium which acts as a bone supplement.

In *Kushmanda rasayanam, kushmanda* is a major ingredient, it helps to relieve symptoms persisting owing to the menopausal and post menopausal stage. Drugs like *shunti, pippali, maricha, dhanyaka, jiraka, ela* are *katu rasa* and *ushna veerya*. It acts as *vatakaphahara, deepana, pachana*. It helped in *agni pradipti* and *dhatu*

pushti by *prasasta dhatu nirmana*. *Pippali* drug acts as a *medhya*, *mano indriya tarpaka* which helps in *chinta*, *shoka* and sleep disturbance.

Kushmanda rasayanam improves the nourishment to *dhatu*, boosts immune system and increases the anabolic activity. Helps in formation of *prasasta dhatu* after getting transformation by respective *bhutagni* and *Dhatvagni*. It also helps to prevent the adverse effect of menopausal syndrome.

CONCLUSION

Only few scattered references are available in the classics regarding *Rajonirvrutti* stage of women. *Rajonirvrutti* as a diseased condition is not described in the classics at all as it is the physiological state of life. All the *Acharyas* have mentioned 50 years as the age of *Rajonirvrutti*. Factors like *Kala*, *Swabhava*, *Vayu*, *Dhatukshaya*, *Karma*, *Abhighata* etc. seem to be main underlying causative factors of *Rajonirvrutti*. Menopausal symptoms are more distressing problem of present era due to changed responsibility of present day female leading to altered life style e.g. excessive use of body and brain (of female's) who are made supple by nature. Considering the *samprapti* of *Rajonirvrutti* it is observed that the drugs having *Rasayana* - *Balya* and *Vayasthapana* properties are helpful at this stage.

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