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**AYURVEDIC MANAGEMENT OF 'MENOPAUSAL SYNDROME' WITH VIDARYADI
RASAYANA KALPA GRANULES: A CASE REPORT**

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ABSTRACT

During the climacteric, a woman switches from the reproductive to the non-reproductive stage. Menopause is a normal occurrence, but it has recently raised serious health concerns across the globe. The hormonal changes that occur throughout this "stage of life" affect every woman differently on a physical and psychological level. Vasomotor, Mental, Genital, Locomotor, and GIT symptoms combination is called Menopausal Syndrome. The available remedy for these problems at this time is hormone replacement therapy, but it also carries a host of other health risks. This formulation (*Vidaryadi Rasayana Kalpa Granules*) was developed to find a safe and effective Ayurvedic remedy for the management of Menopausal Syndrome without causing any adverse side effects. A 47-year-old woman presented with complaints of Absence of menses for one year, hot flushes, heart discomfort, daily sleep disruptions, depressive mood, uncontrollable anxiety, dry vagina, fatigue, etc.; and she was successfully treated with this Granules. Treatment for menopausal syndrome with *Rasayana*, slows down the body's natural ageing process. The medications listed in the *Vidaryadi Rasayana kalpa granules* have the properties of *rasayana*, *vyadhi nasanam*, *Deepaniya*, *Medhya*, *balya*, *jeevaneeya*, and *dhatu pushti kara*. By taking *Vidaryadi Rasayana Kalpa Granules* for two months, the patient experienced fantastic results.

Keywords: *rajo nivritti avastha janya lakshan*, menopausal syndrome, *vidaryadi rasayana kalpa granules*, *rasayana*, case report

1. INRODUCTION

Menopause is the term used to describe the end of reproductive life when menstruation permanently stops due to a decrease in ovarian follicular activity. A woman's transition occurs from the reproductive to the non-reproductive stage during the climacteric. This stage lasts for 5 to 10 years each side of menopause [1]. Although menopause is a natural occurrence that comes with becoming older it has become a significant health concern in recent years both in industrialized and developing Nations like India. India has a sizeable population that has already 1 billion with 71 million individuals over the age of 60 and 43 million women who are menopausal. According to projections India will have 1.4 billion people 173 million adults over the age of 16 and 103 million women who are menopausal by 2026. In Indian women, the average age of menopause is 47.5 years and the average life expectancy is 71 years [2]. Due to their extraordinary physical and mental prowess in almost every field, women play a special role in society and have varied perspectives. Every woman goes through a variety of physiological and psychological changes during this "stage of life" as a result of hormonal changes. Such anomalies may occasionally advance to the "Menopausal Syndrome," a stage of an illness or ailment

that is characterized by a range of vasomotor, mental, genital, locomotor, and GIT symptoms. This phenomenon is viewed differently and not as a major health issue in Ayurveda. According to Acharya *Sushruta*, menopause can be correlated with *Jarapakva Avastha* [3]. It is brought on by *Dhatukshayavastha* and *Vata* dominance. Nearly all *Acharyas* mention *Rajonivritti Kala* without any debate. The age of *Rajonivritti*, when senility has fully taken hold of the body, is 50 years. Hormone replacement therapy is the only treatment option available today for these health risks, but it also comes with a wide range of additional health issues, such as vaginal bleeding, breast cancer, endometrial cancer, gallbladder problems, etc. [4]. However, the psychological side effects of this stage do not respond well to this therapy. The long-term use of sedatives, hypnotics, and anxiolytics used by allopaths to treat these conditions can have a variety of negative side effects, including drowsiness, reduced motor function, memory loss, allergic reactions, antisocial behavior, and drug dependence. This formulation (*Vidaryadi Rasayana Kalpa Granules*) has been made to discover a safe and efficient Ayurvedic medication for the management of menopausal syndrome without producing any negative side effects,

taking into account that it is a challenging condition.

2. MATERIALS AND METHOD

2.1 Aims and Objective

1. To make *VIDARYADI RASAYANA KALPA* in Granules form.
2. To evaluate the efficacy of *VIDARYADI RASAYANA KALPA* in the management of 'Menopausal Syndrome'.

