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THROUGH AYURVEDA- AN ANALYTICAL REVIEW**

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**“MANAGEMENT OF MENOPAUSAL SYNDROM WITH LIFESTYLE
MODIFICATION THROUGH AYURVEDA- AN ANALYTICAL REVIEW**

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ABSTRACT:

Menopause occurs because of decrease in hormone production by the ovaries. Menopausal syndrome includes symptoms associated with physiological change that takes place in women as a period of fertility ends. Menopause is normal consequence of ageing process and is a natural female hormone deficient state that occurs at the age of 45- 55 yrs and having menopausal symptoms. Some women experience mild menopausal problems or not at all but some women have severe symptoms in this period. To relieve menopausal symptoms to gain understanding lifestyle modulations and Ayurvedic perspective which includes sanshodhan chikitsa, drug therapy and Yoga.

KEY WORDS: *Pathyapathya, Prakruti Rajonivrutti , Rasayana ,*

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The term menopause is derived from Greek word men (month) and pause (to stop). Menopause is termed as *Rajonivrutti* (retirement from menses) in hindi language. Menopause is also known as climacteric, is the time in most women lives when menstrual period stop permanently, woman is no longer to able

to have children. Menopause typically occurs between 45 to 55 years of age .It occurs because of decrease in hormone production by the ovaries. Menopausal syndrome includes symptoms associated with physiological change that takes place in women as a period of fertility ends. Menopause is normal consequence of ageing process and is a natural female hormone deficient state that occurs at the age of 45- 55 yrs and having menopausal symptoms. Some women experience mild menopausal problems or not at all but some women have severe symptoms in this period.

According to Sushrut Samhita there are three stages in life, roughly described as infancy means child hood, middle age (youth) dotage or old age respectively. So it is considered to be a Vata stage of life with some variable pitta signs Apanvata which governs the genitourinary tract, Elimination of waste products and menstruation is key area to attend when preparing for menopause. Menopause do not mentioned any female reproductive disorder in Ayurvedic text books. It can be correlate with aging process of body and we know that vatadosha is aggravated in old age and accordingly symptoms appear. In this stage person needs to start more attention on her health. The range of symptoms in *rajonivrutti* is wide and varies with each prakruti. Each constitution due to its own uniqueness,

also expresses its own physiological and psychological symptomatology. Now a days there are multidimensional responsibilities towards personal as well as professional life. Due to change in life style for their better performance in almost all possible fields with best work for life balance, there are so many problems of different age group of women are facing. Due to change in reproductive life, most suffering age group is in their forties with the main causative factor called menopause. Menopause is characterized by an altered hormonal status and by a decrease in life quality due to appearance of uncomfortable symptoms. Nowadays, with increasing life span women spent one third of their life time under menopause

Aim:-For relieve menopausal symptoms to gain understanding lifestyle modulations and Ayurvedic perspective which includes sanshodhan chikitsa, drug therapy and Yoga

OBJECTIVES

For menopausal symptomatic relief subject wants

- 1) To elaborate lifestyle modifications such as Exercise, Yoga, Meditation, Massage, Nutrition also.
- 2) Their study effects.
- 3) Their applications

4) Shushrut has specified the ageing as a cause of menopause. Estragon and testosterone, Glucocorticoids magnificently influence brain functions and structure during ageing process with result various neurobehavioral psycho-physiological neurochemical changes takes place.

To fight with all these changes of ageing factors, some of Ayurvedic herbal plants can be used which can be helpful in treating the neuron behavioral and neuropsychological symptoms. This can be very much effective as that of hormone replacement therapy drugs .like Bramhi, Vidarikand, badariphal, Arjun bark ,Ashwagandha, Yashtimadhu, some of Acharrasayana(life style), Aharrasayana(diet). Some of rasayna drugs like Chawanprash and Brahmirasayanacan help to improve the menopause age in female life. This will be grate alternative remedy. In this age of modern science by Ayurveda to HRT in women life.

