

AN AYURVEDIC PERSPECTIVE OF PREMATURE MENOPAUSE & MANASA VIKARA – A CASE STUDY

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ABSTRACT

Menopausal syndrome is common problem in today's era due to stressful and changing life. It is a cessation of ovarian function resulting in permanent amenorrhea. In this condition women experiences various physical and psychological symptoms. This will affect the mental health of women and leads to various *Manasa vikaras* which affects day to day life of women. In premature menopause the *Manasaik lakshanas* are more predominant. In modern science primary line of treatment is hormone replacement therapy but it has wide range of side effect. In *Ayurveda* premature menopausal signs and symptoms are not given specifically. According to *Ayurveda* this condition may

correlate with *Jarapakva avastha* and *Dhatukshaya lakshanas*. So this study was done to evaluate the efficacy of *Ayurvedic* drugs in premature menopausal *Manasa vikaras*. We gave the treatment to patient for 4 months and effect is observed & recorded. This study shows that the premature menopausal symptoms of *Manasa vikaras* are better managed by the *Ayurvedic* treatment.

KEYWORDS: Premature menopause, *Rajonivrutti*, *Manasa vikara*, *Ayurveda*.

INTRODUCTION

Menopausal syndrome is common problem in today's era due to stressful & changing lifestyle. Menopause word comes from Greek words 'menos' means month or menses and 'pause' means to cease or stop.^[1] Menopause is defined as the time of cessation of ovarian

function resulting in permanent amenorrhea. To confirm that menopause has set in it will take about 12 months of amenorrhea. Age of menopause is in between 45 to 50 years. 47 years is the Average age of menopause.^[2] Various signs & symptoms are develop in this stage are due to hormonal imbalance takes place in menopause mostly due to deficiency of estrogen. About 1/3rd of life span will be spent during the period of estrogen deficiency stage with long term symptomatic and metabolic complications due to this increased life expectancy.^[3] This will affects women's day to day life.

Abnormalities of menopause are such as premature menopause, delayed menopause etc.

Premature menopause refers to menopause that occurs before age of 40 years. It can be spontaneous or induced. When it is induced it may be due to chemotherapy or surgical intervention. Spontaneous can be occurs due to premature ovarian failure. It may be due to genetic cause, autoimmune, infection, iatrogenic, metabolic cause or environmental etc. it occurs in 1% female population.^[4]

Symptoms develop in menopause are as

Vasomotor symptoms like hot flushes, profuse sweating, palpitation, fatigue, weakness etc. which is due to estrogen deficiency.

Osteoporosis, fracture, cardiovascular disease

Irregular or stoppage of menstruation, urogenital atrophy, sexual dysfunction, wrinkling of skin etc.

Psychological symptoms like increased frequency of anxiety, headache, insomnia, irritability, depression, dementia, mood swings, inability to concentrate etc.^[5] This will affect the mental health of women and leads to various *Manasa vikaras*. It may leads to further physical and mental illness. So she need proper attention, counselling and treatment.

षोडश सप्तत्योरन्तरे मध्यं वयः तस्य विकल्पो-वृद्धि यौवन सम्पूर्णता परिहाणिरिति । तत्र अविंशते वृद्धिः, अत्रिंशतो यौवनं, आचत्वारिंशतः सर्वधात्विन्द्रियबलवीर्यसम्पूर्णता, अत ऊर्ध्वमीषत्परिहाणिर्यावत् सप्ततिरिति ॥ सु. सं. सू. ३५/३९^[6]
तद्वर्षाद् द्वादशात् काले वर्तमानमसृक् पुनः । जरापक्वशरीराणां याति पञ्चाशतः क्षयम् ॥^[7]
सु. शा. ३/९

In classical textbook of *Ayurveda Aacharya Sushruta* described the 4 stages of *Madhyam*

avashtha in *Vaya vibhajan*. Out of which menopause comes in 4th stage i.e. *Parihani* stage which start at the age of 40 years and end at 70 years where the gradual degenerative changes of body (*Dhatukshaya*) occurs. Menopause may come under heading *Rajonivrutti* or *Jarapakva avastha* of body. *Aacharya Sushruta* mentioned 50 years is the age of menopause (*Rajonivrutti*). In postmenopausal stage there is predominance of *Vata dosha* & menopausal symptoms are due to *Vata vruddhi* and *Dhatukshaya*. Menopause is a transition phase in which *Pitta* stage is converted into *Vata* stage. Symptoms like hot flushes, excessive sweating, irritability are due to *Pitta doshas*.^[8]

