



Case Study

VAYASTHAPANA GANA KSHEERAPAKA IN PERIMENOPAUSAL SYMPTOMS - A CASE REPORT

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ABSTRACT

Perimenopause is the transition period from reproductive to non-reproductive phase. It usually begins with menstrual cycle irregularity and extends to one year after permanent cessation of menstruation. There is manifestation of varied physical, psychological and somatic symptoms. Menopause may be correlated to *Rajakshaya*. It usually occurs as part of the ageing process and is the period of transition from *Pitta* predominant middle age to *vata* predominant old age. Treatment in modern medicine includes hormone replacement therapy and use of anti-depressants etc. Acharyas mention *Jara* among *Swabhavabala pravritta Vyadhi*, and its management is to be done with drugs having *Rasayana* property. Here we present a 48-year-old lady who presented with complaints of hot flushes, severe sweating especially during night hours, reduced sleep, irritability, multiple joint pain, loss of interest in most daily activities and stress incontinence. *Vayasthapana gana* was administered as *Ksheerapaka*. *Vayasthapana gana* include ten drugs which are *Rasayana*, *Medhya*, *Tridosha samana* and possess anti-oxidant, free radical scavenging and anti-stress activity. *Ksheera* is *Vata pitta samana*, *Rasayana*, and *Jeevaneeya*. *Vayasthapana gana ksheerapaka* is given in the dose of 48ml twice daily one hour before food for thirty days. After treatment intensity of these symptoms were reduced. Follow up was done thirty days after stopping the medication, here also intensity of these symptoms remained less when compared to before treatment. Here we reviewed the probable role of *Vayasthapana gana ksheerapaka* in alleviating perimenopausal symptoms.

INTRODUCTION

Menopause is the permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity.^[1] Perimenopause is the transition period from reproductive to non-reproductive phase. It usually begins with menstrual cycle irregularity and extends to one year after permanent cessation of menstruation.^[2] This period is affected mainly by disturbed hypothalamo pituitary ovarian axis and fluctuating hormone levels. These leads to manifestation of physical, psychological and vasomotor symptoms.

Most troublesome symptoms during this transition period are hot flushes, increased sweating specially during night, disturbed sleep, mood swings, depression, urogenital problems, loss of interest in sex and joint pains. One of the main causes of these symptoms is decreased levels of estrogen. Menopause can be correlated to *Rajakshaya*. It usually occurs as part of the ageing process at the age of around 50 years.^[3] This is the period of transition from *Pitta* predominant middle age to *Vata* predominant old age. Treatment in modern medicine includes hormone replacement therapy and use of antidepressants etc.^[4] Acharyas have mentioned *Jara* among *Swabhavabalapravritta vyadhi*. *Swabhavabalapravritta vyadhi* is *Nishpratikriya* or without treatment as it is not curable.^[6] In this case management has to be done with drugs having *rasayana* property. *Vayasthapana gana* mentioned in *Charaka Samhita*, *Sutrasthana* has *Rasayana*, *Medhya* and *Tridosha samana* activity.^[7] Also, drugs mentioned in *Vayasthapana gana* possess anti-oxidant, free radical scavenging and anti-stress property.^[8] *Ksheera* has *Vata pitta samana*, *Rasayana*,

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Jeevaneeya property and it is rich in calcium.^[9] Milk is a colloidal solution making it one of the most effective media for extraction of medicaments and is also easily absorbed through the body membranes.

Case Report

A 48-year-old lady consulted at the OPD of Prasutitantra and Streeroga Department, Ayurveda college, Tripunithura with complaints of hot flushes, severe sweating especially during night hours, reduced sleep, irritability, multiple joint pain, loss of interest in most daily activities and stress incontinence on 08/12/2021. Essential blood investigations were done to rule out any systemic illness. *Vayasthapana gana ksheerapaka* in the dose of 48ml twice daily one hour before food was given for thirty days. After treatment hot flushes, severe sweating especially during night