Menopause is a time of life that many women dread. They are scared about their symptoms, including weight gain, insomnia, mood swings, and vaginal dryness, all that can be quite bothersome. But while menopause dose create many challenges for women there are also many remedies. When we pay attention to our symptoms we have taken first step in correcting them. In early menopause

oestrogen level can rapidly decline causing symptoms to appear suddenly feel severe and last longer, here are some tell- tale signs you are in early menopause.

-You are between the age 40 to 45;you experienced an absence of periods for a full 12 months;

- You may be suffering from common symptoms including hot flashes, headaches, weight gain, depression, insomnia, mood swings, fuzzy thinking or fatigue.

- For most women in early menopause addressing the hormonal imbalance is the first step to finding relief from physical and even emotional symptoms.

Possible causes of early menopause

1) senses – women with family history of premature menopause are 60 % more likely to experience it themselves.

2) Also events that occurs in uterus while a females ovaries are developing may result in a smaller number of eggs producing cells which can then shorten a women's reproductive life span.

3)Environment – Toxins in our environment may be contributing to reproductive changes found in both men and women although scientist have yet to uncover the exact cause.

4) Life style – these factors are associated with early menopause. - Poor nutrition and poverty, -Smoking increases your risk of early menopause by 30 %, - Alcohol may contribute to entering the phases of menopause at an earlier age although not necessarily as early menopause, - Medical treatments such as chemotherapy and radiations can initiate menopause earlier than usual.

Management of menopausal symptoms through Ayurveda :

The main principal of treatment is to calm any disturbances of doshas. Nourish the deeper reproductive tissues of the delicious tonic herbs. Calm the mind and seek inner peace using meditations and inner fulfilment.

Elimination of menopausal symptoms involves first and foremost, the balancing of your humors. Since *Vata* is at root of menopausal imbalances it need to be brought into proper balance followed by restoring balance to other *doshas* if needed. *Vata* is balanced by establishing a regular routine eating mainly warm; cooked and *Vata* reducing some food; drinking plenty of fluids ; performing daily massage to calm nerve and sooth dry skin. *Pitta* can be balanced by chilling out nervous system through decreasing stimulations, never skipping meals, balance of rest and activity. *Kapha* is balanced by arising early each morning;

weight control exercise and reduced sweetness. Massage with coconut oil , Yoga and regular exercise like walking should be performed as routine.

Lifestyle modification maintaining a healthy diet and healthy body weight doing regular physical activity avoiding bad habits are all lifestyle factors that may help relieve mild menopause system. As the risk of developing osteoporosis and cardiovascular disease increase after the menopause, a healthy diet is important. In particular cases adequate calcium and vitamin D3 and low salt are recommended. Observational study suggest regular, moderate physical activity may be beneficial for relieving menopause symptoms, but further good quality trials are required to support this.

Hormone replacement therapy remains the most effective therapy for relieving vasomotor and urogenital symptoms. But many women avoiding HRT because the initial finding published from the large Women Health Initiative (WHI) studies reported that combined HRT increased the risk of coronary heart disease ,Stroke, blood clots, and breast cancer.

Rajonivrutti is a physiological inevitable phenomenon for every woman, which results due to *Jarapakwaavstha* of the body and when this stage causes a discomfort either to the mind or body due to today's fast life, strain, tension, stress,

hurry- worry etc. It attains *Vyadhiswarupi* factors like *kala*, *Swabhav*, *vayu*, *dhatukshaya*, karma or environment, *abhiyat* etc. seem to be main underlying causative factors of '*Rajonivrutti* .' Generalized *vatavriddhi* and vitiation of *manovahastrotas* are the main underlying factors in the evolution of senescence and is directly related to the *Rajonivrutti janya lakshanas*. Due to specific pathogenesis, *rajonivrutti* in encompasses various *doshaja*, *dhatukshayaja* and *mansikalakshanas* and various Anatomical changes in women. Such type of naturally occurring symptoms, likes *Rajonivrutti* by mainly *Rasayan* therapy and *Pathyapathya*.applied.

