

KSHEERA BALA TAILA MATRA VASTI AS A HABITUAL PRACTICE FOR POST MENOPAUSAL WOMEN

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ABSTRACT

Mere curing the disease limits us to certain group of sick people only. If we try to enter the life-style of all the people we will be far more successful in taking Ayurveda to common man. Post menopause is one of the most significant event and common phenomenon occurring in all the women. It is the stage where every woman is prone to many sufferings like vaginal dryness & itching, Stress, Incontinence, Urinary tract infections, Insomnia, Hot flushes. Number of physiological changes affects the life of women permanently. Management of these symptoms is the necessary step to be taken by a physician. Vagbhata had considered the Post menopause as one among the *Vata rogas*. So, I suggest *Ksheerabalataila matravasti* for all the Post menopausal women as a regular practice by which all the vata aggravated symptoms gets pacified by our plan of treatment.

Key words: Post menopause, *Ksheerabala tailam*, *Matra vasti*, *Vata Roga*, Ayurveda.

INTRODUCTION

MENOPAUSE – RAJONASA:

Bhava prakasha described 80 types of *Vata rogas* and *rajonasaas* one among them.¹ Menopause is a physiologically occurring process. As age advances *dhatu kshaya* occurs by the result of increased *vata*

FACTORS INFLUENCING MENOPAUSE:²

- ▶ General health condition
- ▶ Hormonal condition

- ▶ Nutritional status
- ▶ Psychological status
- ▶ Environment
- ▶ General disposition

PHYSIOLOGICAL SYMPTOMS OF RAJONASA: 3

- ▶ *RASA KSHAYA*- *hridaya spandhanadhikyam* (*palpitations*), *sabdha asahishnatva* (*unable*

to tolerate loud sounds), thrushna (excessive thirst).

- ▶ **RAKTA KSHAYA**-twak parushyam (roughness of skin), rukshatva (excessive dryness), ushna Taranga pratiti (hot flushes).
- ▶ **MAMSA KSHAYA**-sandhi vedana (pain in the joints), sandhi sputana (cryptus in the joints)
- ▶ **MEDA KSHAY**-netra glani (excessive burning sensation in eyes), svedadhikyam (excessive sweat), asthi kshaya (bone tissue depletion)
- ▶ **ASTHI KSHAYA**-asthi toda (pain in the bones), asthi sandhi saithilyam (weakness of bones and joints).
- ▶ **MAJJA KSHAYA**-bhrama (reeling sensation), parva bheda (cutting pain at the small joints).
- ▶ **ARTAVA KSHAYA**- anartava (Absence of menstruation).

PSYCOLOGICAL SYMPTOMS – bhaya (fear), soka (sorrow), chinta (anxiety), krodha (anger)

VASOMOTOR SYMPTOMS:

Hot flushes (sudden feeling of hot followed by profuse sweating), palpitations, fatigue, weakness, decreased sexual desire, skin and hair thinning, loss of elasticity and wrinkling of skin.

▶ **PSYCOLOGICAL CHANGES:**

Anxiety, head ache, insomnia, irritability, dysphagia and depression, dementia, mood swings inability to concentrate.

▶ **OSTEOPOROSIS / FRACTURES:**

Degeneration of bone occurs at the rate of 5% per year during the menopause, osteoporosis may lead to back pain.

▶ **ROLE OF OESTROGEN:**

- ✓ Oestrogen increases neuro transmitter activity in the brain which is helpful in memory there by reducing dementia and C.N.S problems.
- ✓ Reduced levels of oestrogen leads to decreased sexual desire.
- ✓ Oestrogen prevents osteoporosis by inhibiting osteoclastic activity and inhibits release of IL-1 by monocytes.
- ✓ Oestrogen increases the absorption of Ca from gut stimulates calcitonin secretion from the C-cells of thyroid and increases 1, 25-dihydroxy vit.D., all these leads to increased bone mineralisation.
- ✓ Decreased levels of oestrogen produce atrophic and epithelial changes in the bladder and urethra. This is the cause for most menopausal women to suffer from urinary tract infections.
- ✓ Oestrogen prevents atherosclerosis by its antioxidant property there by minimize the risk of cardio vascular diseases.

By observing all these it can be understood that the maximum number of the problems in the post menopausal women is mainly related to oestrogen deficiency only.

▶ **POST MENOPAUSAL FATE OF ESTROGEN:**

- ✓ After the menopause the levels of estrogen gets decreased.
- ✓ Following the menopause the predominant estrogen is estrone and to a lesser estradiol.
- ✓ Major source of estrone is from peripheral conversion of androgens from adrenals (mainly) and ovaries aromatization occurs at the level of muscle and adipose tissue.

- ✓ After menopause the stromal cells of ovary continue to produce androgens because of increase in L.H.
- ✓ Conversion of androgens into estrone occurs in adipose tissue, so by this as obese patients converts more androgens into estrone. ,they are less likely to develop symptoms of estrogen deficiency.

