

A CASE STUDY TO KNOW THE EFFECT OF SHATAVARYADI GHRITA AND TILA TAIL ON THE MENOPAUSAL SYMPTOMS

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ABSTRACT: Menopause, a crucial event in a woman's life, is linked to 50 years old, according to Ayurvedic expert Acharya Sushruta and various references, and is known as Rajonivritti. Rajonivritti is a group of symptoms caused by aging that are similar to menopause. Menopause is defined as the time following the final menstrual period, followed by 12 months without menstruation. More than 80% of women experience various physical, mental, and emotional symptoms during menopause, resulting in a decreased quality of life. Hormone Replacement Therapy (HRT) is the most effective treatment in modern medicine, but it has side effects. In Ayurvedic scriptures, Rajonivritti is discussed, and several beneficial treatments are suggested for menopausal syndrome. This case study aimed to examine the efficacy of shatavaryadi ghruta and tila tail, which are traditionally used for menopausal syndrome. The treatment lasted for 3 months, and the response to treatment was recorded, as well as the therapeutic effects, which were evaluated based on symptomatic relief. The objective of this study was to observe the evolution of menopausal syndrome.

Keywords: Menopause, Menopausal Syndrome, Rajonivritti, Shatavarayadi Ghruta

INTRODUCTION

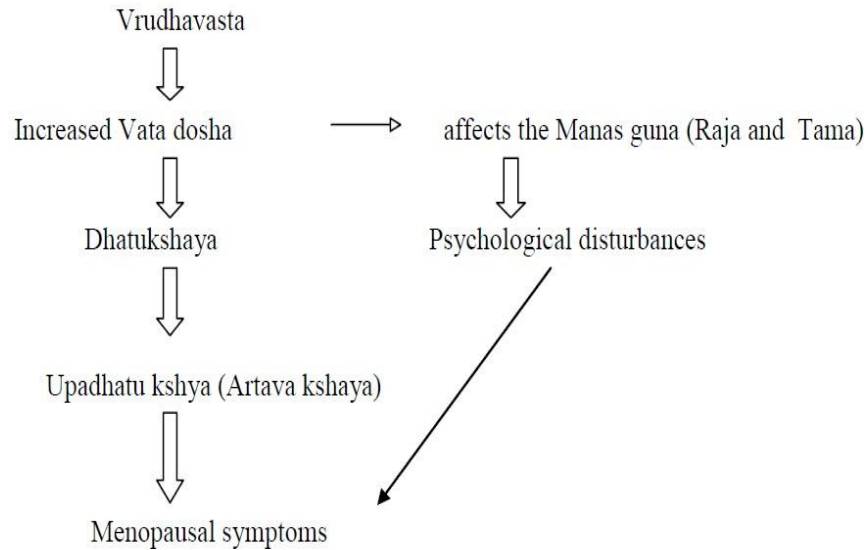
Menopause is recognized in Ayurvedic literature as a normal occurrence for women, as stated in Rajonivritti (1,2). The World Health Organization defines menopause as the permanent end of menstruation. The absence of menstruation for 12 months that is not caused by a medical condition or pathology is known as the "natural menopause." (3)

Every woman experiences many physical and mental changes in this "life-changing" process, which is part of hormonal disorders. Sometimes the disorder reaches the stage of the disease called "menopausal syndrome", with various vasomotor, mental, genital, motor and stomach-related (GIT) symptoms.

The symptoms and illnesses linked to estrogen deficiency are becoming more and more significant for women's health because the ovaries stop producing a significant amount of the hormone after menopause (4). As life expectancy rises, women spend nearly one-third of their lives in this stage (5). The transition from the fertile to the non-fertile stage is caused by a decrease in the hormones produced by the ovaries. These changes do not happen suddenly, but develop over the years and are a natural consequence of aging. HRT is recommended by modern science to address these issues; however, there is a higher risk of coronary heart disease (CHD), venous thromboembolic disease, breast cancer, and endometrial cancer. Because more women are aware of the serious side effects, there is a significant decrease in the use of HRT for menopausal symptoms. Menopause is regarded in Ayurveda as the change from the Pitta to the Vata stage of life. The imbalance of Vata dosha is therefore the cause of the greater menopausal symptoms (6). Menopause is also called as Rajonivritti in the Ayurveda. The term Rajonivritti is made up of two different words "Rajah" and "Nivritti". In Ayurvedic Classics, this phenomenon is taken in a different way and not as a serious health problem. Acharya Sushrut mentioned that menopause deals with Jarapakva Avastha of the body. In Ayurveda Acharyas termed it as a normal physiology

occurring due to Vata predominance and Dhatukshya during old age. The majority of menopausal symptoms are brought on by this shift from Pitta to Vata dominance(7).