Menopausal symptoms will affects the health of women so there is need for its management. Management of menopausal symptoms in modern medicine is done by hormone replacement therapy (HRT). But it has several complications as endometrial cancer, breast cancer, venous thromboembolic disease, coronary artery disease etc.^[9]

Through *Ayurveda* we can pacify the *Rajonivrutti lakshanas* by means of *Rasayana chikitsa* & various *Ayurvedic* drugs like *Shatavari*(*Asparagus racemosus*), *Ashwagandha*(*Withania somnifera*), *Bala*(*Sida cordifolia*) etc, the psychological symptoms (*Manasa lakshanas*) can be decreased with the help of *Medhya dravyas* as *Bramhi*(*Bacopa monnieri*), *Jatamansi*(*Nardostachys jatamansi*), *Shankhapushpi*(*Convolvulus pluricaulis*) etc & various procedures also useful in it like *Shirodhara*, *Nasya*, *Basti* etc.

AIMS

To establish the effect of *Ayurvedic* treatment in premature menopause & its *Manasaik lakshanas*.

OBJECTIVES

- To evaluate the efficacy of *Ayurvedic* treatment in premature menopausal symptoms.
- To evaluate the efficacy of *Ayurvedic* treatment in *Manasa vikaras*.
- To improve quality of life of women.

MATERIALS AND METHOD

Case report

Case study was done at Govt. Ayurved College and Hospital Osmanabad. Patient with premature menopause came in streeroga opd

Name of patients – XYZ

Age – 35 years

Sex –Female

Present complaints

- Amenorrhea since 2 years
- Anxiety
- Lack of sleep
- Irritability
- Multiple joint pain
- Hot flushes in every 1 to 2 hour interval
- Giddiness since 1 month

} since 1 year

History of present illness

A female patient age 35 years, having above complaints, came to streeroga opd Govt. Ayurved Hospital Osmanabad for proper management.

Family history – Mother had H/O early menopause

Menarche – at age of 13 yrs.

LMP- menopause before 2 yrs.

Marital status – 14 yrs before

Obstetric history – G1- Fch - 12yrs- FTND

G2- Mch- 8 yrs- FTND

Systematic examination- RS- AEBE clear

CVS- S1S2 Normal

CNS- Conscious and well oriented

Local examination- Breast normal in size and shape.

Vaginal examination- External genitalia normal in appearance.

Vaginal examination- show atrophic changes in vagina, No secretions seen from introitus

Per Abdomen – Soft and nontender

Investigations advised- USG (abdomen-pelvis)

Hormonal study

Management

1. Counselling

2. *Abhyantar chikitsa*

- *Bramhi vati* 250 mg BD after meal with lukewarm water
- *Shatavari ghruta* 10 ml at morning on empty stomach with luke warm water

3. *Panchkarma*

- *Nasya* : *Shatavari ghruta nasya* 2 drops for 7 days
- *Shirodhara* : *Bramhi taila* + *Jatamansi taila* + *Tila taila* (250ml + 250 ml +500 ml) for 7 days

Total duration of treatment was 4 months.

Observation

After this treatment patient got moderate relief during 1st 2-3 weeks. Hot flushes, giddiness intensity of this symptoms is reduced.

About 3rd and 4th weeks symptoms like anxiety, irritability and lack of sleep is reduced. At the end of 3rd month she got relief of all symptoms.

Anxiety is measured by Zung Self-Rating Anxiety Scale (SAS) before and after treatment. The score of anxiety scale before treatment was 50 out of 80 and after treatment the score became 32 out of 80.

Interpretation of this scale is

20-44 score indicate – Normal range

45-59 indicate- Mild to Moderate anxiety scale

60-74 indicate- Marked to Severe anxiety level

75 and above indicate extreme anxiety level.

DISCUSSION

As in *Ayurveda* menopause is considered as *Jarapakva avastha* & natural aging process. Therefore there is no specific description regarding its symptoms. The symptoms are like *Dhatukshaya lakshanas*. Therefore cause *Vatavruddhi*. This *Vatavruddhi* produces *Sharirik* as well as *Manasaik lakshanas* (psychological symptoms). In premature menopause this

Manasaik lakshanas are more predominant.

