

Peri-Menopausal Syndrome-Ayurvedic Management - A Case Report

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Abstract: Woman undergoes many physical and emotional variations during her reproductive age. Due to repetitive changes in monthly hormonal pattern, she suffers from various symptoms. Menopausae is caessation of menses and perimenopausal period is related to many anatomical, physiological and psychological changes. Peri menopausal syndrome is very common in India. Most of the time, it is treated with Estrogen Progesterone Therapy. But Ayurvedic management also gives assuring results with very negligible sufferrings. Ayurveda, the science of life always emphasizes on prevention of disease rather than treating it. Use of Arvindasava and Praval Panchamrut has promising results in peri menopausal syndrome. Here is a case report.

Keywords: Uterus, Hormone, Peri menopausal syndrome, Praval Panchamrut, Aravindasav

1. Introduction

Peri menopause means 'around menopause'. During this period woman undergoes transition to menopause which is the end of her reproductive age. Near about age of 40 years, woman shows the signs of progression of menopause. Sometimes it starts at the age of 35 years also. The level of estrogen is sharply declining during peri menopause which causes many physical as well as psychological symptoms. Due to this there are irregularities of menstrual cycle. Sometimes she menstruate for a longer period. Along with variations in physical symptoms like hot flushes, anovulatory irregular menstrual cycle, sleep disturbances, vaginal dryness, night sweat, she suffers from mood swings irritability and even depression. Hence selection of drugs are important to treat these vague symptoms.

2. Case Report

Patient's Name- A.B.C. Age 47 years, having constitution i.e. Prakruti Vaat Pradhan Pitta Prakruti, had the complaint of hot flushes, irritability, sleep disturbances, night sweats, palpitation and belching since last two months.

Her cycle was of 34 days with many a time 6 to 8 day's period of bleeding. Patient had two offspring with good obstetric history. Considering her age and symptoms; she was diagnosed as peri menopausal syndrome.

Laboratory investigations didn't reveal any major illness. So she was treated with Ayurvedic medication for 3 weeks. the regimen used was as follows:

- 1) Praval Panchamrut 250mg two times a day along with Pomegranate juice after lunch and dinner.
- 2) Arvindasava 30ml two times with equal quantity of lukewarm water before lunch and dinner. Both medicines were given for 3 weeks continuously.

3. Discussion

According to Ayurved Samhita, Such peri menopausal symptoms are covered in *Vataja yoni vyapada* and

Asrugdara. Patient having *pitta vaat Pradhan prakruti* suffers intensely with this syndrome. Such type of *prakruti* has very less tolerance capacity due to *chala guna* of *vaat dosha* and *Ushna guna* of *Pitta dosha*, patient suffers from irritability and hot flushes like symptoms. Such patients possess *Agni Vikruti* mostly *Vidagdhaheerna* due to *saama pitta dosha*. *Ushna* and *Tekshna Dosha* and *Pitta dosha* enhances bleeding tendency.

Considering *Agni Vaishamya* in patient, *Praval Panchamrut* was administered during *Vyana kaal* and *Udaan kaal*. *Arvindasva* has special effect on *Asrugdar vyadhi* and also it contains many herbs which pacifies *pitta dosha* was selected for treatment. All the contents of *Praval Panchamrut* are high in calcium according to modern pharmacology and hence are very much useful in patients suffering from calcium deficiency in perimenopausal age.

The actual use of *Arvindasava* is quoted for *Baal Roga* as it enhances growth of bones and muscles in children. It has soothing effect on irritable child and has nutritional value. So we decided to use this medicine on irritability. Also it has *pittashamak* property, hence its use on hot flush proved logical.

After 3 weeks of administration of both medicines, patient showed significant relief in hot flushes, night sweats, irritability and sleeplessness. *Praval Panchamrut* has five calcium rich mineral components which took care of calcium deficiency, which is commonly seen in peri menopausal syndrome. The main ingredient of *Arvindasava* is lotus. Lotus has soothing effect on mind as well as body. It pacifies *Vaat* and *Pitta dosha*. It has oleating property, that is why dryness of vagina is covered with the use of liquid.

Yuktistu yojana ya tu Yujyate, that means we can use medicine with logically correct view though it is recommended to some other diseases

4. Conclusion

Praval Panchamrut and *Arvindasava* together care positively in peri menopausal syndrome.

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