Rasayan therapy is the choice of treatment of ageing as well as the *rajonivrutti janya lakshanas* to prevent long term effects of decrement of dhatugun.

Use of *Rasayanadravya*- The menopausal women fall in *madhyamvaya* so use various rasayana like *Kamya*, *Naimittika*, *ajasrika* and *Aacharrasayna* which includes *sadvritta* and *sadachara* following of *ritucharya* avoiding the *apathyajaahara* and *vihara* are also significant for framing of lifestyle for menopausal women.

Rasayanadravya like- *Shatavari*, *Ashwagandha*, *ravalpanchamrut*, *Shatpushpachurna* , *Sarpagandhachurna* , *chandrakala rasa* .

Ashwagandha: A herbal drug *Ashwagandha* can relieve the symptoms of menopause. It does so by stimulating estrogen production boosting immune system and protecting against damage from free radicals and improves psychological symptoms associate with menopause. *Sitoinosides* and *acylsterylglucosides*, *wit aferin-A* are anti stressagent *steroidal lactones* (*withanolides* and *withaferine*)and *alkaloids* shows immunomodulating properties

Some Ayurvedic preparations are- *Punarnavasav* , *Lodhrasav*, *Dashmularishta* , *Pradarariloha*, *Ashokarishta*, *Ushirasav*.

Yoga- Yoga helps to adjust the changing hormone level while feeding your mind, body, and soul. Potential benefits of Yoga are limitless, able to support us to each phase of our life. One beautiful thing about yoga is that you are able to start whatever your physical condition is. In general a gentle, slow placed yoga practice that emphasizes simple floor poses, *Pranayama*, *Suryanamaskara* and meditations are recommended in pre menopause and menopause. Women who practice yoga regularly many experience improved balance, greater flexibility and increased strength

Meditation- It involves focusing attention in words and riding the body and mind of

stressful thoughts. Meditation helps relieves medical conditions like depression, anxiety, heart disorders, fatigue, high BP, sleep problems by giving relaxation of body and mind.

Massage- A massage helps to relive muscle tension, and providing deep relaxation and brake down toxins also that have built up in the body. Massage with medicated oil relives all menopausal symptoms by giving relaxation of body and mind also. Shirodhara has better relief on disturbances of *manasbhava* and psychic symptoms of menopause.

Nutrition- Decrease in estrogen level causes menopause. To reduce the effects of estrogen ,phytoestrogen can be including in daily diet.

Sources of phytoestrogen are soya beans and soya products. Soya iso flavones are used as a therapy for menopausal syndrome. There are two main classes of phytoestrogen 1) Isoflavones (found in plants such as soya and red clover) 2) Lignans (found in flax).Any other sesame seeds, wheat berries, fenugreek, oats, barley, beans, carrots, apple, pomegranate, wheat gram, mint, ginseng, red clover. Ayurvedic herbs which contains phytoestrogen are Shatavari (*Asparagus racemosus*), Vidarikand (*Puerariatuberosa*), Methika (*Trigonellafoenumgraceum*), Yashtimadhu (*Glycerrhizaglabra*),Tila (*Sesamumindicum*), Arjuna (*Terminaliaarjuna*).

CONCLUSION

As per the review of various researchers these factors can be beneficial in minimizing the menopausal symptoms thus the complications like osteoporosis, heart disease, High BP, Diabetes, hot flushes, Mental abnormalities like mood swing, Loss of memory, irritability etc

may be effectively modified and managed by adopting the Ayurvedic therapies like exercise, Yoga , Meditation, massage and balance diet including phytoestrogen and life style regimen for daily life thus can be happier ending through Ayurveda for menopause.