- ▶ Oestrogen receptors are maximum present in facial skin ,so we see the symptoms of
- ✓ **purse string** and
- ✓ **Crow feet marks** ..., around the mouth and eyes respectively of these women.



KSHEERA BALA TAILA INGREDIENTS:

- 1) KSHEERA
- 2) BALA
- 3) TILA TAILA

TILA TAILA:

- ✓ They contain phyto oestrogens and contain lignans.
- ✓ Lignans present in the pericarp of sesame has been shown phyto-oestrogenic activity.²⁴.
- ✓ They are loaded with fiber and great source of minerals like iron, magnesium and calcium.
- ✓ The extract of sesame seeds has shown a significant analgesic & anti oxidant activity in vitro assays.²⁵.

KSHEERA/ MILK:

- ✓ Isoflavone are natural phytoestrogens with antioxidant property present in milk.
- ✓ Isoflavanes present in milk are genisten, diadzein, formononetin and biochanin A.
- ✓ Milk casein possesses significant antioxidant activity.
- ✓ Milk has both peroxy radical trapping and superoxide radical trapping capacity.
- ✓ Milk is the best Ca supplementation.
- ▶ **BALA:**
- ✓ It has analgesic activity
- ✓ It has also anti oxidant property.⁴.
- ✓ Ephedrine present in Bala stimulates C.N.S.⁵.
- ✓ Ephedrine also helps in weight loss.
- ✓ Bala contains phyto-estrogens.⁹.

According to Ayurveda Bala karmas are *balya, brimhana, ojovardhaka, kantivardhaka, nadi balya, vatahara, anulomana, snehana, grahi, hridya, raktapitta samaka, mutrala, sukrala, krimighna* and *rasayana*²⁶.

PROPERTIES OF KSHEERA BALA TALIA

- ▶ *Helps in rasayana (Rejuvenation), balyam (promotes strength), vata haram (pacifies all the five vatas), brimhnam (which promotes body tissues), jeevanam (which increases longevity), svara indriya prasadanam (which gives strength to sense organs), medhyam (which increases intellect).*⁶
- ▶ This ksheera bala talia cures all 80 types of vata diseases.⁷

DISCUSSION

Menopause happens. It's a natural transition, says Ayurveda, and like all transitions, menopause has to be managed to minimize discomfort. The main objective of Ayurvedic therapies for menopause is to prevent the build-up of impurities that can manifest years later as symptoms of menopause and Provide cleansing periods for the body after menopause when the important cleansing periods of menstruation have been lost. *Apana Vata*, which governs the genitourinary tract, elimination, and menstruation, is a key area to attend to when preparing for menopause.

Bone remodeling is the primary function of osteoblasts (responsible for bone formation) and osteoclasts (responsible for bone *resorption*), while other hormones (esp. estrogen), growth factors, along with cytokines, play a regulatory role in maintaining bone homeostasis.¹⁰⁻¹³ Acute ovarian estrogen deficiency (due

to the increased osteoclast activity) leads to the depletion of calcium, collagen and proteins from bone, with the resultant increase in bone porosity and risk for fracture.^{14,15} Bone loss is most rapid during the first few years after menopause, and the rate becomes accelerated in advanced old age.¹⁶⁻¹⁷ Within the Asian populations, several observational studies have shown that postmenopausal women consuming the highest amounts of foods containing phytoestrogens, had the highest femoral and/or lumbar spine BMD.¹⁸⁻²⁰ Phytoestrogens suppress bone resorption, negate the bone resorption effects of PTH, vitamin D, and prostaglandins, increase Ca++ retention in bone, and augment the action of estrogen on bone, Of the two estrogen receptors (ER and ER) in osteoblasts, there is an increased expression of ER during bone mineralization,²¹ which is particularly more sensitive to the effects of phytoestrogens.²²⁻²³

Ayurvedic detoxification program referred to as "Panchakarma," may be needed to clear the body's channels and gain relief. This internal cleansing approach is also the treatment of choice for more serious problems such as osteoporosis and high cholesterol. It can be very transforming, eliminating symptoms.

CONCLUSION

The *virya* of the drugs administered through the *basti* into the *pakvasaya* reaches the whole body through the channels, as the active principles in the water poured at the root of the tree reaches the whole plant.⁸

Further Acarya Susrutha described that *basti* is not only indicated in vata vyadhis but also in *pitta, kaphaja, rakta, samsargaja* and *sannipatha vikaras*. Its sphere of action is from head to toe.

By observing the points discussed the *Ksheera bala taila* which is having phyto estrogens, analgesic, anti oxidant etc., and all other properties which we are administering in *vasti* form shows its systemic effect on the body by annihilating the *doshas*, cleanses the channels, enhances the tissues, prevents the disease progression, occurrence of new diseases .., there by promotes the health and cures the ailment.

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