



A Single Case Study on Post Menopause Syndrome Case Report

Mohan Greeshma¹, V. M. Sreekanth², Upasani Amit³

- 1) Final Year PG Scholar, Dept of Ayurved Samhita & Siddhanta Parul Institute of Ayurved, Parul University, Vadodara
- 2) Associate Professor & HOD, Dept of Ayurved Samhita & Siddhanta, Parul Institute of Ayurved, Parul University, Vadodara
- 3) Associate Professor, Dept of Ayurved Samhita & Siddhanta Parul Institute of Ayurved and Research, Parul University, Vadodara

Correspondence Email: sreekanth.m26832@paruluniversity.ac.in

ABSTRACT

A woman passes through different stages in her life like Puberty, Menarchy, Pregnancy, Delivery and Menopause. All these stages have their own importance in her life. Menopause is that stage of life which needs immense support from family members. Somehow due to the busy life style, it is unnoticed in most cases. The present case study deals with a 53 years old female patient with chief complaints body ache and joint pain with mood swings and hot flashes. She attained menopause one year back. The Ayurvedic diagnosis was Rajonivrutti and was managed with Ayurvedic principles of treatment. Samshamana Aushadhis and counseling therapy was done for 2 months. Maximum improvement was noticed and the Patient got remarkable result after the treatment. Ayurveda medicines play a good role in controlling the problems faced during this stage in a women's life.

Keywords: Menopause, Rajonivrutti, Mood swings, Counseling

Received 10.12.2021

Revised 11.01.2022

Accepted 21.02.2022

INTRODUCTION

“Menopause is defined as the time at which menstruation ceases. Menopause occurs between the ages of 45 and 55 years, the average age being 47”. [1] If a lady gets proper care and emotional support from family her difficulties can be reduced and thereby she can live a quality life. A lady should feel free in her family to discuss about the changes she is facing in her body. She should discuss about the mood swings and difficulties that she faces in this stage of life so that family members can support her. Ayurvedic medicines play a good role in controlling the problems faced during this stage of life. In Ayurveda it is named as Rajonivrutti. It is the permanent cessation of monthly menstruation [2]. Acharya Sushruta says “*yaatipanchaashatahakshayam*” menstruation starts at the age of twelve in a girl and stops around the age of fifty in women as the ageing proceeds [3]. Ayurveda considers it as a stage of life which is natural rather than a diseased condition. Here transition occurs from reproductive stage to a matured stage [4].

As the stage proceeds with ageing, *Dhatukshaya* of body results in affecting the normal rhythm of body. Thereby it affects the day to day activities. *Rasayana* can play a good role in overcoming the situation. It will help in improving the strength of body and thereby a good immunity that keeps diseases away. *Pranayama*, Meditation, a balanced diet including fruits and vegetables in plenty and good family support are very essential for a gracious stage of Menopause. It is the most important time for other family members to give support, so that she can manage the difficulties and overcome the problems as early as possible.

CASE REPORT

Patient complains of Body Ache and pain in all joints since 4 months. She also complains of having tiredness, irritability and hot flashes from two weeks. She also suffered from dry skin and constipation in the past 2 months.

Vedana Vruttanta

A 53 years old woman visited Swasthavritta outpatient department of Parul Ayurveda Hospital. She attained menopause one year back and complaints of aching pain all over the body since 4 months . She also had tiredness and burning sensation all over the body since 3 months. She suffered from constipation and noticed that her skin has become too dry for 2 months. Initially she observed mild relief after taking rest. But later she observed increase in difficulties. She took allopathic treatment also but got no relief. Due to these conditions she came here for better results. She had associated complaints like loss of appetite and disturbed sleep.

Purva Vedana Vruttanta No history of any major illness or surgical treatments

Vaiyaktika Vruttanta

Table No: 1: Patient was habituated with apathyaahara and vihara

AHARA	VIHARA	KALAJA
Mixed diet	Sleep –disturbed	Menopause attained 1 year back
Ruksha Madhura Amla rasa pradhanaahara	Bowel constipated	
Irregular meal timing	Micturation -3-5times per day 1-2 times per night	

Table no :1 showing that the patient was habituated with apathyaahara and vihara (unwholesome dietary habits and regimen)such as ruksha (dry) madhura(sweet) amla(sour) rasa pradhaanaahara (predominant taste) vishamaashana (irregular untimely food intake).Patient is having constipation and disturbed sleep.

