

## 2.11 WOMAN SPECIFIC GERIATRIC DISEASES

### 2.11.1 Menopausal Syndrome

#### Introduction

Menopausal Syndrome includes symptoms associated with the physiological changes that take place in a woman's body as period of fertility ends. Menopause is a normal consequence of the ageing process and is a natural female hormone deficient state that occurs at the age of 45-55 years. In this stage ovaries gradually become less active and reduce their production of sex hormone (estrogen and progesterone). As a result, menses cease permanently.

Women are usually considered to be menopausal if she has not had a menstrual period for one year without any underlying cause. Some women experience mild problems or none at all but some women have severe symptoms in this period. It has become an inevitable phenomenon in a women's life and many years are spent in the postmenopausal phase. Similarly in *Ayurveda*, *āchāryas* depicted that menses starts at the age of 12 year and stops at the age of 50 and the whole process is a natural phase of life.

#### Aetiology

1. Reduced production of estrogen and progesterone
2. Less active ovaries

#### Pathogenesis

It is a natural and normal phenomenon of ageing. Reduced production of sex hormones due to less active ovaries lead to menopause.



### **Clinical features**

1. Irregular periods with scanty or excessive bleeding
2. Hot flushes
3. Night sweats
4. Vaginal dryness and itching
5. Mood swings
6. Joint pain
7. oedema
8. Sleeplessness
9. lassitude
10. Excessive hair fall
11. Anaemia
12. weakness
13. Stress incontinence
14. Loss of sexual desire
15. Wrinkling of skin etc.

### **Complications**

1. Cardiovascular problems
2. Fractures due to osteoporosis

### **Investigations/ Examination**

1. Haemogram
2. PAP smear
3. Serum FSH levels
4. Serum estradiol levels
5. Serum L.H. levels



6. Ultrasound abdomen
7. Bone mineral densitometry
8. Mammogram

## Management approaches

### a. Prevention

1. Consumption of *godhūma* (wheat), old rice, *mudga* (green gram), soyā, fresh seasonal fruits, ghee, nuts, milk etc.
2. Regular medicated oil massage and exposure to mild sun light
3. Practice personal and social good conduct
4. Maintain healthy body weight
5. Regular exercises, *yoga* and meditation
6. Control of blood pressure and cholesterol levels
7. Use of calcium supplements and diet rich in calcium and antioxidants
8. Use of *rasāyana* drugs
9. Avoid heavy and unwholesome food, excess pungent, salty and sour food items, mustard oil, etc.+
10. Avoid excessive physical exertion

### b. Medical management

#### Line of treatment

1. ***Samśodhana cikitsā*** (bio-cleansing therapies) / other therapeutic procedures followed by *Śamana cikitsā* (palliative therapy) should be advocated.
  - i. *Snehana*: Gentle massage with medicated oils such as :
    - *Mahānārāyaṇa taila*
    - *Kṣīrabalā taila*
    - *Mahāmāṣa taila*
    - *Balā taila*



- ii. Internal *Snehana* (internal oleation) with medicated *ghṛta* (*Sukumāra ghṛta*/*Dāḍimādi ghṛta* etc) 50 ml with 2-3 gm *saindhava lavaṇa* daily for 3-7 days before *pañcakarma* (bio-cleansing procedure)
- iii. *Śirodhārā* with *Yaṣṭimadhu kaṣāya* and milk 45 minutes daily for 15 days
- iv. *Takra dhārā* 45 minutes daily for 15 days
- v. *Mātrā vasti* with *Dhānvantara taila* / *Sukumāra ghṛta* 50 ml daily for 15 days

## 2. Drug therapy

### SINGLE DRUGS

Drug	Dosage (per dose)	MOA <sup>s</sup> / Vehicle	Duration*
<b>For debility</b>			
<i>Śatāvārī</i> ( <i>Asparagus racemosus</i> Willd.) <i>cūrṇa</i>	1 -3gm	Water/ milk	15 days
<i>Āmalakī</i> ( <i>Phyllanthus emblica</i> Gartn.) <i>cūrṇa</i>	1 -3 gm	Water	15 days
<i>Madhuyaṣṭhi</i> ( <i>Glycyrrhiza glabra</i> Linn.) <i>cūrṇa</i>	1-3 gm	Water	15 days
<i>Aśvagandhā</i> ( <i>Withania somnifera</i> Dunal) <i>cūrṇa</i>	3gm	Milk	15 days
<b>For fragile bones</b>			
<i>Asthisṛṅkhalā</i> ( <i>Cissus quadrangularis</i> Linn.) <i>cūrṇa</i>	1-3 gm	Water	15 days
<i>Kukkuṭāṇḍa tvak bhasma</i>	250 mg	Milk / water	15 days

### COMPOUND FORMULATIONS

Drug	Dosage (per dose)	MOA <sup>s</sup> / Vehicle	Duration*
<b>For excessive bleeding</b>			
<i>Puṣyānuga cūrṇa</i>	1-3 gm	Rice water	15 days
<i>Candraprabhā vaṭī</i>	1.5 gm	Water	15 days
<i>Lodhrāsava</i>	10-20 ml	Water	15 days
<i>Aśokāriṣṭa</i>	10-20 ml	Water	15 days



