

**MENOPAUSE SYNDROME AND ITS MANAGENT IN AYURVEDA****<sup>1</sup>\*Dr. Shital P. Rathod, <sup>2</sup>Dr. Hridayath Lad and <sup>3</sup>Dr. Neeta Mahesekar**<sup>1</sup>MS. Scholar (Prasuti Tantra and Streeroga),<sup>2</sup>(Asso. Professor Prasuti tantra and Streeroga),<sup>3</sup>(Professor Prasuti tantra and Streeroga),<sup>1,2,3</sup>Dr D.Y. Patil College of Ayurveda and Research Centre, Pimpri, Pune.Article Received on  
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Pune.**ABSTRACT**

Menopause, a Physiological phenomenon unique to every women, is the ending of a womens monthly mensrual period and ovulation. Every women faces various physiological and psychological changes during this “change of life” as a part of hormonal derangement. Sometime such disturbances attain the stage of disease or syndrome called as “Menopausal Syndrome”. Distributed life style and over stress affect the ovarian function and can bring menopause earlye. There are many health related issue in different age group of women are still present and Most suffering age group is forty-plus due to change in reproductive life by permanent cessation of mentruation called menopause. Modern medical system directly manage this problem with HRT (Hormon replacement therapy) which results in multiple

complication in long term. In Ayurveda it is termed as Rajonivruti and Ancient Acharyas supposed it as normal phenomenon. As the women in particular had a regimen to follow which was prevalent in the society in those times. Ayurveda entails a holistic physiological system based on balance, with its cardinal doctrine of human physiology being constituted by “vata”, “Pitta”and “Kapha” and the nature component of earth, water, fire, air and other. menopause generally there are two broad groups of treatment: means calculated to maintain the health of healthy people and other which focus on the cure of specific disease. A detailed description of menopause is elaborated in the paper.

**KEYWORDS:** Menopause, lifestyle, panchakarma, hormone.

## INTRODUCTION

World health organization and Stages of reproductive ageing workshop (STRAW) defined menopause as permanent cessation of menstrual periods that occurs naturally or is induced by surgery, Chemotherapy or radiation.<sup>[1]</sup> Natural menopause is recognized after 12 consecutive months without menstrual periods that are not associated with a physiological or pathological cause. There is a wide variations in Menopausal symptoms, there can be disturbance in menstrual pattern along with Acute / Sub-acute onset include vasomotor, genital, sexual, urinary, psychological, gastro - intestinal, locomotor, skin, hair and others, symptoms with long / late onset include cardiovascular problem, osteoporosis, fractures, cerebrovascular, dementia and alzheimer. Just prior to menopause menstruation cases in various ways- sudden cessation of menstruation, gradual hypomenorrhea in which diminishing amount of blood loss occurs with each regular period until menstruation stops, gradual oligomenorrhea (infrequent cycles) in which gradual increases in the interval of the periods occurs with pale colour scanty flow until they cessation for at last and interval of minimum of 6 months. Irregular period with or without excessive bleeding; wherein bleeding can be irregular, profuse, heavy or prolonged.

### Symptoms with Acute / Sub acute onset

- 1. Vasomotor include** (a) Hot flashes/ Flushes (b) Excessive sweating (c) Sleep disturbances
- 2. Genital and sexual:** Atrophic changes occurs in genitalia; vaginal symptoms include dryness, stenosis, dyspareunia, recurrent vaginal infections, atrophic vaginitis etc. Vaginal relaxation cystocele, urethrocele, rectocele, and uterine prolapse is also reported shortly after Menopause due to laxity of pelvic cellular tissue and loss of tone of the ligaments and tissues that support the uterus and vagina.
- B. Sexual:** symptoms regarding sexual function concerned with Menopausal syndrome are manifested as dyspareunia and decreased libido.
- 3. Urinary:** Following Menopause, changes occurs in urethra and periurethral tissues, which lead to various symptoms like dysuria, urgency, recurrent urinary tract infection, Supra pubic discomfort, stress incontinence, urge incontinence, urethral caruncle etc. All these urinary symptoms are clubbed together under the term urethral syndrome.
- 4. Psychological:** Most women experience mild to moderate levels of psychological progress during climacteric. These include depression, anxiety, excitability, irritability, tension, nervousness, dizziness, or giddiness, mood swings or emotional instabilities, dysphoria,

crying, loss of confidence, crying spells, worry needlessly, attacks of panic, Difficulty in concentrating, palpitations, loss of interest in many things, feeling unhappy, fatigue, melancholia, headache, paraesthesia, of the hands and feet, noises of the ears, pseudocyesis etc.

**5. Gastro - intestinal:** in which symptoms like disturbed appetite (Which can either increase and decrease), Various forms of dyspepsia, intestinal distension, constipation and flatulence associated with colonic spasm etc. Are most important in menopausal women. All these symptoms may be caused by diminished motor activity of alimentary tract.

**6. Loco-motor:** These include menopausal arthropathy (Joint problems) osteoarthritis, fibrositis and myositis, backache, vertebral disc lesions, arthralgia, myalgia, etc.

**7. Skin and Hair:** Itching, re-pigmentation, of the skin, thinning, loss of elasticity and wrinkling of skin are also found after menopause.

**8. Others:** Other symptoms include Painful and tender breasts (Chronic mastitis), development of the warts and naevi, Tinnitus, roughness of nails, toothache, cataract etc.

**C. Symptoms with Long/ Late onset:** These include broadly, coronary heart disease, cerebrovascular disease and Osteoporosis diseases are most common health hazards associated with Menopause.

