

**MANAGEMENT OF MENOPAUSAL SYNDROME WITH CHANGE OF
LIFE STYLE, HEALTHY DIET AND SOME YOGASANAS****Dr. Madhu Joshi*¹**

¹Assosiate Professor and Head of Deptt., Department of Prasuti Tantra and Stree Rog, Desh
Bhagat Ayurvedic College and Hospital, Mandi Gobindghar.

Article Received on
14 Sept. 2021,

Revised on 04 October 2021,
Accepted on 24 October 2021

DOI: 10.20959/wjpr202113-22061

Corresponding Author*Dr. Madhu Joshi**

Assosiate Professor and
Head of Deptt., Department
of Prasuti Tantra and Stree
Rog, Desh Bhagat
Ayurvedic College and
Hospital, Mandi
Gobindghar.

ABSTRACT

Women plays an important role in management of family life and in society also with doing jobs in this age of life they are free from duties of their children and some pressure of house works also releases. So they should take care of them self and can live life doing there on care and can also play useful role in society by doing creative works living according to Vanaprastha Asharama as mentioned in Vedas.

KEYWORDS: Yogasanas, life style.**INTRODUCTION**

Every woman has to face Menopausal period average at the age of 45-55 years, Due to oestrogen deficiency women suffered from short-term discomfort to long term health problems.

To evaluate clinical efficacy of healthy diet, yogasanas and role of Ashokarisht and Parval Pishti in management of Menopausal Syndrome and to improve quality of life in women.

MATERIAL AND METHODS

15 women selected of the age group 40-55 years and daily yogasanas, healthy life style and medicines Ashokarishta & Parval Pisti given regularly for three weeks.

RESULTS

The findings of study reveal that the effect of this treatment shows very satisfactory results.

CONCLUSION

Ashokarishta, Parval Pishti & Yogasanas are very effective in management of Menopausal Syndrome.

Symptoms of Menopausal Syndrome

Some symptoms like weight gain, depression, mood swings, osteoporosis of bones & hence fractures, irritability, hot flushes, night sweats. These are due to hormonal changes and deficiency of oestrogen. Hormonal replacement therapy have side effects so we should avoid that.

In Ayurveda Rajonivriti Kala is a Vata dominant period. Ashokarishta is a polyherbal formulation contains herbs having Haridya(Cardiotonic), Pachaniya(Digestive), Medhya(Braintonic) properties. Further Ashoka(Saraca Asoca) the principal engredient of the formulation has Daha Shamaka action due to its sheet-guna. Parval Pishti is a rich source of calcium.

Objective

objective was to access clinical efficacy of Ashokarishata and Parval Pishti and second objective was to give quality life to Menopausal women.

Diet planning:- For osteoporosis we advised milk and milk products, cheese, yogut as a calcium supplement in routine life and for vitamin D eggs, codliver oil, green leafy vegetables. Avoid trigger foods like coffee, spicey and sweets. For protens soyabeen, tofu, beans, dry fruits and daals. Plenty of water to avoid skin, mouth and eyes dryness. For hot flushes, night sweats and mood swings advised Yogasanas are:-

Dhanurasana, Marjarasana, Pawanmukatasana, Matasyasana, Bhadrasana, Shavasana, Padhastangushtasana.





Pranayamas advised are Kapalbhati, Anuloma-Viloma, Bhramari, Bhastrika, Oam Udgeeta and Meditaion for five minutes to release mental stress and balancing the harmones.

CONCLUSION

We got excellent result from this treatment with Ayurvedic medicines, Yoga and healthy diet. With this women feel energy in their body. It calms the brain and helps relieve stress and depression. It helps to prevent osteoporosis, improves digestion, relieves headache, insomnia, back pain and fatigue. It strengthens the arms and legs.