<i>Sukumāra ghr̥ta</i>	10gm	Warm milk/ Warm water	15 days
<i>Dāḍimādi ghr̥ta</i>	30-50 ml	Warm water	3 - 7 days
<b>For hot flushes / night sweats/ burning sensation</b>			
<i>Pravāla piṣṭī</i>	250-500mg	Water	15 days
<i>Muktā piṣṭī</i>	250-500 mg	Water/ milk	15 days
<i>Candanāsava</i>	10-20 ml	Water	15 days
<i>Uśīrāsava</i>	10-20 ml	Water	15 days
<i>Kāmadudhā rasa</i>	125-250 mg	Water	15 days
<i>Dhānvantara taila</i>	for <i>mātrā vasti</i>	-	15 days
<b>For debility/ anaemia</b>			
<i>Aśvagandhāriṣṭa</i>	10-20 ml	Water	15 days
<i>Śatāvarī guḍa</i>	6 gm	Milk	15 days
<i>Lohāsava</i>	10-20ml	Water	15 days
<b>For insomnia/ mood swings</b>			
<i>Mānasa mitra vaṭaka</i>	125 mg	Milk	15days
<i>Brāhmī vaṭī</i>	125-250 mg	Milk	15 days
<i>Brāhma rasāyana</i>	10gm thrice daily	Milk	15 days
<b>For fragile bones</b>			
<i>Lākṣādi taila</i>	for <i>mātrā vasti</i>	-	15 days
<i>Dhānvantara taila</i>	for <i>mātrā vasti</i>	-	15 days

<sup>§</sup>MOA - Mode of administration

\* Initially 2 times in a day after meal for 15 days followed by condition of patient and physician's direction.

**NOTE:** Out of the drugs mentioned above any one of the drug or in the combination may be prescribed by the physician. The duration of the treatment may vary from patient to patient. Physician should decide the dosage (per dose) and duration of the therapy based on the clinical findings and response to therapy.

**c. Yogic Practices** - The following *yogic* practices are beneficial in menopausal syndrome; however, these should be performed only under the guidance of qualified



*Yoga therapist.* Duration should be decided by the *Yoga therapist.*

1. *Sūryanamaskāra, Tāḍāsana, Kaṭīcakrāsana, Vajrāsana, Uṣṭrāsana, Sarvāṅgāsana, Setubandhāsana, Baddhakonāsana, Pavanamuktāsana, Upaviṣṭakoṇāsana, Merudaṇḍa sañcālanāsana*
2. *Bhrāmari, Nāḍīśodhana, Śītalī prānāyāma*
3. *Mūlabandha* with *Aśvinī mudrā*
4. Deep relaxation technique/ *Yoga nidrā/ Nāḍī anusandhāna*

**Counselling** - Advice the patient to

1. Develop positive approach towards menopause
2. Take calcium rich diet
3. Practice *yoga* and meditation for stress management
4. Check cholesterol levels periodically
5. Limit tea / coffee consumption
6. Avoid sedentary life style
7. Avoid smoking and consumption of alcohol

In addition, adequate counselling regarding cleanliness of genital organs, sexual behaviour and for regular medical check up should be given.

**Indications for referral**

1. Heavy bleeding which is not responding to medication
2. Menopausal syndrome associated with fracture
3. Menopausal syndrome associated with other serious systemic illness



## COSTING DETAILS

### Approx. Costing of Menopausal Syndrome management

S.No.	Medicine	Requirement	Unit	Rate in Rs.	Cost in Rs.
1.	<i>Śatāvri cūrṇa</i>	30-90	gm	0.50	15-45
2.	<i>Āmalakī cūrṇa</i>	30-90	gm	0.25	8-23
3.	<i>Madhuyāṣṭhi cūrṇa</i>	30-90	gm	1.00	30-90
4.	<i>Aśvagandhā cūrṇa</i>	90	gm	0.48	43
5.	<i>Asthirṅkhalā cūrṇa</i>	30-90	gm	0.20	6-18
6.	<i>Kukkuṭāṇḍatvak bhasma</i>	7.5	gm	7.20	54
7.	<i>Puṣyānuga cūrṇa</i>	30-90	gm	4.16	125-375
8.	<i>Pravāla piṣṭī</i>	7.5-15	gm	4.00	30-50
9.	<i>Muktā piṣṭī</i>	7.5-15	gm	1.40	11-22
10.	<i>Brāhmī vaṭī</i>	3.75-7.5	gm	4.40	17-34
11.	<i>Candraprabhā vaṭī</i>	45	gm	2.00	90
12.	<i>Śatāvri guḍa</i>	180	gm	0.56	101
13.	<i>Sukumāra ghṛta</i>	300	gm	0.63	190
14.	<i>Dāḍimādi ghṛta</i>	210-350	ml	0.42	89-147
15.	<i>Dhānvantara taila</i>	750	ml	0.55	413
16.	<i>Candanāsava</i>	300-600	ml	0.12	36-72
17.	<i>Aśokāriṣṭa</i>	300-600	ml	0.13	39-78
18.	<i>Aśvagandhāriṣṭa</i>	300-600	ml	0.15	45-90
19.	<i>Uśīrāsava</i>	300-600	ml	0.12	36-72
20.	<i>Lodhrāsava</i>	300-600	ml	0.22	66-132
21.	<i>Lohāsava</i>	300-600	ml	0.12	36-72
22.	<i>Lākṣādi taila</i>	750	ml	0.32	240
23.	<i>Kāmadudhā rasa</i>	3.75-7.5	gm	4.00	15-30
24.	<i>Mānasa mitra vaṭaka</i>	3.75	gm	5.73	22
25.	<i>Brāhma rasāyana</i>	450	gm	0.197	89



**Approx. costing of *Pañcakarma* procedure in Menopausal Syndrome \*\***

S.No.	<i>Pañcakarma</i> procedure	Days	Rate in Rs./ day	Cost in Rs.
1.	<i>Snehana</i> (externally)	15	200	3000
2.	<i>Śirodhārā</i> (milk)	15	150	2250
3.	<i>Takra dhārā</i>	15	150	2250
4.	<i>Mātrā vasti</i>	15	100	1500

