

Case Report

Management of menopausal syndrome - A case report

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Abstract

Rajonivrutti (Menopause) is a physiological, inevitable phenomenon for every woman but sometimes it causes discomfort both to the mind and body, which is referred as *Rajonivrittijanya lakshanas* i.e. menopausal syndrome. A 49 years old lady suffering from perspiration, irregular menses, weight gain and mood fluctuations was treated with *Rasayana Chikitsa* along with *Panchakarma* procedure *Raktamokshana*. Dried extract powders of *Saraca indica*, *Tinospora cardifolia*, *Withania somnifera* and *Terminalia chebula* was given orally along with *Kumariasava*, *Chandraprabha Vati* and *Brahmi Vati*. *Raktamokshana* was performed once a week for 4 weeks. This *Rasayana* Therapy and *Raktamokshan* helped in balancing the vitiated *Vata Dosha*, correct *Dhatukshaya*, and *Manovaha Strotas Vikriti*. On the basis of results observed in the treated case it is concluded that, *Rasayana Chikitsa* along with *Raktamokshana* is helpful in reducing the symptoms of Menopause.

Keywords: *Rajonivrutti*, Menopausal Syndrome, Ayurvedic Management, *Raktamokshan*.

Introduction -

The elderly world is witnessing a phenomenon called 'greying feminization of ageing' i.e. there are more women than men of old age [1]. Many changes in the body of human beings lead them to old age. The most dramatic change that occurs in the body of women around the age of 50 is menopause. The menopause is the first sign which indicates that the women are entering in the era of old age. Menopause literally means the end of monthly cycles or monthly periods i.e. regular menstruation [2] Ayurveda says, *Rajonivritti* or menopause is attained at the age of 50yrs [3] and is itself a normal part of life [4]. It is a physiological, inevitable phenomenon for every woman but often it causes discomfort both to the mind and body. Many women experience some physical and emotional symptoms during menopause, caused by hormonal imbalance [5]. About 75 to 85% of American women are estimated to experience hot flashes during menopause [6]. The reasons could be vitiation of *Vata dosha*, *Dhatukshaya*, and *Manovaha Strotas Vikriti* due to stress, strain or tensions. These reasons lead to *Rajonivrittijanya Lakshanas* i.e. menopausal syndrome [7].

Hormonal replacement therapy (HRT) is advised as the treatment. In recent years, several studies showed that women taking HRT have a higher risk of breast cancer, heart disease, stroke, and blood clot [8].

Rasayana Chikitsa or Rejuvenation therapy is a treatment for repairing wear and tear of the body, due to aging or diseases. It rejuvenates

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Table 1: *Rajonivrittijanya lakshanas:*

Physical changes	Urinary symptoms	Vaginal symptoms	Emotional and cognitive symptoms
hot flashes	urinary tract infection	abnormal or irregular vaginal bleeding	fatigue
night sweats	urinary incontinence	vaginal dryness	memory problems
weight gain,		vaginal itching	irritability and
appearance of wrinkles,		dyspareunia	rapid changes in mood
sometimes pimples			
very occasionally some hair growth on the chin, upper lip, chest or abdomen			

the tissues of the body giving the person undergoing the treatment, a young look. Not only physical and mental, *Rasayana* provides spiritual aid to the body as well, thereby bringing the body out of its state of natural or manmade loss. It also claims at holding back the process of aging [9]. *Raktamokshan* or bloodletting is a procedure among panchakarma which aims at excreting vitiated blood (Dushta rakta) from our body[10]. So this total therapy was adopted to alleviate the symptoms of menopause. In the present case, the patient showed various symptoms of menopause and showed marked improvement after the treatment.

Case report

A 49 year old female, presented with complaints of severe perspiration that made her wet (had to change her clothes) 2 to 3 times in a day since 15 days. She had irregular menses since 6 months. Earlier her periods were very regular and menstrual cycle was of 26 to 30 days. Since 6 months her menstrual periods

Table 2: The details of the patient are as follows:

	Before Treatment	After Treatment
Prakriti	Vata kaphaja	Vata kaphaja
Nadi	Vataj, 74/min., regular	Vataj, 70/min., regular
Jivha	Sama	Alpa Sama
Agni	Madhyam	Madhyam
Sara	Asthisar, Medasasar	Asthisar, Medasasar
Samhanana	Madhyam	Madhyam
Satmya	Amla, katu Rasa	Amla, katu Rasa
Satva	Madhyam	Madhyam
Vyayama shakti	Madhyam	Madhyam
Dosh	Vata	Vata
Dushya	Rasa, Rakta	Rasa, Rakta
Aahar	Prakrit, Matre, Kale, Vegetarian	Prakrit, Matre, Kale, Vegetarian
Nidra	Disturbed	Better
Mala	Prakrit	Prakrit
Mutra	Prakrit	Prakrit

Table 3: Investigations

Investigations	Before Treatment	After Treatment
Blood pressure	140/88 mm of Hg	126/74 mm of Hg
Hemoglobin	11.8 gms%	11.8 gms%
Blood sugar (random)	99mg/dl	97mg/dl
Lipid profile	Within normal limits	Within normal limits
USG	Within normal limits	Within normal limits

Treatment

Patient was administered oral medicines daily and *Raktamokshan* (*Panchakarma* procedure) after *Sarvang Snehana-Swedana*[6] , was advised once a week

