Management of Menopausal Syndrome through Ayurveda vis-a-vis HRT

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Abstract:
Introduction: Humans are caged by psychosomatic disorders. Menopause occurs at the age of 45-55 years and includes symptoms like anxiety, depression etc. Hormonal Replacement Therapy, a cyclical treatment of estrogen and progesterone is followed. It has risk of developing cancers etc. Modern science manages all symptoms through use of hypnotics, sedatives but, long term effect is impaired motor function etc. Therefore, in taking the physical aspect, psychological aspect is often neglected. There’s a need for effective treatment in which Ayurveda plays an imperative role. Menopause is a sannipataja stage. But, it is linked with aging, and is a vata stage of life. Modern science follows HRT which treats with estrogen. There’re innumerable herbs & minerals useful in treatment. Estrogens like substances called phytoestrogens are derived from plants. These’ve same effect like estrogen but with no side effects. A study was conducted and patients were subjected to Yoga, Meditation, Abhyanga, Swedana, Shirodhara, oral medications like Dashamoolarista etc. To the best of our knowledge all patients got relieved. A significant relief of (P<.001) in psychic symptoms of menopause was seen.

Conclusion: The conducted study shows that the symptoms can be treated by this treatment alternative to HRT with marked results. Hence it is clear that all these play an important role in balancing the doshas with no side effects compared to HRT.

Key Words: Rajonivritti, Menopause, HRT, Yoga, Abhyanga, Swedana, Shirodhara.

Introduction
Every human is caged by some sort of stress or anxiety so he becomes the key of psychosomatic disorders. Menopause and estrogen deficient state that occurs at the age of 45-55 years is although a natural phenomenon in a females life but menopausal symptom includes anxiety, depression, insomnia, anemia, weakness, osteoporosis, vaginal dryness, oedema, irritable nature etc. Hormonal Replacement Therapy (HRT) is generally followed by physicians in treatment to Menopausal Syndrome. HRT is nothing but a cyclical treatment of estrogen and progesterone. HRT being expensive is contraindicated in women with HTN, MI, recent blood clots, migraine, liver and gall bladder disease. It has associated risk of developing breast & uterine cancers, venous thromboembolism, stroke, etc. So, however HRT is not very effective in managing the psychological symptom associated with Menopause. Modern science actually tries to manage all these symptoms through the use of hypnotics, sedatives, anxiolytics, but long term effect of these drugs is impaired motor function, memory loss, antisocial behavior, allergic reactions etc. Therefore, in taking up the physical aspect, psychological aspect is often neglected. There is a need for effective treatment in which Ayurveda plays an imperative role.

Brief Description:-
Menopause is a sannipataja stage. But, as menopause is linked with aging, and aging is a vata stage of life, accordingly symptom seen are similar to those as seen in increase state of vata dosha in the body. Symptoms related to other doshas are also seen. Ayurveda provides a holistic approach to treat menopausal syndrome. Modern science follows HRT which is nothing but treating with estrogen. Likewise there are innumerable herbs & minerals which are useful in treatment. Estrogen like substances called phytoestrogens (natural hormones) is derived from plants. These phytoestrogens have same effect like estrogen but with no side effects.
Aims and objectives:-
1) To see the result of Yoga, Meditation, Panchakarma and Drugs.
2) To study the psychological status in menopausal stage.

Materials and Methods:-
7 patients were randomly selected from the OPD and IPD of Stri and Prasuti Department of Sri Jagadguru Gavisidheshwara Ayurvedic Medical College & P.G. Studies and Research Centre, Koppal, Karnataka and a pilot study was conducted.

Inclusion criteria:-
1) Age between 45-55 years.
2) Women not having menses since 1 year at all.
3) Patients having no history of spotting also since 1 year.
4) Patients having psychological manifestations during menopause.

Exclusion criteria:-
1) Cancer
2) Diabetes Mellitus
3) Tuberculosis
4) HIV
5) Patients suffering from any systemic illness.
6) Patients with surgical Menopause.

