



## Review Of Literature Of Menopause

<sup>1</sup>Dr. B. Susmitha, <sup>2</sup>Dr. R. Vijaya santha kumari

<sup>1</sup>PG Scholar, <sup>2</sup>Associate Professor, Department of Prasuti Tantra Stree Roga,

<sup>1</sup> Prasuti Tantra Stree Roga,

<sup>1</sup>Dr.NRS Government Ayurvedic college, Vijayawada, Andhra Pradesh

**Abstract:** Woman is the important person of the family, society, nation and the World. Each phase of women's life is beautiful and should be considered as gracious. Right from the moment that she entered the world, steps in Adolescence makes her capable to prepare to experience motherhood and finally the transition to menopause. The word "Menopause" comes from the Greek word Menos (Month) and Pausis (cessation). Menopause refers to cessation of menstruation with group of symptoms, at which the woman gradually changes from the reproductive life into cessation of reproductive life. Menopause is a natural phenomenon occurs at age of 45-55 years, and it is a transitional phase of adjustment between the active and inactive ovarian function. It is associated with a number of symptoms ranging from Physical, Psychological, Vasomotor and Urogenital symptoms. In Ayurveda, the context of Menopause is depicted as "JARA PAKWA AVASTHA" of body and Rajonivrutti. Menopausal symptoms are regarded as imbalance between the amsamsa kalapana of dhatus which leading to kshaya which causes the diminishes the Agni which leads to imbalance in doshas like Vata, Pitta and Kapha, which occurs as a natural and gradual consequence of aging. Ayurveda, the science of life, advocates a holistic approach towards the management of menopausal syndrome by modification of Diet, lifestyle, utilizing various herbs, samsana therapy, Panchakarma therapy, Rasayana Therapy and Yoga.

**Index Terms** - Menopause, Rajonivrutti, Panchakarma Therapy, Rasayana Therapy.

### I. INTRODUCTION

Women can be considered as the axle where the whole family & society revolve & each period of women's life is gracious & beautiful. The condition Menopause is defined as the permanent cessation of menstruation results at the end of reproductive life due to loss of Ovarian follicular activity. Menopause is a natural phenomenon occurs at the age of 45-55 years. The absence of menstruation for a period of 12 consecutive months or a period equivalent to 3 previous cycle or the time of cessation of Ovarian function is the period during which woman passes from reproductive to non-reproductive stage and it covers 6-10 years before and after menopause. During this phase various hormonal changes takes place in the body, which results in development of several signs and symptoms that women begin to experience an array of physical, psychological, vasomotor and Urogenital symptoms which considered as "MENOPAUSAL SYNDROME". During reproductive years, women are protected by female Hormones i.e., Oestrogen and Progesterone. With the onset of menopause, women enter into greater vulnerability to psychomotor problems. These diminished hormonal levels leads to various symptoms like irregular menstruation, Hot flashes, Night sweats, Vaginal dryness, mood swings, hair loss, digestive disturbance, Anxiety, depression, irritability, insomnia, headache, palpitation, loss of interest in most of the things, loss of memory, urine incontinence, nervousness, felling unhappy all these are typical symptoms.

S.NO.	SYSTEM	SYMPTOMS
1.	CNS	Vasomotor symptoms like hot flashes, Night sweats, sleep disturbances, cognitive disorders and anxiety.
2.	UROGENITAL	Urinary Urgency, & frequency, Vaginal dryness, recurrent Urinary tract infections.
3.	MUSCULO SKELETAL	Joint pains, Osteoporosis, fatigue.
4.	SKIN	Decrease skin elasticity, Decrease hydration & Wrinkles.
5.	HAIR	Increase hair loss.
6.	METABOLIC	Increase visceral adiposity, increase weight.

Ayurveda quoted that Menopause condition as “Rajonivrutti”. Susrutha mentioned that menopause is “JARA PAKWA AWASTHA” of the body, which is a normal physiological phenomenon occurring at around 50 years of age where predominance of Vata Dosha & kshaya of Kapha dosha along with dushya.

जरापक्व शरीराणां याति पञ्चाशत क्षयं !

In menopause phase, symptoms like insomnia, anxiety, urinary symptoms, osteoporotic changes are observed due to relative dominance of Vata Dosha, altered Pitta dosha symptoms like Hot flashes & by altered Kapha Dosha symptoms like Vaginal dryness, sleep disturbance, greying of hair etc.

#### HISTORICAL PERSPECTIVE:

Menopause has been a subject of medical interest for centuries. Ancient Greek and Egyptian texts recognized menopause as one of the stage of life. While, Ayurveda described it as Rajonivrutti, a phase associated with Vata dosha predominance & relative declining of Pitta & Kapha doshas. Modern medicine began studying menopause in the 19<sup>th</sup> century, with increase research on Hormonal therapies emerging in Mid of 20<sup>th</sup> century & the term Menopause was first used by a French Physician Charles- Pierre-Louis de Gardanne in 1821.

#### EPIDEMIOLOGY:

Global studies supports Ayurveda statement that the average age of menopause is around 50 years, though it varies by ethnicity, genetics, lifestyle and geographical location. Studies in India indicates an earlier average menopausal age of 46-48 years, premature Ovarian insufficiency, affecting 1-2% of women under 40 years.