To improve quality of life of women as well as reduce the symptoms (*Sharirik & Manasaik*) Ayurveda drugs are very much effective & has no side effect like HRT. So in this study I used some *ayurvedic* drugs and procedure to relieve the symptoms which are experienced by patient.

Nasya- *Nasya karma* means administration of *Sneha, Kalka, Kwatha, Swarasa* etc. through nasal route.^[10]

नासा ही शिरसो द्वारम्..... ॥^[11]

According to this statement *Nasa* is considered as gate way of *Shira* so we can consider there is connection between *Nasa* and *Shira*. So through *Nasya, Sneha* reach to *Shirogata marma* & spread to whole *Mastishka*. This will help to remove the vitiated *doshas*. As *Shira* is considered as *sthana* of *Mana*. So *Nasya* will act on *Manovaha srotas* and relive the *Manasaik lakshanas*.

Shatavari ghruta- it has *Vatapittahara* properties so it help to relieve symptoms cause due to *Vata* and *Pitta*. It has got phytoestrogenic property. When it given through *Nasya* it stimulate the olfactory nerve & which further help in stimulation of hypothalamus and activate the HPO axis. Phytoestrogen act as a human estrogen when body level is low. Thus symptoms due to estrogen deficiency are reduced.^[12]

Charaka describe the *gana* of *Shatavari* as *Balya & Vayasthapana*. Also in *Bhavaprakash Nighantu* its properties are *Rasayana, Balya, Medhya* and *Agni vardhaka* properties which help to reduce the *Dhatukshaya lakshanas* also reduce *Manasaik lakshanas* when given orally.^[13]

Bramhi vati- During menopause *Bramhi vati* is useful for management of various psychological symptoms by its tranquillizer, anxiolytic, intellect promoting action.^[14] *Bramhi vati* has *Medhya, Rasayana*, properties so help in insomnia, psychosomatic disorder, depression, inability to concentrate etc.

Shirodhara- In *Samhita Shirodhara* is given as type of *Murdhnitaila* as *Parisheka*. In menopause it helps in psychic problem. As it is a type of *Snehana* it help to reduce the *Vata dosha*. It act on limbic system, stimulate tactile and thermoreceptor.it help in releasing

serotonin, dopamine which help in reducing anxiety, decreased heart rate. It has soothing effect. It has tranquillizing effect due to continuous flow of oil on forehead. It has effect on hypothalamus, which is controller of whole endocrine system, so activate HPO axis.^[15]

The oil used in this study has *Medhya, Rasayana, Nidrajanana*, anxiolytic properties. It help to relieve *Manasik lakshanas*.

Warm oil cause vasodilation improve blood supply to brain & hypothalamus.

CONCLUSION

This case presentation is of the patient who got premature menopause at the age of 33 years. At this instant patient was suffering from various psychological symptoms like *Manasa vikaras* which disturbs patient's day to day life. After getting *Ayurvedic* treatment of *Shirodhara & Nasya* patient got some relief and after that *Medhya rasayana* like *Bramhi vati & Shatavari ghruta* gives satisfactory relief to patient from physical as well as psychological symptoms.

So we can conclude that *Ayurvedic* treatment is more effective than modern treatment in *Manasa vikaras* and help to improve the quality of life of women & her day to day life.

Appendix

Zung Self-Rating Anxiety Scale (SAS)

For each item below, please place a check mark () in the column which best describes how often you felt or behaved this way during the past several days. Bring the completed form with you to the office for scoring and assessment during your office visit.

Place check mark () in correct column.	A little of the time (score 1)	Some of the time (score2)	Good part of the time (score3)	Most of the time (score4)
1 I feel more nervous and anxious than usual.				
2 I feel afraid for no reason at all.				
3 I get upset easily or feel panicky.				
4 I feel like I'm falling apart and going to pieces.				
5 I feel that everything is all right and nothing bad will happen.				
6 My arms and legs shake and tremble.				
7 I am bothered by headaches neck and back pain.				
8 I feel weak and get tired easily.				
9 I feel calm and can sit still easily.				
10 I can feel my heart beating fast.				

11 I am bothered by dizzy spells.				
12 I have fainting spells or feel like it.				
13 I can breathe in and out easily.				
14 I get feelings of numbness and tingling in my fingers & toes.				
15 I am bothered by stomach aches or indigestion.				
16 I have to empty my bladder often.				
17 My hands are usually dry and warm.				
18 My face gets hot and blushes.				
19 I fall asleep easily and get a good night's rest.				
20 I have nightmares.				

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