2.2 *VIDARYADI RASAYANA KALPA* granules preparation

तद्वद्विदार्यतिबलाबलामधुकवायसी : ।
श्रेयसीश्रेयसीयुक्तापथ्याधात्रीस्थिरामृताः ॥
मण्डूकीशङ्खकुसुमावाजिगन्धाशतावरीः ।

उपयुञ्जीत मेधाधीवयःस्यैर्यबलप्रदाः ॥

Rrf. – (A.H.Uttarsthan ,39/60-61) [5]

- Raw drugs procured from authentic sources & powdered and filtered with the sieve.
- Raw drug Powder fried with *Go-Ghrita*.
- *Go-Ghrita* & *Gud* melted and Raw drugs powder was added to it.
- *Ela (As Prakshepa Dravya)* mixed in it.
- The mixture was then passed through a sieve to make Granules, & dried under the shade.



3. CASE REPORT

3.1. Patient information:

On July 26, 2022, a 47-year-old woman complained of not having her period for a full year at the O.P.D. of the Prasuti Tantra and Stree Roga Department of the Parul Ayurveda Hospital, Parul University, Vadodara. She has been dealing with menopausal symptoms for

a year. She saw a gynecologist since the symptoms were serious enough to affect the quality of her life, and the doctor suggested her to start hormone therapy. She came to Parul Ayurved Hospital in Vadodara to seek counsel and receive better care.

3.2 Chief complaints & Associated complaints with duration

- Absence of menses for one year
- Hot flushes felt 2-3 times per day, increased at times of stress
- Heart discomfort even on talking loudly
- Daily delayed sleep with many awakenings and delayed sleep re-appearance
- Depressive mood, Unstable mood because of any influencing factor
- Uncontrollable Anxiety
- Pain during coitus and vaginal dryness
- Fatigue even without doing work
- Having decreased sexual desire
- Pain in B/L knee joints and B/L ankle joints
- All chief and associated complaints are presented for 1 year and 3 months.

3.3 Past History

- Medical: No relevant history
- Surgical: No relevant history

3.4 Family History: Not specific

3.5 Past Menstrual History

Past Menstrual History: Age of Menarche - 14 year
• LMP- 20/7/2021
• Regularity: Regular
• Painless
• Menstrual Flow: Clots (+)
• Foul smelling(+)
• Normal
• Quantity: Medium
• Color- Dark Red

3.6 Personal History

Personal History
• Appetite: Moderate
• Bowel: Regular , 1 Times/Day, <u>bloating some times</u>
• Micturition: 3-4 Times / Day, 1 Times / Night
• Sleep: Disturbed
• Duration of Sleep: 4-5 hrs / Night
• Dietary Habits: Vishamashana
• Dominant Rasa : Madhura / Amla / Katu
• Quantity: Adequate
• Life Style [Vihara] Nature of Work: Physical: Moderate
• Mental: Moderate
• Habits / Addictions: Tea

3.7 General examination

Height: 150 cm, Weight:71 kg

3.8 Systemic examination

Systemic examination
• RS: AEBE, Clear
• CVS: S1-S2 heard
• CNS: Patient conscious and well oriented
• GI System: No deformity

3.9 Local Examination

Local Examination
• P/A: Soft and None tender
• P/S: Cervix is healthy, No discharge present, No erosion, No congestion present
• P/V: Uterus anteverted anti flex, All fornices free, non-tender, Cervical motion tenderness present.