Table 4: Orally patient was advised to take the following drugs

Medicines	Dose	Duration	Anupan	Tentative action
Mixture of churnas – <i>Ashoka</i>	2gms of each	3 times a day	water	Acts on Female reproductive system and Raktastambhak
<i>Guduchi</i> <i>Ashwagandha</i>				Acts as Rasayana and Tridosahar Acts on Yonishool and Mastishkashamak
<i>Aamalki</i>				Acts on Garbhashayadourbalya and Tridosahar
<i>Kumariasava</i>	2tsf	twice daily after food	Lukewarm water	Acts on Rajovikara and Nashtapushpa
<i>Chandraprabha Vati</i>	2BD	Twice before meals	Lukewarm water	Gives strength to uterus
<i>Brahmi Vati</i>	2 HS	Once after dinner	Lukewarm water	Useful in Mastishkavikara

were irregular and the cycle of 45-50 days. She gained 4 kgs weight in last 6 months. She lost her temper over small issues and she asked for some mood elevating drugs for her. She gave no previous history of any injury or diseases like Hypertension, Diabetes Mellitus, and Arthritis etc. Presently she was not taking any medicine. Patient was working as a receptionist in an office with height of 165 cm and weighing 82 kg.

Plan of the treatment

Patient was administered oral medicines daily and *Raktamokshan* (Bloodletting) after *Sarvang*

Snehana-Swedana (Body massage and steam bath) [11] was advised once a week.

Rakthamokshana was carried out as follows,

Poorvakarma:

Sarvang Snehabyanga with *Kshirbala* oil and *Sarvang Swedana* by *Nadi sweda* with *Dashmool Kwath* were done.

Pradhankarma:

Individual was asked to lie down in supine position on the bed. Cubital vein of right arm was selected for the *Siravedh* (bloodletting). Tourniquet was applied 6 cm away from site of *Siravedh*

towards heart. Under all aseptic precautions vein was punctured by 16 no. needle and allowed for bloodletting (200 ml).

Pashchatkarma:

Tourniquet was removed. Needle was removed and tight pressure bandage was applied. Individual was advised to take *Snigdha, Drava Aahar* (Liquid diet with fats) orally after *Siravedha* procedure.

The above procedure was performed on 1st, 7th, 14th and 21st day.

Observation

1st week - patient got moderate relief. Her attacks of perspiration reduced to almost once in 24 hrs. In 2nd week patient had perspiration attack two to three times in a week. 3rd week patient had perspiration attack only once with reduced irritability. After 4th week patient was relieved of all symptoms. No perspiration attacks, no irritability, good sleep and good mood.

Discussion

Lady of 49 years means she was leading towards her menopause i.e. *Rajonivritti*. *Rajonivritti* can be termed as starting of *Jarawastha* or *Jirnawastha* or old age. This age is dominated by *vata Dosha* and *Dhatukshaya*. This dominant *Vata Dosha* will have its effect all over the body. In *Rajonivritti*, *Samprapti Ghataka* are *Vata Pitta Dosha* and *Dushyas* are *Saptadhatu* including *updhatu of Rakta - Artava*. The various symptoms of *Jarawastha* are more likely observed in *Rajonivrittijanya Avastha*. So, it can be stated that *Rajonivritti* is part of the process of aging of female. This *Rajonivritti* condition is similar to the Menopausal syndrome in modern science. Menopausal syndrome is the results of the gradual waning in the functions of the ovaries to produce estrogen and progesterone, as a consequence of which, the pituitary gland becomes more active (positive feedback) and produces FSH and LH in greater quantity resulting into various somatic and psychological disturbances.

The treatment for this is *Rasayana* therapy. *Rasayana* therapy simultaneously affects the body and mind in bringing out physical and psychological improvement and prevents the ill-effects of ageing, increases intelligence and body resistance [12]. *Rasayana* effect is not a specific pharmacological action but is a complex phenomenon operating through a comprehensive holistic mechanism involving the

fundamental factors of *Rasa Samvahan* (circulation of nutrient juices), and *Saptadhatu, Agni* and *Srotasmi* optimization. In modern terms, some of the possible mechanisms by which we can interpret the actions of *Rasayanas* include: antioxidant action, immunomodulatory action, hemopoetic effect, adaptogenic action, DNA repair action, anabolic action, nutritive function, neuroprotective action. *Rasayanas* are nontoxic in normal doses and help the body achieve homeostatic balance, building or eliminating as required to achieve physiological equilibrium[13].

Aushadhi (Medicines) like *Aamalaki, Ashwagandha, Guduchi*, etc act as *Rasayana* and help in improving quality of life, whereas and *Ashok* act on *Rakta* and *Artava Dushti*. *Kumariasava* acts on uterus and helps to correct the irregularities of menstrual cycle[14]. *Chandraprabha Vati* acts on all three *Doshas* but it is prominently *Vatadoshahar*[15]. *Brahmi vati* helps to reduce the stress and it is also *Vatadoshahar*[16]. *Raktamokshan* or *Siravadh* is *Panchakarma* procedure of choice in *Rakta Dushti Vikar*[17].

Conclusion

Rajonivritti is itself a normal part of life and not a disease with major symptoms that require treatment. But sometimes, the symptoms aggravate and it is impossible for the lady to do her daily chores with those symptoms. *Vata Dosha* is prominent in this stage of life and medicines are given to balance this vitiated *Vata Dosha*.

Ayurvedic *Rasayana* Therapy along with *Panchakarma* procedure *Raktamokshan* helps in balancing the vitiated *Vata Dosha* and gives a feeling of well-being. Hence we can conclude that this procedure definitely helps in alleviating the symptoms of Menopause.

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