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**ORAL THERAPEUTICS AND STHANIK CHIKITSA IN POSTMENOPAUSAL  
SYNDROME: A CASE STUDY**

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**ABSTRACT**

Postmenopausal syndrome affects a significant number of women in India. Hormonal therapies include estrogen-containing therapies, selective estrogen receptor modulators, and other compounds that mimic the effects of estrogen. The most severe risk factors relevant to pharmacological selection involve hormone replacement therapies, where concern for venous thrombosis, coronary artery disease, breast, and uterine cancer exist. These therapeutics are limited primarily by their adverse effects. Lifestyle modifications such as supplementation and physical activity may also contribute to the prevention of symptoms and are used as adjuncts to therapy following diagnosis.

**Methodology-** A 52-year-old woman presented in the OPD of Parul Ayurved Hospital, with the complaints of Absence of menses for 16 months, hot flushes, knee joint pain, disturbed sleep, anxiety, dry vagina, fatigue and depressive mood since one year. Patient was assessed before and after treatment and she was successfully treated with *Sthanik Chikitsa* and oral medication.

**Conclusion-** In *Ayurveda* treatment regimens can be tailored based on constitution (*Prakriti*) of individual as well as symptoms demonstrated by the patients, adverse effects, and clinical response to treatment. *Sthanik Chikitsa* has shown promising results in the management of symptoms associated with osteoarthritis, depressive mood and gynecological symptoms.

**Keywords:** *Ayurveda*, menopause rating scale, postmenopausal syndrome, *Rajonivritti*, *Sthanik Chikitsa*

## INTRODUCTION & BACKGROUND

Menopausal syndrome, known as "Rajonivritti Janya Vyadhi" in Ayurveda, refers to the complex array of physical and psychological symptoms experienced by women during the transition into menopause. Ayurveda, the ancient system of holistic healing originating from India, recognizes menopause as a natural phase in a woman's life and views it through the lens of dosha imbalance.

According to Ayurvedic principles, menopausal symptoms arise due to fluctuations in the balance of the three doshas—Vata, Pitta, and Kapha—leading to disturbances in the physiological and mental equilibrium. Vata, the dosha associated with movement, tends to increase during menopause, contributing to symptoms such as dryness, anxiety, and insomnia. Pitta, the dosha associated with heat and metabolism, may manifest as hot flashes, irritability, and digestive issues. Kapha, the dosha associated with stability, might decrease, leading to mood swings and fatigue.

Ayurvedic management of menopausal syndrome involves restoring dosha balance through personalized approaches that include dietary modifications, herbal supplements, lifestyle adjustments, and practices like yoga and meditation. Herbs such as Shatavari, Ashwagandha, and Brahmi are commonly recommended for

their adaptogenic and rejuvenating properties.

By addressing the root cause of imbalances, Ayurveda aims to alleviate menopausal symptoms and support women in navigating this transformative phase with enhanced well-being and vitality. It underscores the importance of individualized care to harmonize the unique constitution of each woman, promoting holistic health during and after menopause [1].

A 52-year-old woman presented in the OPD of Parul Ayurved Hospital, with the complaints of Absence of menses as well as symptoms of menopausal syndrome, the symptoms were affecting the quality of her life since 16 months.

### Chief complaints with durations:

1. Hot flushes 3 -4times a day since 1.5 year
2. Bilateral knee joint pain since 1 year
3. Disturbed sleep since 1 year
4. Anxiety since 1 year
5. Dryness of vagina since 1 year
6. Depressive mood since one year.
7. Fatigue since -9 months

**K/C/O-** Diabetes mellitus type 2 since 1 year

On medication

1. Tablet Metformin- 500 mg Once daily empty stomach
2. Tablet Glimepiride-1 mg Once daily empty stomach

3. Tablet Amlodipine - 5 mg Once daily
4. Tablet Chlorthalidone - 6.25 mg Once
5. Tablet Metoprolol -50 mg Once daily
6. Tablet Clonazepam - 0.25 mg at night

**Family history** – DM-II and hypertension

### PERSONAL HISTORY

Diet: Mixed  
 Appetite: Decreased  
 Bowel: Regular, well formed (1-2 times/day)  
 Micturition: 4-5 times/ day, 1-2 times/ night

Sleep: Disturbed, 2-3 hours  
 Dietary habits: *Vishamashana*  
 Physical activity: Sedentary

### MENSTRUAL & OBSTETRICAL HISTORY

LMP: 16 months back  
 Previous menstrual history:  
 Duration: 5-6 days  
 Interval: 30-45 days  
 Regularity: Regular  
 Color: Dark red  
 Consistency: Clots present  
 Amount: 8-10 pads per cycle  
 Odor: No foul smell  
 Pain: Present

P<sub>3</sub>A<sub>0</sub>L<sub>3</sub>D<sub>0</sub>

Parity	Year	Mode of delivery	Sex
P <sub>1</sub>	30 years back	Full-term vaginal delivery at home	Male child
P <sub>2</sub>	27 years back	Full-term vaginal delivery at hospital	Female child
P <sub>3</sub>	23 years back	Full-term vaginal delivery at hospital (after induction)	Male child