Obstetric History

P₂L₂

Greene Climacteric Scale¹⁰

Symptoms	Score before treatment	Score after treatment	Score after follow-up
Psychological			
Heart beating quickly or strongly	1	0	0
Feeling tense or nervous	2	1	1
Difficulty in sleeping	0	0	0
Excitable	2	1	1
Attacks of anxiety, panic	2	1	1
Difficulty in concentrating	2	0	1
Crying spells	1	1	1
Feeling tired or lacking in energy	2	0	1
Loss of interest in most things	2	1	1
Feeling unhappy or depressed	2	1	1
Irritability	3	2	2
Physical			
Feeling dizzy or faint	1	0	1
Pressure or tightness in head	0	0	0
Parts of body feel numb	1	1	1
Head aches	0	0	0
Muscle and joint Pains	2	0	1
Loss of feeling in hands and feet	0	0	0
Breathing difficulties	1	1	1
Vasomotor			
Hot flushes	2	0	0
Sweating at night	3	1	1
Loss of interest in Sex	2	1	1
Total psychological score	19	8	10
Total physical score	5	2	4
Total vasomotor score	7	2	2
Total score	31	12	16

hours, reduced sleep, irritability, multiple joint pain, loss of interest in most daily activities and stress incontinence were reduced. Follow up was done thirty days after stopping the medication and the effect was seen to be sustained.

Personal History

Diet- Mixed

Appetite- Good

Bowel- Constipated

Micturition- Stress and urge incontinence

Sleep- sound

Allergy- Nil

Menstrual History

8 months of amenorrhea

Management

Vayasthapana gana ksheerapaka 48ml twice daily one hour before food for thirty days.

Scoring of Perimenopausal symptoms as per Greene climacteric scale

Before treatment- 31 (psychological- 19, physical- 5, vasomotor- 7)

After treatment- 12 (psychological- 8, physical- 2, vasomotor- 2)

After follow-up- 16 (psychological- 10, physical- 4, vasomotor- 2)

DISCUSSION

Perimenopause is a part of climacteric in which the menstrual cycle becomes irregular. Even though menopause is a normal process that occurs in every woman's life, along with reduction of ovarian follicles, the follicles become resistant to pituitary gonadotropins bringing about a change in her health and wellbeing. As a result, effective folliculogenesis is impaired and oestradiol production is diminished. The distressing symptoms due to reduced oestrogen levels are hot flushes, night sweats, mood swings, lack of concentration and urogenital symptoms. Ayurveda classics describe *Rajakshaya* as the end of *Artava pravrtti* and it occurs in *Jarapakwa sareera* (ageing process) due to *Dhatukshaya*. *Rasayana chikitsa* delays the degenerative processes. This condition is dominated by increased *Pitta* and *Vata* and *Kapha kshaya*. *Vayasthapana gana* consist of ten drugs- *Guduchi*, *Haritaki*, *Amalaki*, *Rasna*, *Aparajita*, *Jeevanti*, *Satavari*, *Mandookaparni*, *Prishniparni* and *Punarnava*, which have the properties of *Rasayana*, *Medhya*, *Balya*, *Jeevaneeya* and *Deepana*. *Guduchi*, *Aparajita*, *Jeevanti* and *Satavari* contain phytoestrogens. The phytoestrogen content may supplement the oestrogen deficient state of menopause. *Guduchi*, *Haritaki*, *Amalaki*, *Satavari*, *Mandookaparni* and *Punarnava* have *Rasayana* effect. This helps to slow down further *Dhatukshaya* and promote longevity, preserve youth, promote *Deha* and *Indriya bala* and destroy old age. *Ksheerapaka kalpana* or milk decoction is the *Upakalpana* of *Kwatha kalpana*. Here *Ksheera* is used as the medium for preparing the formulation. *Ksheerapaka kalpana* is useful as a medicine and as a nutrient source. Milk helps to reduce *Teekshnatwa* or toxicity of *Dravyas* and makes the preparation more palatable. *Ksheerapaka kalpana* is used to obtain water soluble, fat soluble and protein soluble active principles from the drug.

