

**EFFECT OF COVID 19 ON MENOPAUSE AND IT'S MANAGEMENT: A REVIEW
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ABSTRACT

COVID-19 is a pandemic through which whole world is suffering from. It affects all age groups but can be more severe in the cases with comorbidities which are more increased with age. Menopause is a part of woman's life where there is permanent cessation of menstrual cycle. There are hormonal changes during menopause which can lower the immunity of woman and can lead to various diseases like cardiac disease, type 2 diabetes etc. Hence with this increasing comorbidities there is chance of increasing COVID-19 in women in peri or postmenopausal stage. So here is an review study how COVID-19 affects the post menopausal woman and how we can prevent and cure COVID-19 with help of ayurvedic formulation.

INTRODUCTION

Menopause is physiological, hormonal change that occurs in each woman after reproductive life or when ovaries stop making estrogen and progesterone. It is an irreversible change in woman's life. During menopause a female undergoes many changes such as hot flashes, mood swings, depression, thinning hairs, breast fullness, slowed metabolism, dry skin, increase facial hair, cognitive issues, insomnia etc. Many more changes due to decreasing in estrogen level.

COVID-19 is pandemic affecting worldwide. Cases has been increasing day by day and there is number of deaths our more in age group greater than 45 years due to decrease immunity, increase health issues such as cardiac diseases, respiratory track diseases, atherosclerosis, arteriosclerosis, DM, stress etc. People with such comorbidities are at higher risks to develop COVID-19. Hence this study help us to see whether there is any effect of Corona virus on post menopausal female and if yes then what are medical and Ayurvedic remedies to cure.

MATERIAL AND METHOD

Risk of Coronavirus on menopausal woman. Menopause is an time where there is increase in risk of her diseases and type 2 diabetes as there is decrease in estrogen hormone which work as protection from heart diseases and diabetes in females. These comorbidities definitely increase risk for women with COVID-19.

Center for diseases control and prevention also state that age, heart diseases, diabetes can all increase your

chances of being severely ill with coronavirus. There is also weight gain in menopausal women which can also be the cause to complicate the cause. There are some investigational researchers going on suggesting that estrogen has been somewhat protective for women exposed to coronavirus.

Estrogen plays and protective role in women. Estrogen effects cell of immune system Neutrophils and Monocytes and adaptive immune system such as T cell and B cell hence this way estrogen helps to increase immunity in females.

Menopause is also related to increase in a risk factor for cancer. As well as there is also decrease in T-cell. T-cells are the cells of immune system which helps the body to protect from diseases, cancer cells, foreign invaders and help to boost immunity. As age increases there is increase in inflammatory level leading to pain, autoimmune issues, weight gain an susceptibility to illness.

Hence not menopause put a woman in danger of COVID-19 but health factor associated with menopause creates complications.

How to support physical and mental health during menopause and coronavirus.

There are many lifestyle modifications you can make to protect your body and keep yourself healthy from pandemic.

Due to this pandemic's there is increasing stress hormone according to Ayurveda it is very much essential to follow dinacharya described by Acharya. It include rising early in the morning and having Ushapan. Ushapan in early morning help to lower the Vata and kapha dosha hence it helps to lower the vata symptoms like depressions, mood swings etc.

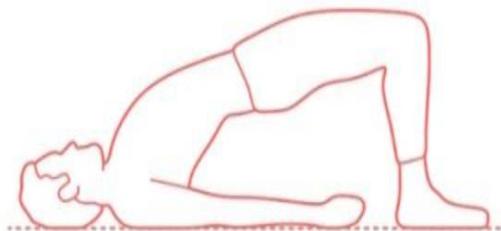
Women should follow daily exercise and yoga to regulate the metabolism as metabolic changes occur in menopause and affect the health. Yoga relieves stress, natural comprehensive remedies for HRT, decrease BP and good joint health. The women should perform Yogas like.

Divaswap must not be done as it encourages kapha and khapa may leads to diabetes like diseases.

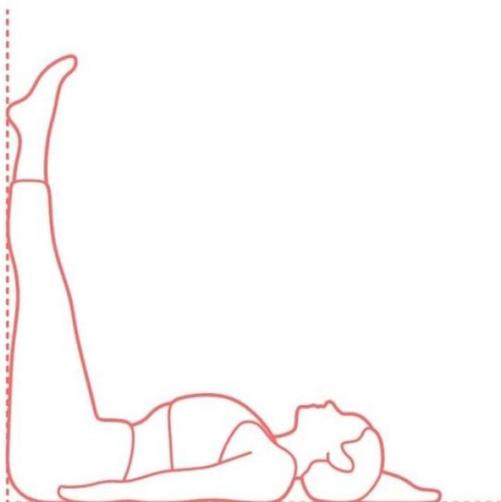
1) Reclining bound angle pose(Supta Baddha Konasana)

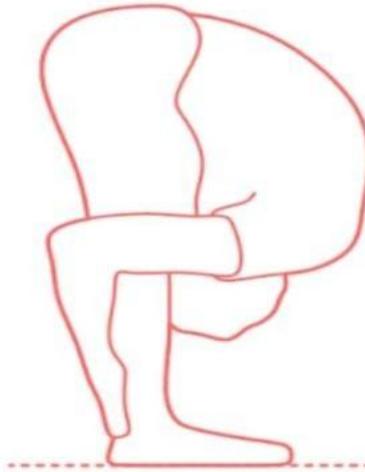


2) Bridge Pose (Setup Bandha Sarvangasana)



3) Legs -up -the -wall Pose (Viparita Karani)



4) Plough Pose (Halasana)**5) Standing Forward Bend (Uttanasana)**

This pandemic increase stress as there is increasing stress hormone cortisol which exacerbate health issue. So women should take green leafy vegetables, nuts, legume, seeds and fruit in diet.

DISCUSSION

Women should take diet which will help increase estrogen level hence there will be no need for HRT. Food products that increase is estrogen are flax seeds, soyabean, endamame beans, dates, prunes dried apricots are rich in phytoestrogen. Sesame seeds, garlics, pitches, berries, wheat bran, tofu vegetables like cauliflower broccolis, Brussels sprouts and cabbages. Avoid spicy, vidahi annapana as it will increase the risk for diabetes.

Factors like Riddhavstha, generally Dhatushakya, Rukshata will lead to vatrudhhi. Hence a vicious cycle come into play and all functions of vata will be affected including rajautpatti and leads to menopause. Women should take panchakarma treatment such as Abhyanga, Swedana, Vamana, Virechana, Shirodhara, Patrapindasweda, Udavartan, Uttarbasti, Yoniprakshalan and Pichu with herb like Shatavari, Yastimadhu, Ashoka, Gugool.

Post or peri menopausal women should take Krusha Til Churna 50 gm for 5 weeks OD help to increase estrogen and good cholesterol. Drakshaavleha 10 gm twice a day. Shatavari chruna 10 gm twice a day.