Samprapti of Rajonivritti (Menopausal syndrome)



Shatavarayadi Ghrita

शतावरीत्रिफलागुडूचीकाष्मर्यमृद्वीकाकास्मर्दपरुषकहरिद्राद्वयर्सहचरशुकनासापुनर्नवैःकर्षिकेघृतप्रस्थःसिद्धःपीतोवातजां योनिरोगानपोहति गर्भजननश्च॥

(अ०सं०उ०39/31)

Paste of shatavari, triphala, guduchi, kasmarya, mridvika, kasmarda, parusaka, both rajanis, sahachara, sukanasa, punarnava each one karshik should be mixed with one prastha ghrita and cooked.

Oral use of this ghrita cures all yoniroga caused by "Vata".

Properties of ghrita^{9,10,11,12}

Gana: Madhura Skandha

Source: Jangama Sneha

Rasa: Madhura

Guna: Snigdha, Guru

Veerya: Sheeta

Vipaka: Madhur

Karma: Medhya, Agnivardhak

Action: Rasayana, Vajikarana, Rasavardhaka, Swarya, Varnya, beneficial for Bala, Vriddha, Abala, Kshata, and Ksheena; increases Oja, Medha, Smruti, Agni, and Indriyabala.

Shatavaryadi ghrita is a unique product which is most beneficial to all menopausal women's. It has property of rasayan. It is helpful in many diseases and keeps healthy. Numerous medicinal benefits have been asserted, including improved memory and endurance, increased intelligence, and longevity. It has aphrodisiac properties and shields the body from a number of illnesses.

TILA TAIL

- According to Acharya Charak it has property like tikta rasa, vatanasak and agnideepak.
- According to Acharya Sushruta Tila Tail has property of yonishoolashamak and also garbhashyashodhak.

According to Acharya Bhavmishra and Yogratnakrr Kumbhisweda in a closed room and always use of tampon soaked with oil of tila tail is beneficial in the treatment of Yoni affected with vata. The first and foremost objective of chikitsa in the Ayurveda is Dhatusamya and is the most important element of our medicine. As in menopause vata is the main dosha, ultimately the treatment of vata i.e Braghana and Sanshaman chikitsa is seen very beneficial in the treatment of menopausal syndrome. The case study has been conducted here to treat cause of menopausal syndrome. The intention of this case study is to enlighten distressed female to restore aging with optimistic approach along with Ayurvedic remedies.

CASE HISTORY

This study was conducted at Chaukaghat, Varanasi's Government Ayurvedic College,U.P. A 45- year-old woman arrived at OPD on November 22, 2024 (OPD No. 01) presenting with complaints of vulvo-vaginal pain, coitus pain, and widespread weakness. Being aware of the negative effects of hormone replacement therapy, she asked for Ayurvedic treatment. A complete history was taken. There was no significance to family history. Menstrual history includes the menopause occurring five years ago and the absence of menstruation. The obstetric history includes P1A0 and a 12-yearold male child born via LSCS. No obstetric complications were recorded.

She has been married for 21 years. She weighs fifty kilograms. The general investigation's parameter fell within typical bounds. The first OPD visit took place in November 2024, following four months of consistent use of Ayurvedic shaman (oral medications) and sthanic chikitsa (Yoni pihu and Yoni Prakshalan) patient got relief in the pain in vulvo-vaginal region and pain during coitus and improvement in generalized weakness.

CLINICAL FINDINGS

After a thorough assessment of both subjective and objective factors, the patient was given a diagnosis of Menopausal syndrome with widespread weakness. According to Ayurveda, this illness might be referred to as Vatala Yoniyapad, where the causative factors are the khsaya of dhatu with age. Her symptoms were thoroughly examined, and it was found that her Vata was elevated and her Kapha was decreased. Taking into account all of those elements, the Dhatu phosak treatment and Rajonivritti Janaya Lakhsana principles were applied in this instance. When discussing etiological factors, Nidana states that Rasadhatu should be fed by aharasa with agni first. Her doctor recommended a light diet, yoga, lots of oral fluids, and a diet low in spicy foods. For the first two months, she was asked for follow-up appointments every seven days, at intervals of 15 days after two months. Treatment lasted for three months.