### GENERAL EXMINATION

Height: 156 cm  
 Weight: 74 kg  
 Cyanosis: Absent  
 Pallor: Absent  
 Icterus: Absent  
 Lymph nodes: No palpable lymph nodes  
 Clubbing: Absent  
 Blood pressure: 140/90 mm of hg  
 Pulse rate: 86/ minute  
 Temperature: Afebrile

Respiratory: No scar mark or discoloration, Bilateral airway entry clear, no added sounds  
 Cardiovascular system: No discoloration/precordial bulging, dull note over precordium, S<sub>1</sub>S<sub>2</sub> normal, no added sounds  
 CNS: Patient conscious and well oriented  
 Loco-motor: Normal range of motion in all joints,

### SYSTEMIC EXAMINATION

Pain present in bilateral knee joints

Crepitus present in bilateral knee joints

No discoloration or increases temperature in knee joints

#### **Asthavidha pariksha:**

**Nadi:** Vatapradhan Pitta

**Mala:** Prakruta

**Mutra:** Samyak

**Jihwa:** Nirama

**Sabda:** Spashta,

**Sparsha:** Anushna Sheeta

**Drik:** Prakrit

**Akriti:** Madhyam

#### **GYNECOLOGICAL AND LOCAL EXAMINATION**

**Inspection:** No discoloration or scar mark present, no abnormal discharges present.

**PS examination:** Cervix normal, no abnormal discharges present, vaginal walls dry.

**PV examination:** Uterus anteverted, normal size, freely mobile, no adnexal masses.

**B/L knee Joints-** Crepitus present, tenderness present, no redness or raised temperature.

#### **INVESTIGATIONS**

S. No.	ASSESSMENT	BEFORE TREATMENT	AFTER TREATMENT
		<b>Diabetic profile</b>	
1.	HbA1c	7.6	5.7
	Average blood glucose	171 mg/dl	117 mg/dl
	RBS	165 mg/dl	115 mg/dl
2.	Serum FSH	50.2 mIU/L	48.6 Miu/L

**DIAGNOSIS:** Rajonivrritti Janya Vikara

#### **TREATMENT**

1. Yoni Prakshalan with Dashmoola Kwatha- BD
2. Yoni Pichu with Shatavari Tail- BD
3. Janu Dhara with Ksheerbala Tail- OD
4. Brahm Rasayan granules 1 tsf twice daily with milk.
5. Yashtimadhu Churna -1 gm  
+ Ashwagandha Churna -1 gm  
+ Bala Churna - 1 gm twice daily with milk after food.

6. Yograja Guggulu- 500 mg twice daily after food

7. Meditation and Yoga (Suryanamaskar)

Oral drugs were continued for 2 months as patient was responding well to the given treatment. Procedures were done for 10 days, then again repeated for 10 days after a gap of 1 week and the cycle was repeated 3 times for this patient.

#### **Pathya advised for menopausal age and diabetic diet**

1. The patient was advised to consume fruits daily at least once a day.

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- a. Strawberry
  - b. Cherry
  - c. Apple
  - d. Orange
  - e. Kiwi
  - f. Peach
  - g. Pears
2. Vegetables
    - a. Spinach
    - b. Carrot
    - c. Tomato
    - d. Peas
    - e. Chenopodium album (bathua)
    - f. Fenugreek (Methi)
    - g. Bitter gourd
    - h. Radish
    - i. Beans
    - j. Garlic
    - k. Onion
    - l. Cucumber etc.
  3. In dry fruit almonds, walnuts can be consumed.

***Apathya to be avoided:***

1. Vegetables
  - a. Potato
  - b. Sweet potato
2. Fruits
  - a. Banana
  - b. *Kharjoor/* dates (*Phoenix dactylifera*)
  - c. *Chikoo/* Naseberry
  - d. Mango
  - e. Pineapple
  - f. Watermelon

- g. Papaya
3. Raisins, cashews
4. Curd, butter, fried food, refined wheat flour, packed fruit juice, stale food
5. Sleeping during daytime

**DISCUSSION**

After 2.5 months of therapy, the patient had great alleviation from knee joint discomfort and vaginal dryness. Sleep quality was also enhanced, which helped with anxiety and mood swings. There is no particular definition of *Rajonivritti's* clinical aspects since Ayurveda views *Rajonivritti* to be a normal aging process. Out of the three *Doshas*, *Vayu* grows greatly with age, whereas *Pitta* and *Kapha* decrease significantly. There is a fall in all seven *Dhatu*s, beginning with *Rasa* and ending with *Oja* (the essence of all seven *Dhatu*s that is necessary for existence). Symptoms of menopausal syndrome are classified as *Jaravyadhi* therefore, *Lakshan* (symptoms) of *Dhatukshaya* (depletion of bodily tissue), and *Vatapitta* dominance is common [2].

