



A SYSTEMIC REVIEW ON MENOPUASAL SYNDROME – AN AYURVEDICA APPROACH

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ABSTRACT

The cessation of a woman's monthly menstrual cycle and ovulation is known as menopause, a phenomenon exclusive to women and an individual experience for every woman. It also portends a number of further physical and mental changes brought on by a decrease in the body's production of the hormone's progesterone and estrogen. Sometimes, menopause is seen as the end of youth and sexuality, which makes it a socially undesirable event. Additionally, menopause is a normal and unavoidable step in a woman's life rather than an illness. If seen in the proper light, it signals the start of a time of more freedom and release from the constraints of youth. Despite the fact that menopause is one of the crucial physical and psychological turning points in a woman's life, many women lack specific knowledge about what is happening and their alternatives. With its central tenet that "vata," "pitta," and "kapha," as well as the elements of the natural world such as earth, water, fire, and air, form human physiology, Ayurveda is both a way of life and an alternative medicine. The naturopathic lifestyle is largely the foundation of the ayurvedic lifestyle, which emphasizes discipline and control while using herbs and mineral riches as medicines and practices like massages and yoga methods. Treatments may be divided into two categories: those intended to keep healthy individuals healthy and those intended to treat a specific condition. Lifestyle variables are crucial in the menopausal process, and healthy lifestyle adjustments can have a significant influence on immunological and endocrine system-related diseases. Therefore, a woman's strategy for reducing menopausal symptoms must include a personalized lifestyle change plan. This way of living incorporates adequate herbal supplementation, healthy eating, exercise, and stress management. The paper provides a thorough explanation of menopause.

KEYWORDS - Menopause, lifestyle, panchakarma, hormone

INTRODUCTION

Menopause is a normal process in a woman's life and not an illness. One of the significant physical turning points in a woman's life is menopause. Many women lack specific information about what is happening, their alternatives for a healthy diet, nutritional supplements, and exercise, as well as basic understanding and preparation that may help one accept it and go on gracefully. Early menopause symptoms and signs: Early menopause can result in a fast fall in estrogen levels, which can cause symptoms to emerge unexpectedly, worsen, and stay longer. Experiencing typical symptoms like hot flashes, headaches, weight gain, depression, sleeplessness, mood swings, foggy thinking, or exhaustion, Irregular periods for 12 months.

CAUSE OF EARLY MENOPAUSE

Anxiety over the reasons and potential effects of premature menopause grips many patients as soon as they hear they are experiencing it. Menopause is more than just worry, though. The following are some typical causes of early menopause:

GENES- 60% more women are likely to undergo early menopause than those without a family history of the condition. Additionally, when a woman's ovaries are growing in utero, some occurrences may lead to fewer egg-producing cells, which may limit the duration of her reproductive life. Malnourishment & Poverty, Menopause can start sooner than normal as a result of medical procedures like chemotherapy and radiation, smoking, alcohol usage, and certain medical conditions. Menopause can also start earlier than usual as a result of stress, anxiety, and mental strain.

HORMONAL LEVEL

Estrogen, progesterone, and testosterone levels all naturally fall throughout the course of a person's life, but as one gets older, the swings and ratios between these hormones occasionally get more dramatic. Women who suffer the typical menopausal symptoms of night sweats, hot flashes, food cravings, and exhaustion may find that their bodies are unable to control these changes in hormone levels.

Ayurveda has recognized menopause as a natural transition and not a mishap by nature that need hormone replacement therapy for more than 5000 years. According to Maharshi Ayurveda, menopause may be a health-promoting, spiritually enlightening, and trouble-free experience.

ASSESSMENT OF MENOPAUSE

Menopause is often diagnosed based on symptoms, age, menstrual history, and the findings of a pelvic exam. If symptoms are severe, other illnesses are suspected, or other issues make diagnosis challenging, more exams and testing may be required.

Ayurvedic doctors always check a woman's posture as well as her gait, muscular tone, coordination, general nutritional state (i.e., dhatuksaya), flexibility, hearing, vision, and emotional status as the initial assessment for early indicators of osteoporotic compression of the spine. According to several research, the spinal cords anterior horn cells start to diminish around the age of fifty, which results in muscular atrophy, weakness, and loss of lean muscle mass.

SYMPTOMS OF MENOPAUSE

Menopause and aging are related in Ayurveda. A vata-predominant store of life is aging. Thus, the menopausal symptoms that some women feel are comparable to the symptoms that occur when the vata dosh increases and throws off the body's natural equilibrium.

TREATMENT OF MENOPAUSE

The sort of treatment is determined by the dosha a woman has when her menopausal symptoms start to appear. It is crucial to understand that menopause-related health issues are a symptom of underlying physiological imbalances that are brought on by the stress of changing hormone levels.

UNDERSTANDING THE DIFFERENCE IN TYPES OF MENOPAUSES

Women who just want to understand why they are not feeling like themselves may find it complicated because there are several words used to describe the various phases of the menopausal cycle. Although the physiological differences between these phases vary, the symptoms often feel the same.

The transition from menopause to perimenopause, which can extend for years, is known as perimenopause. The symptoms of this period, which steadily worsen and resemble those of menopause, include weariness, irritability, mood changes, and weight gain. The distinction is that, despite their irregularity, perimenopausal women still get monthly periods. Menopause begins when you go 12 months without getting your menstruation. Women between the ages of 40 and 45 experience early menopause, which happens naturally and isn't caused by medicine or surgery.

A hysterectomy, oophorectomy (removal of the ovaries), and other pelvic operations lead to surgical menopause. Ablations, which include removing the uterine lining, might simulate menopause by halting menstruation. Medical menopause may occur during medical procedures like chemotherapy and radiation therapy, as well as throughout the course of different medication regimens.

The program provided by Ayurveda combines broad suggestions for healthy living with particular, customized constitutional instructions. Understanding overweight problems for what they are, an accumulated poison with both physical and mental roots that are particular to each person, allows for successful treatment of these disorders. The

chemical makeup of human fat that accumulates in various people may be the same, but the unhealthy routines, perspectives, preconceptions, and emotional baggage that promote obesity are distinct and peculiar.

CONCLUSION

Diet has a crucial role in regulating hormones throughout premenopausal and in menopause. Health issues during menopause signify imbalances in the body that were already developing in the body. Embrace a diversified diet rich in dry beans, whole grains, fruit, and veggies. It contains a lot of phytoestrogens. Variety and moderation are crucial since, just as too much phytoestrogen may be harmful after menopause, so can too much estrogen. According to Ayurveda, the "ama"—or accumulated wastes and toxins—that have built up in the bodily tissue are the cause of these recalcitrant symptoms. To empty the body's channels and find relief in this situation, a traditional Ayurvedic detoxification treatment called "panchakarma" may be required.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NIL

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