

## MANAGEMENT OF PERI-MENOPAUSAL SYMPTOMS BY AYURVEDA TREATMENT MODALITY- A CASE REPORT

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### ABSTRACT

**Introduction:** Peri-menopause (menopausal transition) is the period immediately prior to menopause and up to 1 year after the final menstrual period. Symptoms of menopausal transition includes irregular bleeding with irregular cycles, hot flashes, night sweats, sleep disturbances, irritability, mood swings, poor memory, dyspareunia, urinary symptoms and joint pains. It may last for 3–5 years. **Objective:** To evaluate the effect of *Ayurvedic* therapy in the management of peri-menopausal symptoms. **Material and Method:** A married woman aged 47 years came to the Opd with complaints of irregular, delayed & painful menses. She also had complaints of hot flushes, sweating,

irritation, mood swings, headache, gas troubles and constipation along with dyspareunia. *Kostha suddhi & Palashadi Yoga Basti* was given along with oral medicines. **Result and Discussion:** Menopausal age is a state of *Vata* predominance and before that is the state of *Pitta* aggravation. In these women having menopausal symptoms, there seems to be altered *Vata & Pitta Dosha*. Oral medicines given had mostly *Vata-Pitta Shamana* properties for relief in symptoms & the drugs used for *Basti* had *Medhya* properties. **Conclusion-**So from the present case report, it can be concluded that *Ayurveda* treatment modality can provide better quality of life for women suffering from peri-menopausal symptoms.

**KEYWORDS:** *Kostha suddhi, Medhya, Menopausal transition, Palashadi Yoga Basti, Peri-menopause, Peri-menopausal symptoms.*

## INTRODUCTION

Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is the point time when last and final menses occurs.<sup>[1]</sup> Natural or spontaneous menopause is a transition phase from the reproductive to the nonreproductive phase in a woman's life. It occurs with the final menstrual period which is known to occur after 12 months of amenorrhea for which there are no obvious pathological and physiological causes. Worldwide the age of menopause is in between 45 and 55 years. Peri-menopause/menopause transition is the period immediately prior to menopause and up to 1 year after the final menstrual period.<sup>[2]</sup> Menopause is preceded by a transition state, the pre-menopause, which is characterized by the gradual loss of oocytes, altered responsiveness to gonadal steroid feedback, wide hormonal fluctuations, and irregular menstrual patterns.<sup>[3]</sup> It may last for 3–5 years. The menopause transition is experienced by 1.5 million women each year.<sup>[4]</sup> Symptoms of menopausal transition includes irregular bleeding with irregular cycles (commonly shorter cycles), hot flashes, night sweats, sleep disturbances, irritability, mood swings, poor memory, depression, dyspareunia, vaginal dryness, urinary symptoms like incontinence, urgency, dysuria and joint pains.<sup>[5]</sup>

Menopause can be related to *Dhatukshaya Janya Awastha (Jarawastha)* in which *Vata Dosha* & its symptoms increases. *Madhyam Vaya* is related to *Pitta Dosha*. So, in menopausal transition period, the body is slowly changing from *Pitta* dominant stage to *Vata* dominant stage. In some people, there may be difficulty for the body to adopt the change or either there is excessive increase in qualities of *Pitta Dosha* along with & *Vata Dosha*, simultaneously at the same time which may lead to life disturbing symptoms that hampers the quality of life.

## AIMS AND OBJECTIVE

- To evaluate the efficacy of *Ayurvedic* treatment protocol i.e. *Kostha suddhi & Palashadi Yoga Basti* along with oral medicine in the management of peri-menopausal symptoms.
- To evaluate the efficacy of the treatment protocol in quality of life.

## MATERIALS AND METHOD

A 47 years old lady with a complaint of irregular & delayed menses associated with pain in abdomen and whole body for 2 years came to the Opd of *Prasuti Tantra Evum Stree Roga*. She also complains of dyspareunia, hot flushes, mood swings, irritation, abdominal distention, constipation, headache & white discharge per vaginum associated with itching.

**History of Past illness**

No any significant history of illness, prolonged hospitalization or blood transfusion in past.

**Past Treatment History**

She was taking Tab.Rabeprazole & Tab.Domperidone regularly for gas problems since long.

**Family History**

No any significant family history of Diabetes, Hypertension, Asthma, Heart Disease, Tuberculosis or similar menstrual problems.