#### FACTORS INFLUENCING MENOPAUSE AGE:

Genetics: Family history affects the timing of menopause.

Ethnicity: Racial difference with African, American women experiencing more severe vasomotor symptoms.

Life style: Smoking, Malnutrition, high stress may lead to early menopause.

Health condition: Autoimmune diseases & Chemotherapy induced Ovarian damage can result in Premature menopause.

#### PHYSIOLOGICAL CHANGES IN MENOPAUSE:

Menopause involves a cascade of endocrine alterations, primarily a decline in Ovarian Estrogen and Progesterone production. The Hypothalamic – Pituitary- Ovarian (HPO) axis undergoes significant changes, leading to increased follicle stimulating hormone (FSH) and Lutenizing hormone (LH) levels. The resultant hormonal imbalance contributes to systemic symptoms.

Menopause is characterized by Ovarian senescence and the gradual loss of estrogen and progesterone hormonal secretion. These changes impact various organ system.

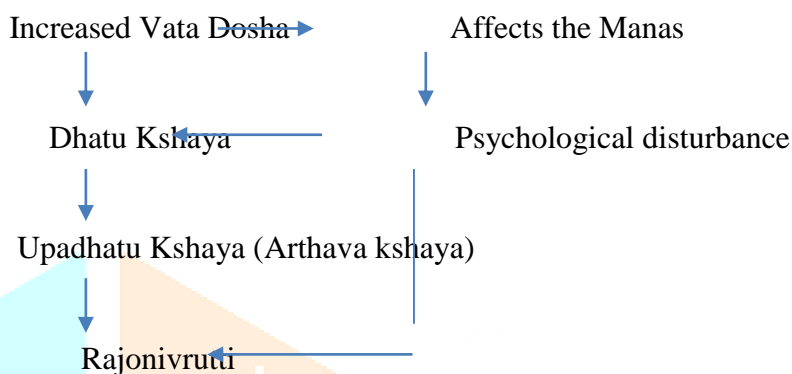
1. Endocrine changes: Increased FSH and LH levels due to reduced negative feedback from Ovarian hormones. Decreased Estradiol (E2) and progesterone & Androgen predominance leading to changes in body fat distribution and hair growth.
2. Vasomotor symptoms: Hot flashes & night sweats occurs due to Hypothalamic dysfunction in Thermoregulation. These symptoms effect 75-80% of menopause women & last for an average of 4-5 years.
3. Metabolic and Cardio Vascular changes: Increased risk of hypertension, dyslipidemia and Cardio vascular disease, Weight gain due to altered metabolism and insulin resistance.

4. Skeletal changes: Loss of bone mineral density (BMD), increase the risk of Osteoporosis and Fractures. Declining estrogen levels lead to increased Osteoclast activity & calcium loss.
5. Neurological Symptoms: Depression, Anxiety, Mood swings & Cognitive decline. Estrogen influences serotonin & Dopamine pathways, explaining increase the risk of depression.
6. Urogenital symptoms: vaginal atrophy, Dryness & Dyspareunia due to estrogen deficiency, increase incidence of Urinary tract infections and Urinary incontinence.

#### AYURVEDIC PERSPECTIVE:

Ayurveda describes menopause as a natural aging process associated with Vata dosha predominance, leading to dryness, Fatigue, Joint Pains & Mental stability.

#### SAMPRAPTI:



DOSHA/DHATU	CLINICAL FEATURES
Vata	Anxiety, Nervousness, Insomnia, Depression, Sabdaasahishnuta, Dryness of Skin, Vagina, Palpitation, Bone & Joint pains.
Pitta	Hot flashes, Midnight sweats, Ache, Mutra dosha, Amlodgara, Skin rashes, Short temper etc.
Kapha	Disturbance in sleep, Aruchi, Agnimandhya, Lethargy, Weight Gain, Sluggishness.
Rasa	Palpitations, Sabdaasahishnuta, Thirst, Srama.
Rakta	Hot flashes, Excessive sweating, Sira saithilya.
Mamsa/Asthi/Medho	Sandhivedana, Sandhisputana, Asthi Kshaya, Bone pain Asthi & Sandhi Saithilya.
Arthava	Anarthava, Vaginal dryness
Manas	Mood swings, Soka, Bhaya, Krodha, etc.

#### MANAGEMENT:

The Rajonivrutti is condition with Vata dosha dominance majority of symptoms occurs due to Vata dosha vridhhi resulting in degeneration of Asti dhatu (osteoporosis). Aggravation of Pitta dosha cause Hot flashes to cope up with Menopausal transition symptoms, the line treatment should be Rasayan, Balya, Dhatu kritha & Rasa Rakta Prasadana.

