

A Case Report On Management Of Menopausal Syndrome Through Ayurveda With Bala Churna And Shatavari Churna

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Abstract:

In women's life, menopause is a natural event as a part of the normal process of ageing, it is turning into major health problem in recent years. WHO has defined postmenopausal women as those women who have stopped menstrual bleeding one year ago. There is no reliable lab test to predict when a woman will experience menopause. 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). Rajonivrutti means end of Artava pravrutti or cessation of menstruation as well as ovarian functions. 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.

KEY WORDS: Menopause, postmenopausal syndrome, Rajonivrutti, HRT.

Introduction:

The state of women health is indeed completely tied up with the culture in which she lives, her position in it as well as the way she lives her life as an individual. By a young girl or by an aged one, nothing must be done independently, even in her own house. In childhood a female must be subjected to her father, in youth to her husband and when her lord is dead, to her sons.^[1] "A woman must never be independent..." – Manu's Misogynic codes declared that woman did not deserve freedom and because of their evil inclinations, should always be kept under the control of men. An androcentric society followed Manu's codes and did not allow women to develop a sense of autonomy or personal freedom.^[2] During her span of existence, she undergoes different changes in her psyche and body. In spite of this, she performs her duties in all stages to stand up with the changing demands of the society. The alterations in her body during puberty, reproductive, menopausal and postmenopausal stages, create affinity towards different diseases. Women's longer life expectancy and rise in their population throughout most of the world has resulted in rise in their health needs.

Ageing is a real challenge for women. All women who live beyond the age of 45-50 years, experience a period of transition from reproductive to non reproductive stage of life.^[4] Thus, menopause is said to be universal reproductive phenomenon.^[5] This phase of life is more vulnerable for women as along with ageing she suffers from inevitable scars of menopause. With increasing life expectancy women spends one third of her lifetime under postmenopausal period. Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity.^[6]

In Ayurveda, this phenomenon taken in a different way and not as a serious health problem. As the ancient *acharyas* termed it as a normal physiology occurring at the age near about 50 years due to *Vata* predominance and *Dhatukshaya*. Various menopausal syndromes are compared with *Dhatukshayjanya lakshanas* in *Vardhakaavastha* of female in ayurveda.^[7] As *Sushruta* mentioned that menopause deals with *Jarapakva avastha* of the body.^[8] About 75% of women are having uncomfortable physical symptoms and 50% experiences psychological manifestations during menopause. About 50-60% of women seek medical help for that.^[9] Menopause is turning into a major health problem in recent years in developed as well

as developing countries like India. In our country, more than one third of women are aged over 50 years and within the next two decades the numbers of women of this age group will exceed that of women under 20 years. Moreover, recent evidences has shown that in 2003, there are almost 40 million menopausal women in India and this figure expected to creep-up to 60 million in this year. So, there is grow in the number of older women who will be facing “triple jeopardy” of being aged being menopausal (change of life) and being dependable in the world. The studies of last two decades shows that older women report more psychological distress and they are less satisfied with life than men. So, this demographic change will undoubtedly force every field to concentrate on the significant problems of this age group in women including menopausal syndrome. Being an alarming problem, it needs an effective and safe treatment. In modern science, Hormone Replacement Therapy (HRT) is one and only alternative for this health hazard by which one can get spectacular achievement in combating the disease, but it has a wider range of secondary health complications like vaginal bleeding, breast cancer, endometrial cancer, gall bladder diseases etc. On the other hand, this therapy is not much effective in the psychological manifestations of this stage. They manage them by the long term use of Sedative, Hypnotics and Anxiolytic drugs, which may lead to various side effects like drowsiness, impaired motor functions, loss of memory, allergic reactions, non social behaviours, drug dependence etc. [10]

Therefore, there is a wide scope of research to find out safe, potent, cost effective remedy from *Ayurveda* for the management of afore said lacuna. From the previous works, it is well proved that this health hazard can be well managed with certain Ayurvedic medicines having *Rasayana* and *Balya* properties. As *Sushruta* mentioned that *Shatavari* in combination with *Bala* act as *Rasayana* and *Balya*, [11] which help, to prevent senile degeneration promote resistance and immunity, increase vitality, improves memory and intelligences and restore health of increase in long life. So I have selected the topic “RANDOMISED CONTROLLED CLINICAL TRIAL OF BALA CHURNA AND SHATAVARI CHURNA IN POST MENOPAUSAL SYNDROME”.

Aims:

- To establish the effect of *Bala churna* and *Shatavari churna* on Postmenopausal syndrome. (*Rajonivrittijanya lakshanas*)

Objectives:

- To study the efficacy of *Bala churna* and *Shatavari churna* in Post menopausal syndrome (*Rajonivrittijanya lakshanas*).
- To evaluate efficacy of *Bala churna* and *Shatavari churna*.
- To review the literature of Post menopausal syndrome (*Rajonivrittijanya lakshanas*).
- To evaluate its effect on Hot flushes (*Daha*), Fatigue (*Balakshaya*), Excessive sweating (*Swedadhikya*) and Pain in joint (*Sandhishool*) after menopause.

Material And Method:

Ayurvedic literature related to *Rajonivrittijanya lakshanas* (Postmenopausal syndrome) are searched. 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 Ayurveda College, Osmanabad. A 50 years old female came to OPD with complaint of hot flush, fatigue, all over joint pain, sweating all over the body. 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 no any history of hypertension, diabetes, epilepsy or any major disease. Family history was not significant. Menstrual history includes absence of menstruation since 10 months. Obstetric history includes G4P3L3D0A1, 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 -blood pressure (120/80mm 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:

Sr. No.	Drugs	Dosage Form	Dose	Time of administration	Duration	Anupan
1.	Shatavari	Churna	3gm	After meal twice a day	3 consecutive months	milk
2.	Bala	Churna	3gm	After meal twice a day	3 consecutive months	milk

follow-up in 7 days interval, then follow-up after 1 month interval for 3 months.

Observations:

During first week, she got moderate relief. Her attacks of hot flush and night sweats as well as fatigue reduced to almost 1-2 times in 24 hours. In 3rd week 2-3 times in a week. 4th 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 *rajonivrutti* as *Ayurveda* considers *rajonivrutti* is a natural process of aging. *Bala churna and Shatavari churna* is said to have *guru, snigdha, shita guna*, it may have *rasayana* and estrogenic action also. Both the Drugs promotes qualities of on *Dhatu* this is achieved by improving digestion and metabolism leading to enriched nutritional status at the level of dhatus. Anti-oxidant, immunomodulating and adaptogenic effects of *Bala* and *Shatavari* are well known. The main mechanism of action of *Bala* and *Shatavari* is at the level of nutrition of *ahara rasa*; promoting digestion and metabolism (*Jatharagni and dhatvagni*). Finally, we

can say that *Bala Churna* and *Shatavari Churna* are effective in *Rajonivruttijanya Lakshanas*.

Conclusion:

Post Menopausal Syndrome correlates with *Rajonivruttijanya lakshanas* i.e. hot flushes, excessive sweating, fatigue, pain in joints. *Ayurvedic* drugs as *Bala churna* and *Shatavari churna* are effectively used in management of this syndromes. The 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 blissful episode of women's life.

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