Investigations:-
All 7 patients were subjected to routine investigations like:
- CBC
- Urine
  I. Routine
  II. Microscopic
- Blood Sugar
  I. Fasting
  II. Post - Parendial
- Lipid profile
- Alkaline Phosphatase
- S. Urea
- S. Creatinine
- T3, T4, TSH

Treatment:-
- All patients were subjected to Yoga for 45 min’s in morning and 15 min’s meditation continuously for 7 days.
- Then followed by mild Abhyanga, Swedana and Shirodhara with Brahmi Taila for 30 min’s for 7 days.
Along with this patients were given:
- Dashamula arista in the dose of 20 ml mixed with water twice a day.
- Nashtpusantaka rasa in the dose of 250 mg twice a day with like warm water.
- Pravaal bhasma in the dose of 250 mg twice a day with luke warm water.
- Saraswatarishta in the dose of 20 ml mixed with water twice a day.
All the patients were reviewed after 10 days.

Assessment:-
Patients were assessed on the basis of subjective parameter of Menopause.
Observation/Results:-
Keeping all the parameters in mind like: broad age group b/w 45-55 years, different lifestyles, dietary habits, desha, kala, kosta, agni, doshas, psychologically balanced (happy family), sleeping time & hours results were assessed.
Out of 7 patients 3 patients complained of improper lifestyle and disturbed sleep. 2 patient’s complaint of laziness and headache throughout the day. 2 patient’s complaint of hot flushes and frequent urination.
To, the best of our knowledge all patients got relieved in subject to maintaining mental state equilibrium, headache and disturbed sleep.
Among 2 patients suffering from hot flushes one patient had moderate relief and 1 had mild relief. Only a mild relief was seen in frequent urination in both the patients.
There was a significant relief of (P<.001) in psychic symptoms of menopause and disturbed sleep.

Discussion:-
Rajonivriti is a outcome of Jaraawastha (It has been told in A.H.Sharirsthana “masi masi…..”) and vatadosha is dominant in this stage thus it is very important to know the Mana and Dosha.

ACTION OF DRUG-
- Ingredients of Nashtpushantaka rasa as mentioned in Bheshajya ratnavali – Yonivyapat chikitsa 67/51-56 like Daru, Jivanti, Kushta, Brihati, Kakamachi, Bala, helps to balance Pitta and Vata due to which there is relief in symptoms like headache, hotflushes etc.
- From last 5000 years Pravaal has been used for rejuvenation of the body, mind & proper care of bones and skin. Chemical composition of Pravaal is calcium carbonate & magnesium i.e completely absorbable, use as a natural oxygen supplement it makes oxygen available to all parts of the body. Pravaal increases the rate of oxygen perfusion though out the body. Pravaal helps in decreasing excess Pitta. Helps in osteoporosis, degeneration of bones & promotes strength of skeleton.
- Dashmoolarishta as mentioned in Sharangdhara samhita madhyama khanda 10/78-92 gives strength, nourishment to the body, promotes energy, and nourishes tissue.
- Drugs of Saraswatarishta like brahmi, shatavari, vidari, abhaya, shunti, helps to improve immunity, mental condition. As mentioned in Bheshajya ratnavali Rasayana-178-191 this medicine is specially formulated by lord Dhanvantari which improves Ayu, Veerya, Smruti, Medha, Bala, Kanti, Vak Vishuddhikara, Hrudya, Pram Ojaskara, Rajo Dosahara, Shukra Dosahara,

Carry over message:-
1) Yoga and Meditation is the key for stress management.
2) Life style modification is the necessity.
3) Calcium – rich diet is ought to be used to avoid osteoporosis.
4) Drink plenty of water.
5) Rasayana therapy is effective, helps in delaying aging.
6) Medya drugs and panchakarma play an important role in managing the psychic disturbances and insomnia during menopause.

Conclusion
The conducted study shows that the symptoms of menopausal syndrome can be treated by yoga, meditation, panchakarma and a variety of drugs alternative to HRT with marked results.
Hence it is clear that all these play an important role in balancing the doshas with no side effects compared to HRT.

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