DIAGNOSTIC ASSESSMENT

Routine workup blood investigations i. e. the results of the CBC, ESR, LFT, RFT, and RBS tests were within the normal range.

- The patient's BMI was 21.5, and their body weight was a normal 50 kg.
- HIV, HBsAg, HCV, and VDRL are non-reactive viral markers.
- TSH, T3, T4: WNL
- Urine: routine and microscopy
- USG: no significant abnormality detected.

THERAPEUTIC INTERVENTION

Ayurveda has excellent solution for a safe and happy transition into menopause. Ayurvedic treatment for Menopausal Symptoms involves correcting Dosha imbalance with appropriate diet.

Ayurveda is a great treasure of precious concept like rasayana which can be very well utilised to combat with this burning issue.

**दीर्घम आयुस्मृत्तिम् मेधामारोग्यम्तरुणम्त्वयः।प्रभावर्णस्वरौदर्यं देहंन्द्रियबलम्परम्
वाक्सिद्धिम् प्रणतिम् कान्तिम् लभते ना रासयनात्।लाभोपायो हि शस्तानाम्रासदीनाम् रसायनम्
(च०चि १/८)**

- Ayurvedic treatment was started with seven days *Dipana Pachana* therapy with *Aam Pachak* medicines.
- *Snehan* and *Swedan* (*Adho Udar Bhag*)
- *Mridu Sanshodhan* (*Nitya Virechan*, *Yoni pichu* and *Yoni Prakshalan*) and oral use of *Ghritha* preparation.
- *Yoni Pichu* was done for 7 days in 3 consecutive months with *Yoni Prakshalan*.

This is followed by *Balya*, *Jiwanīya Aushadhi* for 3 months aimed to achieve proper results.

TREATMENT GIVEN TO THE PATIENT

Satwajaya Chikitsa

Daiva Vyapasharaya Chikitsa Shodhana – Virechana Shamana Aushadhi

Sthanik Chikitsa

Chikitsa Advised	Chikitsa	Duration
Satwajaya Chikitsa	Counseling and relaxation therapy	For 5 days
Daiva Vyapasharaya chikitsa	Yoga, Pranayama, Meditation	Everyday

Shodhan Chikitsa

S.no	Therapy	Medicine	Dose	Timing
1	Snehan	Shatavaryadi ghrita oral use	10 ml	Twice daily
2	Nitya Virechan	Vibhiktichurna	1 gm	Twice daily

Sthanik Chikitsa

S.No	Therapy	Medicine	Dose	Timing
1	Yoni pichu	Tila tail	5 ml	BD
2	Yoni prakshalan	Nimbadi kwath	60 ml	BD

TREATMENT OUTCOME

With the aid of symptomatic relief, the therapeutic effects were assessed and the response to the treatment was documented. The Chikitsa patient experienced relief from vulvo-vaginal pain, coitus pain, and general weakness following three months of consistent Ayurvedic shaman (oral medications) and shodhan (*Yoni Pihu* and *Yoni Prakshalan*).

DISCUSSION

Since *rajonivritti* is regarded by Ayurveda as a normal aging process, there is no precise description of its clinical characteristics. As people age, their *vayu* rises considerably while their *pitta* and *kapha* decline significantly. From *rasa* to *shukra*, all seven *dhatus* are declining, as is *oja*, which is the essence of all seven *dhatus* and essential to life. We can classify menopausal symptoms under *jaravyadhi*; as a result, *lakshan* (symptoms) of *vatpittadosha* dominance and *dhatukshaya* (depletion of body tissues) are primarily observed, along with certain

manasik lakshana (psychological symptoms). According to the patient's needs and symptoms, the treatment was designed. The medications were chosen to work at the various samprapti (pathophysiology) levels. The vata is in a dominant state during menopause. Managing menopausal syndrome can be greatly aided by a comprehensive Ayurvedic approach. We therefore used Yoni pichu with Tila tail locally and Shatavaryadi ghrita orally.

CONCLUSION

It might be helpful to apply Yoni pichu locally and Shatavaryadi ghrita to keep the vitiated doshas in a normal state. It was discovered that the treatment plan mentioned above worked well for menopausal syndrome. Although the results of this one case study are encouraging, more research is necessary to confirm them scientifically. This entire unpleasant situation of menopausal syndrome can therefore be transformed into a happy period of a woman's life with the aid of Ayurvedic treatment modalities and preventative measures.

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