#### DIET AND LIFESTYLE ADVICE FOR MENOPAUSE:

Ayurveda advocates that “Prevention is better than Cure”. Eating a healthy diet, exercising regularly and reducing stress provides the foundation of well being for everyone. Ayurvedic recommendations for Menopause includes:

1. Introduce a Vata – Pitta pacifying diet, that is warm, light, cooked, fresh and Unctuous food.
2. Avoid dry, cold fermented left over foods, refined sugars and Red meat.
3. Avoid Alcohol and caffeine.
4. Regular, mild, moderate exercise is good to combat the symptoms. Exercise that relax the nervous system, such as walking, Yoga and Meditation are excellent.
5. To calm Vata dosha, it is very important to create regular routines, around the sleep, food, work, exercise & family time.

**AYURVEDIC HERBS:**

1. VATA – Ela, Aswagandha, Arjuna, Badara, Guggulu, Chandana.
2. PITTA – Amalaki, Kumari, Satavari, Nagakesra, Chandana
3. KAPHA – Twak, Guggulu, Sarshapa, Haritaki, Musta.

**1. PANCHAKARMA THERAPY:**

By some therapies like Snehana, Swedana, Sirodhara, Vasti and Mridu Virechana, the channels of body are purified and the Vitiated Dosha & toxins are removed from the body. Menopause is the Vata dosha predominant phase of life & Vasti is the best treatment. The general purpose of Pancha karma therapy is to loosen, liquefy and remove the vitiated substances and doshas from their abnormal sites in peripheral tissues via their natural pathways of elimination.

**2. YOGA THERAPY :**

Yoga is an original & ancient holistic art of living that includes physical, Mental, moral spiritual spheres. The Sanskrit Word Yoga means to “Join or Union” and the practice of yoga beings this Union to all levels of one’s self. The Astanga of Yoga – Yama, Niyama, Aasana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. The most commonly performed Yoga practices are Postures (Aasana), Controlling breathing (Pranayama), & Meditation (Dhyana). Aasanas like Padmasana, Vajrasana etc., Pranayama – Seethali Pranayama, Ujjayi Pranayama, Anuloma Viloma, Dhyana are advised the Menopausal women as they all in combined manner decreases the risk of various diseases like Cardio vascular & Bone diseases etc.

**3.RASAYANA THERAPY:**

Rasayana therapy is not only preventing the aging changes, but it brings in youth fullness to a person. It increases life span, memory & intelligence, health, improve color & complexion, strength all 7 dhatus. Acharya Charaka explains Rasayana produces long life lasting memory, talent, healthy physique, Youth lustre bright complexion, good voice, strength of body and senses, truthfulness and glowing body. He also explained that Rasayana promotes vigour and health which is mainly for promoting the vitality.

a. **TRIPHALA:** Triphala consisting Haritaki, Vibhitaki, Amalaki pacifies three doshas & also an excellent for Vayasthapana.

**ASWAGANDHA:** It is a powerful Antioxidant & immune modulator. It is one that improves strength, muscle mass, relieves stress. In menopause patient, it controls effectively the Vasomotor symptoms (Hot flashes, Night sweats, Palpitation).

**b.MEDHYA RASAYANA:**

Rasayana drugs which specially influence the Medha & promotes mental competence. Such Rasayan are called Medhya Rasayana. Acharya Charaka has described Medhya Rasayana- Sankha pushpin, Mandukaparni, Guduchi and Yastimadhu. Such Medhya Rasayana drugs posses varying degree of Anxiolytic and Psycholytic activities besides restoration of intelligence & memory.

**CONCLUSION:**

Each phase of a woman’s life is beautiful and should be considered as gracious. Now a days, symptoms related to menopause are becoming a major problem, for which a safe and effective line of treatment is necessary. The basic concept of Ayurvedic medicine is

स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकार प्रशमनं च !

Ayurveda have different ways to overcome the menopausal symptoms. The waya are like diet, Samsamana chikitsa, Panchakarma, Rasayana, Yoga, Pranayama etc. Menopause symptoms generally occur due to disturbed Vata dosha. Dhatu Kshaya is responsible for Vata Vriddhi and vitiated Vata dosha affects various systems in wome’s body. From the above theory we conclude that various Ayurvedic drugs having properties of Rasayana, Vata Samana & Kapha Vardhana along with Sadvruttha, balanced diet, Yoga, Meditation can be helpful for the management of Menopause

**REFERENCES**

- [1] Kaviraja Ambika Dutta Shastri edited with Ayurveda Tattva Sandeepika. Susrutha Samhitha Hindi commentary.Chaukaba Sanskrit Sansthan, Varanasi reprint 2007.
- [2] D.C. DUTTA Textbook of Gynecology 19<sup>th</sup> edition Chapter 6 menopause.
- [3] dhiman, Kamini. Menopausal syndrome: An Ayurvedic Appraisal. Unique Journal of Ayurvedic & Herbal Medicine. 2015,1,58-63.
- [4] North American Menopausal Society. Menopause Practice: a clinician’s guide. Cleveland, OH: North American Menopause Society, 2004.Cramer DW, Xu H, Harlow BL, Family history as a predictor of early menopause, Fertil steril 64:740, 1995.

[5] A conceptual study on Rajonivrutti with special reference to menopause syndrome in Ayurveda, Journal by Dr. Rahul Barathe, Uttaranchal Ayurvedic college, Dehradun.

