

AYURVEDA MANAGEMENT OF MENOPAUSE: A CASE STUDY

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ABSTRACT

In the present era, women have to perform a multidimensional role in the day to day life. Ultimately it affects her physical and mental health also. Simultaneously she has to face physiological and psychological changes at each stage of age. In every woman along with menarche, menopause also plays important role in her life. In menopause, there is hormonal derangement occurs. Because of this derangement, various physical and psychological signs and symptoms are observed in almost many women. This is combined all called Menopausal syndrome. In this era due to lifestyle modifications and continuous various types of stress, aggravation of Menopausal symptoms occurs early. In the modern medicine system, Menopausal symptoms are managed by HRT (Hormone Replacement Therapy) which results in multiple complications in long term. In ancient health science i.e. Ayurveda it is termed *Rajonivritti* and as per acharyas it is supposed to be normal physiology and not mentioned signs and symptoms associated with these conditions

KEYWORDS: Menopause, Life Style, *Sarvanga Abhyanga*.**INTRODUCTION**

World Health Organization defined menopause as permanent cessations of the menstrual period that occurs naturally or is induced by surgery chemotherapy or radiation. Natural menopause is recognized after 12 consecutive months without menstrual periods that are not associated with a physiological or pathological cause. Menopause is not a disease but a natural process in a women's life. Menopause is one of the important physical stages in women's life. Many women don't know the proper and detailed information about exactly what is taking place and which are the measures to be taken during this period. It includes proper diet, exercise, nutritional supplements, and other related knowledge.

Signs and symptoms of early menopause

In early menopause estrogen level declines and it cause symptoms. Severe visible symptoms are during age between 40-45 years. Irregular Periods for 12 months, suffering from common symptoms like hot flushes, headache, weight gain, anxiety, depression, insomnia, and mood swings, fatigue.

Cause of early menopause: Genes, Women with a family history of premature menopause.

Lifestyle factors associated with early menopause: Poverty and poor nutrition, Smoking, Alcohol consumption, Stress-strain and mental tension.

According to Sushruta, there are three stages in Man/Women's life roughly described as childhood, middle age, and old age. During these three stages *Kapha*, *Pitta*, and *Vata dosha* are dominant in the body respectively. Hence menopausal phase is considered to be the *Vata* stage of life with some variable signs of *Pitta dosha* as it is a transition from middle age to old age. In the present scenario, the role of women is changed. Due to the need for double income to fulfill family requirements, high-cost living standards, and multitasking, modern women ignore their natural rhythms.

2. Patient Information

Female patient age 47 years complaining of dryness of skin, mood swings, hot flush, fatigue, palpation, disturbed sleep, and anxiety. She had an absence of menses for the last year and had two children. Before consulting me, she already underwent basic pathological and radiological investigations which were normal. She received allopathic medicines but didn't get any relief.

2.1 Clinical findings and diagnostic assessments

The patient was subjected to a detailed physical examination, and her vitals were normal. The patient had

a thin build. There was no significant family history of any major illness. Medical history revealed the patient had not taken any medication for the above complaints. On clinical examination, she had mild pallor. She underwent basic pathological and radiological investigation which does not reveal any major abnormal findings. While interviewing the patient, it is observed that she becomes intermittently emotional and has mood swings. On general and systemic examination there is loss of skin tone along with dryness of the skin. The patient's *prakruti* was assessed as *Vata- Pittaj*

2.2 History

The patient was a housewife. Her socioeconomic status was middle class. Her personal history was normal and no bladder bowel complaints. She has 2 children and underwent a tubectomy 20 years back. She had menopause for 1 year. Before menopause her menses were irregular.

3. Therapeutic Intervention

All signs and symptoms were aggravated after menopause and having clinical manifestation, she was diagnosed with *Rajonivrutti* (menopausal Syndrome). As per Ayurvedic text, she is advised to take *Sarvanga Abhyanga* by *Bala Tail*, a balanced diet, and exercise. She also prescribed tablet *Ashwagandha Ghan* 500 mg once at bedtime with Cow milk *anupan*. She is also properly well-informed about post-menopausal symptoms.

4. Follow up and Outcome

As per advice, she came after one week for a follow-up and she relieved 80% of the symptoms. Her anxiety, fatigue, and sleep disturbance reduced significantly. After 2 week follow-up, her complaints viz. dryness of skin, hot flushes, mood swings, and palpitation are reduced by 50%. She was advised to continue *Sarvanga Abhyanga* along with tablet *Ashwagandha Ghan* for a further one month. It was observed that the patient relived from the postmenopausal symptoms significantly.

5. DISCUSSION

Apanvayu governs pelvic physiology i.e. genito-urinary tract, elimination of waste products, and menstruation. Hence it is a key dosha to cause menopausal changes. Menopausal symptoms are precipitated and aggravated by *Vata Dosha* such as dryness of skin, loss of skin tone, back pain, joint pain, constipation, degeneration of the spine, palpitation, anxiety, mood swing, and memory loss. In *Pitta* dosh-dominated menopause, females are prone to the urinary tract, infections, acne, feeling hot, and anger. In *Kapha* dosh dominated menopause, females are prone to weight gain for no reason, fluid retention, slow digestion, and fungal infection, edema over joints, mental and physical heaviness, and litharge.

Ashwagandha has property of *KashayTikt Rasa*, *ushna Virya*, *Madhur Vipak*, and *LaghuGuna*. *Ashwagandha* is commonly used for relieving stress. It also commonly

used as *Rasayana*, *Vaat Shamaka*, *Balya*. *Bala tail* helps to reduce the *Vata Dosha* in the body.

6. CONCLUSION

It is concluded that in *Rajonivrutti* (post-Menopausal Symptoms) *Sarvanga Abhyanga* along with the Tablet *Ashwagandha Ghan* works effectively. It opens a new chapter for further research work with a large sample and long duration of follow up.

7. Patient Perspective

After taking *Ashwagandha*, the patient's menopausal symptoms reduced significantly. She felt more energetic in her daily activities. She recognized the importance of *Sarvanga Abhyanga* with *Bala tail* along with medication.

8. Informed Consent

Informed Consent was taken from the patient for this study.

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