Menstrual history : Absence of menstruation since one year

Obstetric history : G₂P₂L₂A₀D₀

Samaanya Pareeksha

Appearance-fair
 Pulse rate -76b/min
 BP-120/80 mm of Hg
 RR-16b/min
 Weight-55kg
 Height-154cm
 BMI-23.20kg/m²
 Temperature-98°F
 R.S-NVBS+
 CVS-S₁S₂ heard normal, No murmur sound, no cardiomegaly
 CNS-GCS-E₄V₅M₆ (15/15)
 P/A-soft ,non tender, bowel sound +,no organomegaly detected

Rogi Pareeksha

Prakruti (constitution) pitta vaatala
 Sara-Rasa Saar
 Satwa- pravara
 Samhanan-madhyama
 Koshta-madhyama
 Agni-avara
 Pramana-madhyama
 Aharashakti-madhyama
 Jaranashakti-madhyama
 Vyayamashakti-pravar
 Vaya-proudh
 Jihwa-saama

Ashtavidha Pareeksha

Nadi(Pulse)- 72/min
 Mala(Stool)-vibanda constipated
 Mutra (Urine)-3 to 5 times day,1 to 2 times night
 Jihva(Tongue)-saama
 Shabda(Speech)-mridu
 Sparsha(Tactilation)-mridu
 Druk(Eyes)-Prakruta
 Akriithi(Anthropometry)-Madhyama

Shroni Pareeksha (Pelvic Examination)

Per speculum examination:

Vaginal wall appearance –normal
 Discharge-absent
 Cervix-external os-parous
 Erosion-absent
 Abnormal growth –absent

Per vaginum examination:

Uterus-position-AV/AF
 Size-normal
 Mobility-freely mobile
 Cervix-consistency-firm
 Movement-painless
 Fornices-free non tender

Laboratory Investigations

Blood Analysis

Hb- 12 mg/dl
 Blood Sugar- FBS -96 mg/dl

Urine Analysis

Urine R/M- normal

Materials and Methods

Centre of Study :Parul Ayurved Hospital OPD, Vadodara
 Single Case Study

TREATMENT ADVISED

1)Internal Medication

Table No: 2: International Medication process with duaration

S. No	Drugs	Dosage form	Dose	Time of administration	Duration	Anupana
1	Guduchyadi Kashayam	Liquid	20ml	6am and 6pm twice a day before food	2months	Lukewarm water
2	Yogaraja Guggulu	Tablet	2 tablets	Twice a day After meal	2months	Lukewarm water
3	Panchasakar Churna	Powder	5grams	after meal once a day	2 weeks	Lukewarm water
4	Brahma Rasayana	Lehya	One teaspoon daily	After meal once in night	2 months	Milk

She was advised to take plenty of oral liquids, light diet, yoga, avoid spicy food. She was asked for follow-ups in 7 days interval for 1 month. After one month 15 days interval. Duration of treatment was 2 months.

2)Medicine for External Application

Pinda Tailam for external application before bath daily.

3) Satvavajayachiktsa

Patient was advised to come daily for Counseling session in the beginning of the treatment for 7 days. Counseling was given to the patient along with family members. Importance of sharing the difficulties in family was told.

RESULTS

Patient felt extremely good. The assessment of symptoms was done before and after the treatment. The condition of patient got improved with the treatment. There was improvement in conditions symptomatically.

DISCUSSION

The ingredients of *Guduchyadi Kashayam* are *Guduchi*, *Padmaka*, *Nimba*, *Dhanyaka*, *Raktachandana*. *Guduchi-Tinospora cordifolia* is *laghu*, *snigdha*, *tikta*, *kashaya*, *madhuravipaka* and *ushnaveerya*. It is antipyretic. It is *tikta*, *balya*, *rasayani*. It is very good in skin infections [5]. *Padmaka*-*Prunus pudum*; The drug is *kashayatikta* in *rasa* with *katuvipaka*. The *veerya* is *sheetaveerya* hence helpful in burning sensation. *Doshagnata* is *kaphapittahara* and is indicated in *Trushna*, *Raktapitta*, *visarpa* *Kushta* and *chardi* [6]. *Nimba- Azadirachta indica*; *Nimba* is *kashayatikta* in *rasa*. *vipaka* is *katu* and with *sheeta veerya*[7]. *Dhanyaka- Corriandrum sativum*, Green coriander is *laghu* and *snigdha*. It is *kashaya*, *tikta* and