Vitals	BT	1 st Follow up	2 nd Follow up	AT 3 rd Follow up
Date	26/07/2022	26/08/2022	26/09/2022	27/10/2022
B.P	110/80 mmHg	118/84 mmHg	114/80 mmHg	120/86 mmHg
Pulse rate	78 / min	74 / min	86 / min	84 / min
SpO2	99%	99%	99%	99%
Temperature	Afebrile	Afebrile	Afebrile	Afebrile

3.10 Asthavidha pariksha

Asthavidha pariksha :
• Nadi: Vatapradhan Kapha
• Mala: Prakruta
• Mutra: Samyak
• Jihwa : Niram
• Sabda: Avishesha
• Sparsha : Anushna Sheeta
• Drik : Prakrit
• Akriti : Madhyam

3.11 Dashvidha Pariksha

Dashvidha Pariksha
• Prakruti:
Sharira: Pitta Kapha , Manas : Tamsik
• Vikruti :
Vata / Pitta / Kapha
• Sara: Madhyam
• Samhana: Madhyam
• Pramana: Madhyam
• Satmya: Sarvarasa
• Satva: Madhyam
• Vaya: Madhyam
• Vyayamshakti: Madhyam
• Aharashakti: Madhyam

- *Abhyavaranshakti: Madhyam*
- *Jaranshakti: Madhyam*

3.12 Subjective Parameter

MRS (Menopause Rating Scale) Score [6]

Sr. no.		Before Treatment	1 st Follow-Up	2 nd Follow-Up	3 rd Follow-Up
	DATE	26/07/22	26/08/22	26/09/22	27/10/22
1	Hot flashes, sweating (episodes of sweating)	3	1	1	0
2	Heart discomfort (unusual awareness of heart beat, heart skipping, heart racing, tightness)	3	1	0	0
3	Sleep problems (difficulty in falling asleep, difficulty in sleeping through the night, waking up early)	3	2	2	1
4	Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)	2	2	0	0
5	Irritability (feeling nervous, inner tension, feeling aggressive)	3	2	1	1
6	Anxiety (inner restlessness, feeling panicky)	2	2	1	1
7	Physical and mental exhaustion (general decrease in performance, impaired memory, decrease in concentration, forgetfulness)	4	2	2	1
8	Sexual problems (change in sexual desire, in sexual activity and satisfaction)	3	1	1	1
9	Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence)	0	0	0	0
10	Dryness of vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse)	0	0	0	0
11	Joint and muscular discomfort (pain in the joints, rheumatoid complaints)	2	1	1	1
	Total	25	14	09	06

1st Follow up: After 1 month with taking medicine

2nd Follow up: After 2 months with taking medicine

3rd Follow up: After 1 month without taking medicine

- Gradation of severity of Menopausal Syndrome

0 -10	None / Mild / Doubtful
11-21	Moderate
22-32	Severe
33-44	Extremely severe

- Assessment according to *Doshik* involvement

Sr. No.	Dosha	Lakshana	Before Treatment	After Treatment
1.	<i>Vataja Lakshana</i>	-Shirah Shula	++	+
		-Sandhi Vedana	+	+
		-Hridspandanadhikya	+	-
		-Hasta-Pada Supti	+	-
		-Shabda Asahisnuta	++	+
		-Bhrama	+	-
		-Atopa	++	-
		-Vibandha	++	+
		-Alpanidra or Anidra	++	-
		-Katishula	+	-
2.	<i>Pittaja Lakshana</i>	-BalaKshaya	+	-
		<i>Ushnaanubhuti</i>	+++	-

		-Daha	+++	-
		-Yonidaha	+	+
		-Swedadhikyata	+++	-
		-Ratrisweda	+++	-
		-Trisha	+	-
		-Mutradaha	+	+
		-Glani	+	+
3.	Kaphaja Lakshana	Angamarda	+	-
		-Aalasya	+	+
		-Mandaagni	+	-

3.13 Objective Parameter

Investigation	Before Treatment	Before Treatment
Serum FSH (Follicle Stimulating Hormone)	54.8 mIU/ml	56 mIU/ml
Hb %	11.7 %	12.75 %
CBC	Within Normal Limit	Within Normal Limit
TSH	2.5 mIU/L	2.60
T3	1.00	0.98
T4	7.80	7.81
FBS	98 mg/dl	100 mg/dl
URINE ROUTIN MICRO	Within Normal Limit	Within Normal Limit
USG (abdomen and pelvis)		
Liver	Normal in size	Normal in size
Gall bladder	Normal	Normal
Both kidneys	Normal in size and shape	Normal in size and shape
Pancreas and spleen	Normal in Size	Normal in Size
Both kidneys	Normal in Size	Normal in Size
Uterus	Normal in Size	Normal in Size
Both Ovaries	Normal in Size	Normal in Size