**1. *Ksheerbala Tail:* [3]**

*Ksheerabala* oil primarily reduces the aggravation of *Vata Dosha* and pacifies associated *Pitta Dosha*. *Bala* (*Sida Cordifolia*), a powerful neuroprotective plant, is the principal component of *Kshirabala* Oil. It's a well-known nervine tonic that helps with pain and nerve

irritation. As a result, *Ksheerabala Thailam* has comparable effects on the body's neurons, brain, spinal cord, bones, muscles, joints, and other connective tissues. It has been described by both *Charak* and *Vagbhata* in *Vatarakta Chikitsa* [4].

## 2. **Brahm Rsayana:**

It helps to reduce anxiety due to its *Tridosha* balancing properties especially *Vata and Medhya* [5] properties helps in sleep disturbances as it relaxes the mind. In *Ayurveda* fatigue is referred to as *Klama* which is caused due to imbalance in *Kapha Dosha*, it reduces *Klama* due to its *Balya* and *Rasayana* properties. Aids in the relief of stress symptoms [6]. Because of its *Rasayana* (rejuvenating) properties, *Brahm Rasayan* can help halt the aging process and restore vitality in the body.

## 3. **Yograja Guggulu:**

It balances the three *Dohas* and helps digestion. *Guggulu* includes essential oil, it is *Ushna*, *Snigdha*, *Picchila* (slyminess), *Pittaghna* by *Kashaya* and *Madhura Rasa*, and *Kaphaghna* by *Katu*, *Tikta*, *Tikshna Guna*. It is analgesic, a decent appetizer, and a liver stimulant, making it effective in liver disorders.

It raises hemoglobin and leukocyte counts, improving blood quality. It is beneficial in the treatment of edema, glandular enlargement, dysmenorrhea, leucorrhoea, and other gynecological problems. It revitalizes the body's tissues and boosts power [7].

## 4. **Ashwagandha (withania somnifera):**

It has the *Guna* of *Laghu* (light), *Snigdha* (unctuous), *Madhur* (sweet), *Kashay* (astringent), *Tikta* (bitter), *Rasa* (taste), *Madhur Vipaka* (taste conversion after digestion), and *Ushna Veerya* (hot potency). It is beneficial for symptoms caused by *Kapha* and *Vata* vitiation since it possesses *Kapha-Vataghna* (pacifies *Vata* and *Kapha*) properties and protects brain cells from inflammatory proteins and free radicals. Acts on the endocrine system, causing hormones to settle. It reduces cortisol production by 28%. It promotes attention and restful sleep. When contrasted to progesterone, it interacts with the adrenal system to attenuate the effects of estrogen. The intensity of symptoms such as mood swings and hot flushes is reduced, and the general quality of life improves [8]. It is diuretic, immune-modulator,

sedative, nervine tonic, purifies blood and relieves edema [9].

**5. Yashtimadhu (Glycyrrhiza Glabra):**

*Mulethi* includes Glycyrrhizin, a sweet-tasting compound that lowers gastrointestinal irritation. *Mulethi* is well-known for its ability to stimulate the adrenal gland. It enhances adrenal gland function. Because steroids suppress critical adrenal gland processes and create adrenal insufficiency, it can be beneficial in persons who use them. It aids the adrenal gland in resuming normal functioning and boosts adrenal hormones. *Mulethi* has been shown in studies to reduce the severity and frequency of hot flashes during menopause. It is also highly accepted and bearable among the majority of women [10].

**6. Bala (Sida cordifolia Linn)**

*Bala* may lower blood glucose level. *Bala* contains a compound that may cause bradycardia (slow down heart beat) and lower blood pressure [11, 12]. It possesses hypoglycemic properties, which assist to lower elevated glucose levels in the blood. *Bala's* antioxidant properties reduce the incidence of diabetes problems [8]. It possesses antioxidant and hepatoprotective properties that

protect liver cells from injury. It also aids in liver regeneration by promoting the creation of new liver cells [13].

**7. Yoni Pichu with Shatavari Tail:**

It is *Guru* (heavy), *Snigdha* (unctuous) in *Guna*, having *Madhur* (sweet), *Tikta* (bitter) *Rasa* (taste), *Madhur Vipaka* (taste conversion after digestion) and *Sheeta Veerya* (cold potency), pacifies *Vata* and *Pitta*.

*Shatavari* includes phytoestrogens that, when combined with *Pichu*, provide extended contact to the vaginal mucosa, causing atrophy and dryness in the vagina. Improves muscular tone and balances the pH of the vagina [14].

**CONCLUSION**

Finally, *Ayurveda* provides a holistic and tailored approach to menopausal syndrome treatment, treating both the physical and emotional components of this normal life change. *Ayurvedic* philosophy emphasizes the necessity of balancing the body's doshas, encouraging total well-being, and restoring mind, body, and spirit balance.

Herbal therapies, dietary changes, and lifestyle changes suited to individual requirements are common *Ayurvedic* treatments for menopausal symptoms. These natural treatments seek to relieve typical symptoms like hot flashes, mood swings,

and sleep difficulties while also promoting long-term health.

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