Psychological symptoms of perimenopause occur due to decrease in *Kapha dosha* and *Rasa dhatu*. *Manasika Bhavas* like *Chinta* and *Soka* may vitiate *Vata* which leads to further *Kapha kshaya*. Married women are more vulnerable to great stress because they are worried about their loss of femininity and sexual life

after menopause. Drugs like *Guduchi*, *Haritaki*, *Aparajita*, *Satavari* and *Mandookaparni* have *Medhya* property which helps to relieve psychological symptoms like depression, irritability, difficulty in concentrating etc. Some of drugs mentioned in *Vayasthapana gana* have anti-stress, hypnotic, sedative and anxiolytic property which may help to reduce the psychological symptoms of perimenopause. Anti-depressant property of *Guduchi* and *Satavari* may help to overcome depression and loss of interest in most daily activities. *Haritaki*, *Satavari* and *Mandookaparni* have *Hridya* property. This helps to keep the mind calm.

Physical symptoms of perimenopause occur due to *Dhatukshaya* that occurs during *Jaravastha*. Osteoarthritis is the most common form of musculoskeletal complaints. Sex steroids have a positive effect on musculoskeletal health in both men and women. Oestrogen deficiency during menopause causes adverse effects on health of the bones, muscles, ligaments, tendons, collagen, cartilage, synovial membrane and capsule of joints. *Vayasthapana gana* may stimulate *Dhatwagni* and improve *Dhatuposhana*. *Srotosodhana* property may help in proper circulation by clearing the channels. *Dhatuposhana* and *Bala vardhana* property of *Ksheera* along with calcium and vitamin D may prevent osteoporosis, low bone density and muscle and joint pain.

Vasomotor symptoms like hot flushes, increased sweating and loss of interest in sex is the most common complaint during perimenopausal period. Exact cause of hot flushes is not known, but they may be related to changes in the circulations. Thermoregulatory centre in the hypothalamus is involved in the etiology of hot flushes. Hot flushes are followed by profuse sweating specially during night hours. Low estrogen is the pre requisite for the hot flushes. Phytoestrogens present in *Guduchi*, *Aparajita*, *Jeevanti* and *Satavari* may help to reduce hot flushes and increased sweating, as they reduce *Pitta* and *Daha* (burning sensation). *Ksheera* also have *Madhura rasa* and *Vipaka*, *Seeta veerya* and *Daha samana* property.

Loss of interest in sex is due to reduced oestrogen level. It leads to vaginal dryness, pelvic organ prolapse, dyspareunia and ultimately all these may cause loss of interest in sex. Anti-stress, anxiolytic, antidepressant, *Medhya* and *Hridya* property of drugs help to control the psychological disturbances. *Madhura rasa* and *Vata hara* property of drugs may reduce *Rukshata* of vagina. *Snigda seeta guna*, *Madhura rasa* and *Madhura vipaka* of *Ksheera* may prevent *Rukshata*. *Balya*, *Rasayana* and *Jeevaneeya* property of drugs may prevent pelvic organ prolapse. Fat and protein in milk may also help to reduce loss of muscle bulk.

All together these properties of various drugs in the *Gana* may have promoted to relieve the distressing symptoms of perimenopause and helps to regain the quality of her life.

CONCLUSION

Perimenopausal symptoms were managed with internal administration of *Vayasthapana gana ksheerapaka* for one month. Anti-oxidants, phytoestrogen, anti-stress, anxiolytic, hypnotic, anti-depressant, free radical scavenging, *Medhya*, *Hridya*, *Balya*, *Tridosha samana*, *Agni deepana*, *Rasayana* and *Daha hara* property of *Vayasthapana gana* may help to reduce psychological, physical and vasomotor symptoms of perimenopause. *Ksheerapaka kalpana* was selected for the study as it is used to obtain water soluble, fat soluble and protein soluble active principles from the drug. Milk is a colloidal solution and is the most effective media for extraction of medicaments that can be easily absorbed. This *Ksheerapaka* was given only for thirty days but may be prescribed for prolonged periods to achieve even better and more sustained effects.

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