**Menstrual History**

Age of menarche – 14 years

Duration of Flow – 2 days

Interval – 45 days or more

Pain +++

Amount of flow – Pad 2/ day, fully soaked

Clots - absent, Smell: non-odorous, colour – maroon red

**Marital History**

Married life: 28 years, Satisfactory

**Obstetric History**

2 living issue both delivered normally at full term

Last Child Birth – 24 years back

2 abortion – one and half month gestational age, D&E done

Last abortion – 18 years back

**Contraceptive History**

Cu-T for 2 years then Tubal ligation done.

**Coitus history** – 1 time per week, Painful intercourse.

**Personal History**

Diet – Vegetarian

Appetite – Average

Sleep – Adequate, 6 hours during night

Urine – 4 to 5 times / day, no pain or burning sensation

Stool – 1 time / day, hard consistency

Day sleep – 2 & half hour

Exercise – Nil

Addiction – Not significant

## EXAMINATION

### General Examination

Built – Medium, Height – 156cm, Weight –48kg, BMI –19.7

Pallor +

Vitals: Pulse – 68/min, regular, Respiration – 18/min, BP – 130/80 mmHg, Temp – Afebrile

### Systemic examination

CVS – S1S2 heard, no murmur

Respiratory – B/L lungs clear, no added sound

CNS – Grossly intact

**Table no. 1: Investigation.**

Hb – 10.79 gm%	VDRL – Non reactive	HBsAG - Non reactive
FBS – 80mg/dl	HIV 1& 2 – Negative	HCV - Non reactive
LFT – WNL	RFT – WNL	Lipid Profile - WNL

Urine: Normal

**Table no. 2: Rogi Parikshya.**

<i>Astavidh Pariksha<sup>[6]</sup></i>	<i>Dashvidh Pariksha<sup>[7]</sup></i>
<i>Naadi – Samyak</i>	<i>Prakriti – Vata</i>
<i>Mala – Asamyak (Kathina)</i>	<i>Vikriti – Vata-Pitta</i>
<i>Mutra - Prakrit</i>	<i>Saara- Raktasara</i>
<i>Jihwa – Saama</i>	<i>Samhanana - Susangathita</i>
<i>Shabda – Spashta (clear)</i>	<i>Pramana - Sama</i>
<i>Sparsha - Khara</i>	<i>Satmya - Katurasa satmya</i>
<i>Dik – Pandu varna (mild pallor)</i>	<i>Satwo - Madhyam</i>
<i>Aakriti – Madhyam</i>	<i>Aharashakti - Madhyam</i>
	<i>Vyayamashakti - Madhyam</i>
	<i>Vaya – Praudhawastha</i>

### *Samprapti Ghatak*

*Dosha: Vata-Pitta*

*Dushya: Rasa, Rakta,*

*Srotasa: Rasavaha, Raktavaha,*

*Srotodushti Prakara: Vimarga-gamana*

*Agni: Vishama*

*Sadhya/asadhyata: Krichhasadhya*

## TREATMENT

1<sup>st</sup> month: *Deepan Paachana* for 4 days with *Sunthi*, *Guduchi* & *Haritaki* (1:2:3) & *Kostha Suddhi* done with *Avipattikar Churna* 20gm with lukewarm water for 3 days continuously. Then after the drug was given orally with cold water two times daily. *Kostha Suddhi* was done every week.

2<sup>nd</sup> month: *Palashadi Basti* for 8 days; oral drugs continued

Sitz Bath with *Triphala Kwatha* was advised twice daily for white discharge.

Pathyapathya: To avoid too salty, spicy & junk foods. To do *Pranayama* & *Surya Namaskar* regularly. To follow *Rajaswala Paricharya* strictly.

**Table no. 3: Drug Regime.**

Medicine	Dose	Anupana	Duration
<i>Avipattikar Churna</i>	5gm * 2 time daily* Before food	<i>Sheeta Jala</i>	3 months

## PALASHADI BASTI<sup>[8]</sup>

**Table no. 4: Administration of *Palashadi Yoga Basti***

Drug	<i>Palashadi Nirooha Basti</i>	<i>Tila Taila Anuvasana Basti</i>
Dose	440 ml	60 ml
Route	Rectal	Rectal
Kala	Morning (8.30-10 am) before food	Morning (8.30-10 am) after food
Duration	After cessation of menstruation for 8days	