madhura, *madhuravipaka* and *ushnaveerya* and *pittashaamaka* [8]. *Raktachandana- Pterocarpus santalinus* Raktachandana is tiktamadhura in rasa. Thevipaka is katu vipaka . It is sheetaveerya drug and guna is guru and ruksha [9]. *Yogaraja Guggulu* is one of the effective classical preparations of Ayurvedic Medicines. It gives results in *vata vyadhi*, *krumiroga*, *dushtavrana*, *arsha* etc. It is very effective in *vatajanya vyadhis* [10]. *Haritaki*, Fennel, Ginger, Sendha Namak, Indian Senna are the ingredients of *Panchasakaara Churna*. These drugs are very useful in all ailments related to digestive activities of Body thereby maintaining overall body functions [11]. *Brahma Rasayana* is one among the classical preparation explained in *Astanga Hridaya*. This is considered as auspicious Rasayana. It is used for *tandra*, *shrama*, *klama*, *valipalita* etc. It gives *medha*, *smrit* and *bala* [12]. Medicated oil prepared with *madhucchista*, *manjishtha*, *sarjarasa* and *sariva* is known as *Pinda taila* and if used for *abhyanga* relieves *vatarakta* [13]. *Acharya Vagbhata* in *Ashtanga Hridayam Chikitsa Sthana* while explaining *Vatashonita Chikitsitam Adhyaya* mentions *Pinda Tailam* [14]. All these medications along with counseling gave a good result in the patient when followed properly on a regular basis. Management of lifestyle too plays a very good role in difficulties in this stage. A patient will definitely get results if all these are followed regularly. Mental peace is very important for healthy body and mind. It can be achieved by doing favourite hobbies, exercises, practicing yoga, meditation, pranayama etc.

CONCLUSION

Menopause is the stage in a Women's life where she needs adequate support from Family. So there is a need to make the family members aware about the change of phase she is going through in her life. By doing this her confidence can be increased to a high level. Ayurvedic drugs play an efficient role in symptoms associated with the problems of Menopause. Medications along with a proper healthy diet and lifestyle will surely help a lady to overcome her problems. This case study proves how efficient are Ayurvedic drugs.

REFERENCES

1. V.G. Padubidri and Shirish N Daftary (1999). Shaws Textbook of Gynaecology 12th edition BI Churchill Livingstone New Delhi. 40p and 41p.
2. Hemalatha Kapoorchand (2018) A Comprehensive Treatise on Striroga Gynaecology first edition Chaukambha Vishvabharati Varanasi. p399
3. Vaidya Jadavji Trikamji Acharya (2014) Susrutha Samhita of Sushruta with the Nibandhasangraha Commentary of Sri Dalhanaacharya and the Nyayachandrika Panjika of Shri Gayadasaacharya on Nidana Sthana, Chaukambha Surbharati Prakashan, Varanasi, Shareerasthana 3/11, p351.
4. Deeks, A. A. (2003). Psychological aspects of menopause management. *Best Practice & Research Clinical Endocrinology & Metabolism*, 17(1), 17-31.
5. Vaidya V M Gogte (2012) Ayurvedic Pharmacology & Therapeutic Uses of Medicinal Plants Reprint Edition Chaukambha Publications New Delhi, p 359 - 360.
6. JLN Shastri (2005) Dravyagunavijnana, Vol 2 Chaukambha Orientalia Edition second; p752
7. Vaidya V M Gogte (2012) Ayurvedic Pharmacology & Therapeutic Uses of Medicinal Plants Reprint Edition Chaukambha Publications New Delhi, p 409 - 410.
8. Vaidya V M Gogte (2012) Ayurvedic Pharmacology & Therapeutic Uses of Medicinal Plants Reprint Edition Chaukambha Publications New Delhi, p 405.
9. JLN Shastri (2005) Dravyagunavijnana, Vol 2 Chaukambha Orientalia Edition second; p730 and 731.
10. M Narayanan Vydyar, Etakkad Ashoka (2001) Sahasrayogam Bhasha Vyakhyana Sahitam Pharmaceuticals Kannur, Kerala, Ist edition, p326.
11. <https://www.myupchar.com/en/medicine/baidyanath-panchsakar-churna-p36777282>
12. Arunadatta and Hemadri (2018). Astanga Sangraha of Vagbhata with the commentaries of Sarvangasundara Ayurvedarasayana, Chaukambha Sanskrit Sansthan, Varanasi, Uttara Sthana,39/15-23, p924.
13. M Narayanan Vydyar, Etakkad Ashoka (2001) Sahasrayogam Bhasha Vyakhyana Sahitam Pharmaceuticals Kannur, Kerala, Ist edition, p187.
14. Arunadatta and Hemadri (2018). Astanga Sangraha of Vagbhata with the commentaries of Sarvangasundara Ayurvedarasayana, Chaukambha Sanskrit Sansthan, Varanasi, Uttara Sthana,39/15-23, p730.

CITATION OF THIS ARTICLE

Mohan Greeshma, V. M. Sreekanth, Upasani Amit. A Single Case Study on Post Menopause Syndrome Case Report. Bull. Env. Pharmacol. Life Sci., Vol 11[4] March 2022 : 297-300.