4. THERAPEUTIC INTERVENTIONS

	Name of the drug	Dose	Route	Anupana	Duration	Time
1.	VIDARYADI RASAYANA KALPAGRANULES	10 gram	Oral	Luke warm milk	2 months	Empty stomach BD (Rasayana Kala)

- The patient has completed the study according to the protocol
- Date of completion of study: 27/10/2022

PATHYA	APATHYA
Aahara – Go-dugdha, Go-Ghrita, Laghu –Ahara, Mudga, Dadima, Freshly prepared food, Takra (Buttermilk)	Aahara- Adhyashan, Atyashana, Ati vyayama, Ativyavay, Paryushitannan, Junk food.
Vihara - Yatha shakti vyayam	Vihara - Ratri Jagran, Divaswapa
Vichara- Sadvritta palan	Vichar- Atichinta , Krodha ,etc.

5. RESULT (PERCENTAGE OF RELIEF): 80 %

No, ADRs found.

6. DISCUSSION

The *Rajah* is an essential physiological component in females. The right creation of the *Rajah* or *Artava* denotes *Dhatu purnata*. When discussing "*Rajah Utpatti Hetus*", *Acharyas* brings up a few points. These components can be thought of as *Rajah Nivritti hetus* they are *Kala, Swabhava, Vayu, Karma/environment, Dhatukshaya, Dosha-Dhatu-Mal, Abhighata, Ahara, Vihara, Mansik Hetus*, etc. Ancient people lived very differently than we do today. There were very few *Rajonivritti Awasthajanya Lakshanas* because females had access to organic sources of fruits, vegetables, and milk, as well as its sources and products like *Ghrita, Navneet*, and *Kheer*. The majority of *Rajonivritti's Lakshanas* are caused by *VataVridhhi, Kapha Kshaya, Pitta's Ashaya Apakarsha* caused by exacerbated *Vata*, vitiation of *Manovahasrotas*, and *Dhatukshaya*, all of which appear as a result of aging [7]. Over this period, ovarian function steadily deteriorates, which can result in or be accompanied by a variety of endocrine, psychological, and physical diseases. Menopause is brought on by the decreased ovarian follicles. When follicular development is inhibited, less

estrogen and other hormones are released. Negative signals are sent to the hypothalamus and pituitary centers as a result of this reduction. As a result, gonadotrophin secretion increases. The concentration of luteinizing hormone would be lower than that of follicle-stimulating hormone [8]. *Rasayana* (Rejuvenation therapy), which slows down the body's natural aging process, may be helpful in the treatment of menopausal syndrome. The medicines mentioned in the *Vidaryadi Rasayana kalpa* granules have *rasayana, vyadhi nasanam, Deepaniya, Medhya, balya, jeevaneeya, and dhatu pushti kara* qualities.

- Mode of action of *dravyas* of ***Vidarydi Rasayana Kalpa*** based on ***RASA***
Among 16 drugs, 4 drugs are having *Madhura rasa*, 3 are having *Tikta rasa* and 2 are having *Madhura Tikta rasa*. *Acharya charak* explained properties of *madhura rasa* such as *Saptadhatu* and *ojas abhivardhan, aayushya, shad indriya prasadana, bala and varna kara, pitta-vata hara, trishna daaha prashamana, tvachya, balya, preenan, jeevana, tarpan, brimhana, sthairyakara, khsina-kshat sandhankara* [9]. *Shad indriyani manasa samam (Chakrapani tika), aayutastu aayuh prakarshkaritven (Chakrapani tika* [10]. According to

aacharya sushruta, action of *madhura rasa* are *paritoshamutpadayati*, *prahladayati*, *tarpayati*, *jeevayati* [11] properties *rasa-rakta-mamsa-meda-asthi-majja-oja-sukra-stanyavardhana*, *varnya*, *balakruta*, *sandhaana*, *shonit rasa* *prasadana*, *baala*, *vridhdha kshata kshina hita*, *daaha prashamana*, *shad indriya prasadana* [12]. *Tikta rasa* has action like *Dipana*, *Pachana* *Trishna prshaman* , *Tvak Mamsayoh Sthirikarano*. It Promotes firmness of skin and muscles.