Statistics from the Heart Estrogen / Progestin Replacement study show that a long term HRT increases the risk of cardiovascular diseases. In addition, according to the latest statistics, the incidence of breast and endometrial cancer is associated with an increase risk of HRT as well as stroke, coronary artery disease and other thrombotic disease.

## MATERIALS AND METHODS

The three great authors namely Charaka, Sushruta and Vagbhatta followed the scientific methods of study to enhance the perception of Ayurveda towards humanity Hence literature available in ayurvedic classics as well as modern available literature has been consulted in regard to present paper.

### **Ayurvedic symptoms of menopause**

In ayurveda, menopause is associated with ageing. Ageing is a vata predominant store of life. Thus some women experience menopause experienced menopausal symptoms and disturb the specific balance of body when vata dosh increse.<sup>[5]</sup>

### **Treatment of menopause**

The type of treatment in dosha depend on the symptoms of menopause in women. Here it is important to note that health problems at the time of menopause indicate incompetent tendencies in the body that were already growing in the body and are marked by stress of hormone migration.<sup>[6]</sup>

### **Vata Dosha menopause**

Symptoms- Nervousness, aenxiety, mood swings, vaginal dryness, loss of skin tone, filling cold,, pain irregular periods, ensomnia, mild hot flashes, constipation, palpitation, bloating and joint pain.

### **Treatment**

**Diet-** Increases intake of warm diet and drinks. Take regular meals in specific timings 10:30 Am and 7 Pm. Cumin, fennel should be in regular usage.

**Decreases -** Caffeine and other stimulants, refined sugar cold drinks, cucumber, organic food.. Avoid hot spicy foods, hot drinks and alcohol.

**Lifestyle-** Early bed-time, Oil massage, using sesame oil, almond and olive oil, Meditation, Yoga, regular exercise like walking being the best of all.

**Herbs-** Anti Vata herbs include ashwagandha (*Withania somnifera*), arjuna (*Terminalia arjuna*), cardamom, Rasona(*Allium sativum*), ginseng, guggul (*Commiphora wightii*), sandalwood and zizphus.

### **Pitta Dosha menopause**

**Symptoms -** Prone to Hot temper, anger, irritability, skin rashes, feeling hot, hot flushes, night sweats, heavy periods, excessive bleeding, urinary tract infection, and acne.

### **Treatment**

**Diet-** Increase cooling diets, water intake, sweet juice food (Grapes peers, pulms, mango, melons apples). yellow squash cucumber, organic foods.

Avoid hot spices foods, hot drinks and alcohol, No eating at night.

**Lifestyle**-Early bed-time at 10:30 pm, oil massage coconut oil Satavari oil, Yastimadhu oil, use medication, and other techniques to reduce anger. Exercise and exposure to sun are limited.

**Herbs**- Anti Pitta herbs include Aloe vera, arjuna (*Terminalia arjuna*), barberry(*berberis*), saffron (*Crocus sativus*), sandalwood (*santalum album*), shatavari (*Asparagus racemosa*).

### **Kapha Dosha menopause**

**Symptoms** - Weight gain, fluid retention, laziness, depression, lethargy lacking motivation, slow digestion.

### **Treatment**

**Diet**- Prefer light, dry and warm food, consume fruits, whole grown vegetables, use spices such as black paper, turmeric and ginger.

**Avoid** - Meat, cheese, sugar, cold food and drinks.

**Life style** - Get up early 6 am, mustard oil recommended for massage.

**Herbs** - Anti kapha herbs include bay berry cayenne, guggulu(*Commiphora wightii*), mustard(*Brassica juncea*).<sup>[7]</sup>

### **Weight management**

Ayurveda offers a program that include general principles of living a healthy life with specific personal constitutional guidelines. The maximum elevation is effectively handled by understanding what the condition is really for- toxins with both physical and mental roots that are unique to each person, the molecular structure of human fat stored in different individuals may be the same, but unhealthy habits, attitudes, misunderstandings and accumulation. Emotional experience which promulgate obesity are unique and singular. These weight loss measures are briefly presented in Ayurvedic Approach to Diet and Weight loss.<sup>[9]</sup>

### **Panchakarma Chikitsa**

Panchakarma (“five therapeutic action”) chikitsa (“treatment”) are physical therapies that thoroughly cleanse and purify the physical and mental impurities from the body and mind. Most of time the body has an innate ability to process and remove these wastes effeciently. Malformed defects however frequently occur due to the nature of he diet, hormonal changes, lack of exercise, lifestyle and genetic predisposition, digestive enzymes, metabolic co-factors, hormones and agnys organs that can disprut the bodys combined homeostasis and cause it to spread. The whole body is affected by viruses that cause disease.

The general purpose of Panchakarma therapy is to remove, purify and remove deformed substances and impurities in its peripheral tissues through natural means of their removal.<sup>[10]</sup>

## RESULT AND DISCUSSION

Menopause is not only the cessation of monthly menstrual cycle but it is a transition phase of life and body from reproductive years in which hormones are highly imbalanced which further aggravated by misconduct of changing life style and reflects as menopausal symptoms and collectively called.

## CONCLUSION

Health problem at menopause represent imbalances in the body that were already in growing in the body and diet plays a key role in balancing hormones during pre-menopause and in menopause. Eat a varied diet high in fruit, vegetables, whole grains and dried beans. It is a rich source of phyto estrogen. Variety and moderation are important because just as too much estrogen is unhealthy after menopause, too much phyto- estrogen may also be harmful. Ayurveda describes that these stubborn symptoms are due to the built up wastes and toxins. In this case traditional Ayurvedic “panchakarma” may be needed to clear the body’s Channels and gain relief. Lifestyle management also plays a significant role in the time of menopause.

Menopause symptoms are nature’s wake up call to paying more sincere attention to one’s health.

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