

A CONCEPTUAL ASSESSMENT OF TRIDOSHA IN MENOPAUSAL SYNDROME AND IT'S MANAGEMENT

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ABSTRACT

Menopause is an important phase in every woman's life. The hormonal variations cause a lot of undefined changes in the woman in total. Some are characterized by heavy bleeding and hot flashes whereas the others have a painful time. Some others have a calm time and cross the phase with peace. These variations can be attributed to the inequilibrium in the *doshic* status in this *avastha*. It can also be correlated to the *prakriti* of the person. *Prakriti* is unique concept of *Ayurveda* which help to assess the symptoms and management. Using these *Doshas* of person, we can identify one's body-mind nature (*prakriti*) and use this understanding to make the most nourishing choices in their lives. These symptoms are more nearer to *VataVridhhi* symptoms, therefore its treatment may be of *Vata*. Further this period belongs to *Parihani Kala* leading to *Vriddhavastha*, therefore *Rasayana* can be considered.

Keywords: Menopause, *dosha*, *prakriti*, *avastha*

INTRODUCTION

At Women to Women, it's observed that one of the best ways to achieve a smooth transition through menopause is to know yourself — a learning process that involves recognizing physical, nutritional, and emotional imbalances, while working to achieve a peaceful and harmonious state of being.¹In today's era, horizons of the *Ayurvedic* treatment in regard to *Stri-roga* have increased tremendously. For Almost all Gynecological Problems, patients are turning to the *Ayurvedic* treatment modality. Irregularities of menstrual cycles, white discharge or infertility and such other complaints can be tried to solve efficiently by this medical science.²Now days, the Sequel of Menopause is turning out in a major health problem for women and Gynecologists too. Hormonal imbalance produced by this con-

dition, is the base for various Physical as well as Psychological manifestations. Out of these, physical problems are nicely tackled by Modern medical Science, but this modality does not contribute much in Psychological aspect. This failure enhances the severity of the problem. So, it has been thought to be the need of the hour to work in this regard and to contribute something in this regard i.e. Menopause in *Ayurvedic* perspective.³Menopause is permanent cessation of menstruation at the end of reproductive life. During this period there is gradual but progressive loss of ovarian follicular activity. Perimenopause is a period around menopause (40 – 55years)⁴ presenting with psychological such as mood disturbance, insomnia, cognitive difficulty, anxiety, depression, memory loss, irritability and somatic symptoms like hot flushes, sexual

disturbance etc. It begins with menstrual cycle irregularities prior to menopause and extends 1 yr. after permanent cessation of menses. Prevalence of psychological & somatic symptoms is seen in 80% of women at Perimenopausal period¹. Many women in Perimenopausal period may have symptomatic condition which alarms her and her family, though the some may be asymptomatic or have very minimum symptoms which go unnoticed. It is physiological but has major consequences for the well-being & health of most of the women. Making her consequences of the same owing degree of discomfort experienced it make necessary to introduce medical therapy for its management. In *Ayurvedic* literature very few references are available on this physiological event under the heading of *Artava Kshaya*⁵, where the age of *Rajonivrutti*^{5,6} is said to be around 50 years & probably, no reference about symptoms during this period of life^{4,7,8,9}. These symptoms are more nearer to *VataVridhhi* symptoms, therefore its treatment may be of *Vata*. Further this period belongs to *Parihani Kala* leading to *Vridh-havastha*, therefore *Rasayana* can be considered. Between the ages of 16 to 50 *pitta* is considered to be the dominant force. Then we make a transition into a period that is

dominated by *vata*. It is the transition from *pitta* to *vata* that causes the menopausal symptoms.¹⁰

In the *Ayurvedic* view of the human body, each of us is born with a fundamental constitution, or *prakriti*, that remains with us throughout life. Acting upon the constitution are three bioenergetics influences, or *doshas: vata, pitta, and kapha*. Though one *dosha* will always preside within the constitution, a state of health is characterized by dynamic balance between all three within the system.¹ As menopause is the transition stage from *yuvavasthato vridh-havastha* all the *dosha* will be in inequilibrium stage which shows the different symptoms in the body.

Ayurvedic constitution and dosha in menopause: These three *doshas* are sometimes described as the appearances or manifestations of natural forces at work in the body.

Types of Menopause¹¹

- 1) *Vata* dominated menopause
- 2) *Pitta* dominated menopause
- 3) *Kapha* dominated menopause

1) *Vata* dominated menopause: Perimenopause as a movement into maturity, or the *vata* stage of life or high *vata* dominance.

During a *vata*-dominated menopause, these symptoms will likely be experience:

Physiology of <i>vata</i> ¹²	Disturbance observed in <i>rajonivritti</i> phase
<i>Niyantapraneta cha manas, sarvendriyarthamabhivodha Sarvendriyanamudyojaka Harshautsahyoni</i>	Psychological disturbance like anxiety, irritability, depression, mood swing etc
<i>Sameeraneagni</i>	Digestive trouble like aruchi, hrilasa, ajeerna
<i>Sarvashareeradhatuvyuhakara</i>	Circulating disturbances resulting in cardiovascular problems like palpitations and vasomotor complaints like hot flushes
<i>Sandhakarasharirasya</i>	Menopause arthropathies
<i>Ksheptabahirmalanam</i>	Disturbance related to waste products like frequent urination, excessive perspiration.
<i>Prakritishabdasparshayoh</i>	Sensory motor problems
<i>Pravartakachestanamucchavachanam Pravartakovacha</i>	Difficulty in initiating activities fatigue, weakness etc <i>Swarbhanga</i>

Pitta dominated menopause:¹¹

Pitta is characteristic of the stage in your life that lies between young adulthood and maturity. Moving from the *pitta* stage into *vata* (from fire into air) occurs while a woman transitions from perimenopause into menopause.