- **Based on GUNA**

GURU *guna* is *Vatahara*, *Kapha kara*, *Dhatu vridhdi*, *Malavruddhi*, *Brhmana*, *Balakruta*, *Tarpana*, *Pushtikara* [13]. **SNIGDHA** *guna* dose *Dhatu vardhana* *Snehana*, *Mardav*, *Balya*, *Varnya*, *Vrusya*.

Based on KARMA / PRABHAV [16]

<i>Rasayani</i>	<i>Vidarikanda, Kakmachi, Haritaki, Guduchi, Shankhapushpi, Ashwagandha, Shatavari</i>
<i>Vayashtha</i>	<i>Guduchi</i>
<i>Balada</i>	<i>Vidarikanda, Guduchi, Shankhapushpi, Ashwagandha</i>
<i>Varnada</i>	<i>Vidarikanda</i>
<i>Pushida</i>	<i>Shatavari</i>
<i>Jeevani</i>	<i>Vidarikanda</i>
<i>Manas roga</i>	<i>Shankhapushpi</i>
<i>Daha hanti</i>	<i>Vidarikanda, patha</i>
<i>Deepani</i>	<i>Haritaki, shankhapuspi, shatavari</i>
<i>Shukrada</i>	<i>Vidarikanda, kakamachi, Ashwagandha</i>
<i>Medhya</i>	<i>Haritaki, mandukparni, shankhapuspi, shatavari</i>
<i>Smritiprada</i>	<i>Mandukparni, shankhapushpi ,</i>
<i>Vrushya</i>	<i>Aamalaki, shaalparni, Shatavari</i>
<i>Tridodhhara</i>	<i>Aamalaki, shaalparni, shatavari</i>
<i>kantida</i>	<i>shankhpushpi</i>

Ela added into this combination enhances taste and flavor and also dose *Agni deepana* by *ushna virya* and *katu rasa*. *Go ghrta* is *Yogavahai* and also dose *agni deepana* and

so these drugs decreases *vatotth lakshanas* such as *Shirah shoola*, *sandhi vedana*, *aatopa*, *vibandha*, *bhrama*, *kati shoola* and *bala kshaya*.

- **Based on VIPAKA**

MADHURA VIPAKA is the same as *guru guna*, *Snigdha*, *guru*, *kapha vardhaka sukrala*. [14] Due to *Madhura vipaka*, *Angamarda*, *bhrama*, *rauakshya* etc *vataj lakshana* will be reduced.

- **Based on VIRYA**

SITA VIRYA dose *prahladana* *vishyandaana*, *shtirikarana* *prasadana* *kledana* *jeevanani* *Kapha maruta krita* [15]. With the help of *sita virya*, *pittoth Lakshana* such as *daha*, *yonidaha*, *swedadhikeya* and *glani* will be reduced.

Go-Dugdha also contributes to it. It also maintains serum calcium levels in the body.

7. CONCLUSION

Patient got tremendous result in menopausal syndrome by taking *Vidaryadi Rasayana Kalpa Granules* for 2 months of time duration. All dravyas having properties and action which can do *Samprapti Vighatana* of *Rajo Nivritti Avastha Janya Lakshan* and can give *Rasayana* effect as this combination has *rasayana dravyas* and *medhya rasayan dravyas*, so Anxiety, irritability, Sleep disturbances etc. reduced. *Dravyas* such as *Guduchi* and *Shatavari* are having phytoestrogen which acts same as natural phytoestrogen and helps to reduce vaginal dryness and dryness of skin specifically in this estrogen deprivation stage and helps to reduce menopausal syndrome. This combination dose *Medha, Dhee, Vayah sthirta* and it is *balaprada* as mentioned in *Phalashruti* of it. This Granules form is palatable, easy to consume and has no any adverse side effects, so working /non working any woman can consume it on a daily basis to reduce menopausal syndrome and to prevent health in menopausal age.

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