**Table no. 5: Ingredients of *Palashadi Niruha Basti***

No	Drug Name	Mode of Administ ration	Botanical Name / English name	Part Used	Quantity
1	<i>Palasha</i>	<i>Kwatha</i>	<i>Butea monosperma</i> (Lam.) kuntze	Dried Stem Bark	250ml (from 125gm coarse powder)
2	<i>Satahva</i>	<i>Kalka</i>	<i>Anethum sowa</i> Kurz.	Dried Seeds	30gm
3	<i>Vacha</i>	<i>Kalka</i>	<i>Acorus calamus</i> Linn.	Dried Rhizome	15gm
4	<i>Magadhika</i>	<i>Kalka</i>	<i>Piper longum</i> Linn.	Dry Fruit	15gm
5	<i>Madhu</i>	-	<i>Apis cerana</i> Fabr.	-	60gm
6	<i>Saindhava</i>	-	Rock salt	-	10gm
7	<i>Tila Taila</i>	<i>Taila</i>	<i>Sesamum indicum</i> Linn.	Seed oil	60ml

## RESULTS AND DISCUSSION

After completing 3 months of therapy, patient was assessed on basis of subjective parameters. Her menses was regular after first month of therapy till follow up period. Menstrual bleeding at  $28 \pm 2$  days interval, for 2-3 days, moderate flow with mild pain & no clots. No dysmenorrhea and dyspareunia after 3 months of therapy and pre-menopausal symptoms were also relieved totally. She did not need to take any allopathic medicine for acidity which she was taking regularly before treatment.

*Virechana* is the line of treatment for *Yoni Vyapat*,<sup>[9]</sup> *Pitta Prakopa* & *Rakta Pradoshaja Vyadhi* where *Vata* is considered as the main factor. But in this case, as the climate was not favourable for *Virechana*, *Kostha Sudhhi* was done. Then the drug was given weekly for *Vatanulomana*. *Avipattikar Churna*<sup>[10]</sup> when given with hot water acts like *Deepana*, *Pachana* & *Vatanulomana* whereas when given with cold water helps to alleviate provoked *Pitta Dosha*. It is very helpful in alleviating symptoms like hot flashes, sweating, burning sensation, etc. Patient was having white discharge instead of vaginal dryness as she was in the transition state. She was given regular sitz bath with *Triphala Kwatha* two times daily as it is indicated in *Kaphaj Yonivyapad* (having excessive white discharge associated with itching) and is found to be successful in treating it.<sup>[11]</sup> It is acidic in nature<sup>[12]</sup> as well as anti-microbial & anti-inflammatory properties<sup>[13]</sup> which relieved white discharge & itching after few weeks.

*Palashadi Basti* mentioned in *Sidhi Sthana* of *Charaka Samhita*, is having a special indication in *Yoni Dosha*, *Gulma* and *Udavarta* which may be correlated with the pathology in peri-menopausal symptoms like constipation, headache and gas trouble which represents *Udavarta* like features. *Palasha* have properties like *Deepana*, *Pitta Shamana*, *Rakta Shamana*, *Daha Shamana* and possess anti-stress, anti-microbial, anti-estrogenic, anti-inflammatory and anti-oxidant qualities.<sup>[14]</sup> *Shatapushpa* helps to balance *Kapha-Vata*, *Deepana* (promotes digestive fire), tonic, *Shoolahara* (analgesic), intellect promoting & rejuvenating. *Vacha* relieves constipation, bloating, abdominal colic & dysmenorrhea, pacifies *Vata Dosha*<sup>[15]</sup> and is *Medhya*.<sup>[16]</sup> *Pippali* is *Snigdha*, *Medhya*, *Shoola prasamana*. It is useful in vitiation of *Vata* & *Kapha Dosha* where as does not increase *Pitta Dosha*.<sup>[17]</sup> *Tila taila* is *Brimhana*, *Kaphavatahara*, *Medhya*, *Shoolahara* & *Garbhashaya Vishodhana*. This *Basti* mostly consists of *Medhya* & *Vatahara* drugs which are very helpful to relieve stress factor like mood swings and irritation. Symptoms like abdominal distention, constipation,

headache have *Udavarta* like features and as *Palashadi Basti* is indicated in *Udavarta* as well, it has good action on relieving symptoms. She has a history of coitus even during menses. During menses there should be *Anulomana* of *Vata Dosha* but having coitus will have opposite action on *Vata Dosha* leading to *Udavartan* of *Vata* as coitus is contraindicated during menstrual period in Ayurveda.<sup>[18]</sup> This may be causing dysmenorrhea and dyspareunia. After Basti patient got relief from dysmenorrhea & dyspareunia as well.

## CONCLUSION

Ayurvedic treatment protocol i.e., *Kostha suddhi* & *Palashadi Yoga Basti* along with oral medicine was found to be effective in the management of premenopausal symptoms & to improve the quality of life of the patient. So, by this case study, we can think a new line of treatment to relieve peri-menopausal symptoms along with *Rasayana* & *Balya* drugs.

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