- Anger,
- Irritability,
- And short temper,
- With more frequent or pronounced hot flashes.

Kapha dominant menopause:

The energetic qualities of *kapha* are characteristically associated with youth, or childhood. Its natural elements, can manifest as a “heavy menopause,”

Symptoms may include:

- Weight gain
- Sleepiness
- Sluggishness
- Slow digestion
- Fluid retention

Management of menopause¹³

Ayurvedic treatment of Menopause focuses on strengthening and rejuvenating the reproductive system. Herbal preparations are prescribed to regulate the hormones, calm mental stress and maintain effective digestion. General tonics are also prescribed for boosting immunity and to provide rejuvenation.

Diet and lifestyle adjustments are advised to maintain health and increase vitality naturally.

According to *Ayurveda* disease is the result of imbalance of *doshas* inside the body. Hence creating balance and harmony among *sharirik dhatu- dosha* according to *doshawastha* is the prime object of *ayurvedic* treatment. Menopausal syndrome can also

be managed with drugs that control *vata*, *pitta* and *kaphadosha* accordingly.

Vata types

- *Ashoka* (*Saraca asoka*)
- *Lodhra* (*Symplocos recemosa*)
- *Ashwagandha* (*Withania somnifera*)
- *Shatavari* (*Aspergus recemosa*)
- *Guduchi* (*Tinospora cordifolia*)

Pitta type

- *Brahmi* (*Bacopa monnieri*)
- *Mandukaparni* (*Centella asiatica*)
- *Vangabhasma* (Calcined Stannum)
- *Gokshura* (*Tribulus terrestris*)
- *Shwetamusli* (*Asparagus adscendens*)

Kapha type:

- *Shatpushpi* (*Anethum graveolens*)
- *Jatamamsi* (*Nardostachys Jatamansi*)
- *Arjuna* (*Terminalia arjuna*)
- *Shilajatu* (*Asphaltum*)
- *Shankpushpi* (*Convolvulus pluricaulis* Chois)

According to the classical reference on *Asv gandha*¹⁴ (*Withania somnifera*) is *Balya* and *Brahmana* & recent research works showed its analgesic, antibacterial, anti-stress, immune modulator, immune stimulative & tonic actions.¹⁵ *Brahmi*¹⁶ (*Bacopa monnieri*) is *Kapha Pittahara*, *Medhya Rasayana*. According to the research work it is potent nervine tonic and cardiogenic.¹⁷ *Shatavari*¹⁸ (*Aspergus recemosa*) has been shown to have beneficial effects in Perimenopausal symptoms. It is *Vata Pitta hara*, *Rasayana*, *Vrishya* and uterine tonic. It contains diasogenin which is a precursor for the semi synthesis of progesterone. The unmodified steroid has estrogenic activity and can reduce the level of serum cholesterol¹⁴.

Apart from the medication

- Counseling about the transition stage
- Life style modification-Diet- plenty of fruits and vegetables, beet juice is very useful, exercise, yoga and pranayama help to overcome from mental stress.
- Non hormonal preparation like Nutra-ceuticals – vitamin B complex, C, E and Di-etary phytoestrogen derived from some plant such as soyabeen, TOFU, shatavarietc pro-motes a balanced hormonal environment.

Avoid:

- ✓ Sedentary life
- ✓ Smoking and drinking alcohol
- ✓ Intake of tea and coffee
- ✓ Mental and emotional stress

DISCUSSION

In *Ayurveda*, *Rajonivritti* is not described as a diseased condition. It is a naturally occurring condition of every woman observed at the later stage of life when the body is fully in grip of senility. Here, a question arise that why *Rajonivrittias* a diseased condition, not described in the classics, because in ancient time, the way of living was totally different. Ladies had to do lots of house-hold works, so the essential exercises for the body, were being done automatically. Almost all *Acharyas* have described the age of *Rajonivritti* as approximately 50 years without any controversy, which is also true in the current era. As *Rajonivritti* is a naturally occurring condition in female body; it can be categorized under *Swabhavika Vyadhis*¹⁹ as that of *Jara* (aging); *Kshudha* (Hunger); *Pipasa* (thirst); *Nidra* (sleep) and *Mriyu* (death) described in the classics. The various symptoms of *Jara-wastha* are more likely observed in *Rajo nivritti janyaavastha* also. So, it can be stated that *Rajonivritti* is one of the part of the process of aging, specific to female and

that's why it is a "*yapya condition*" by dietetics, *Rasayana*.

CONCLUSION

Menopause can be managed better by choosing the drug according to the *do-shas* and *ayurvedic* preparations. Few changes in daily activities and adopting the correct diet, phytoestrogen and life style will help to overcome from menopausal syndrome. Thus menopause can be made a pleasant affaire by building healthy body and mind. Keep fit and live the life with all its fragrances.

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