

“Comparative study of Shatavari Churna with and without Shatavari Siddha Ghrita Nasya in Rajonivritti w.s.r. to Post Menopausal Syndrome”

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ABSTRACT

Now a day the sequel of menopause is turning out a major health problem for women and gynecologists too. Due to hormonal imbalance there is various physiological as well as psychological manifestations.¹¹ Psychological symptoms such as insomnia, anxiety, memory loss, irritability and somatic symptoms like hot flushes, joint pain, back ache, dryness of vagina, night sweating etc.^{1,2} Acharya Kashyap, menopause phenomenon is taken as a Atikrantam and in atikrantam, Shatavari plays an important role as per Kashyap. With the help of this literature presenting the comparative study of Shatavari Churna orally and Shatavari Siddha Ghrita Nasya (Pratimarsha) only with Shatavari churna in Rajonivritti w.s.r to post menopausal syndrome.⁶

During postmenopausal period, Vata is getting aggravated in accordance with madhayam Pitta and Kaphakshya. Therefore, Rasayan drugs having Vatapitta pacifying traits ought to be selected for use during perimenopausal period and preferably Vata pacifying Rasayan drugs should be used after absolute menopause establishes.

As per many acharyas, Shatavari is Rasayani, Vata Pittaghna which plays an important role in Jarapakva avastha. And Shatavari is mainly known for its phytoestrogenic, antioxidant properties.⁷ The menopausal syndrome is manasika sharirik vikara and dominated by Vata dosha which is “Niyanta” and “Praneta” of mana.⁹⁻¹⁰

A common practice to relieve menopausal symptoms is to administer hormone replacement therapy, which is not free from adverse effects. Therefore, women are turning to natural medicine in an attempt to have a safe alternative to synthetic steroidal hormones. Shatavari (*A. racemosus*) being known source of phytoestrogens can be effective in reducing adverse menopausal symptoms (The chemicals entities from plants which mimic hormones are called phytoestrogens).¹¹⁻¹²

Nasya Karma is very well proved in sharirik mansik lakshanas (Psychosomatic Disorder)& in Rajonivritti. Here In Rajonivritti w.s.r to Post Menopausal Syndrome to see the advanced effect of combined therapy i.e shatavari churna and shatavari siddha ghrita nasya¹³ compared with only shatavari churna.

I. INTRODUCTION

Menopause is an important phase in every woman's life. The hormonal variations cause a lot of undefined changes in the women. Menopause is permanent cessation of menstruation at the end of reproductive life due to permanent cessation of ovarian activity. It generally occurs between age of 45-55 yr, of average 50 yr.¹The chief factor responsible for this is functioning of hypothalamo-pituitary ovarian axis, which is under the feedback control of various hormones e.g. oestrogen, progesterone, FSH, LH etc.Right from adolescence, a woman undergoes a number of changes both physically and mentally. One of the natural transitions experienced by every woman, who has attended the menstrual cycle to menopause.

In Ayurveda Rajonivritti is not described as a diseased condition. Rajonivritti is a physiological process but when it causes discomfort either to body or mind it attains vyadhiswarup and which requires a medical interference. Rajonivritti avastha is mentioned by almost all acharyas and deals with jarapakva avastha of body lies in a Vata Pitta Sandhikala.³

We can consider menopause under Jarapakva avastha. In Jarapakva avastha under Vata Pitta dominanace there is lakshan of Dhatukshaya (resulting in its updhatu artavakshaya), ojakshinata along with some manasika lakshana.⁴

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known for its phytoestrogenic, antioxidant properties.⁷ The menopausal syndrome is manasika sharirik vikara and dominated by Vata dosha which is “Niyanta” and “Praneta” of mana.⁹⁻¹⁰

Acharya Kashyap, menopause phenomenon is taken as a Atikrantam and in atikrantam Shatavari plays an important role as per Kashyap. With the help of this literature presenting the comparative study of Shatavari Churna orally and Shatavari Siddha Ghrita Nasya (Pratimarsha) only with Shatavari churna in Rajonivritti w.s.r to post menopausal syndrome.⁶

II. MATERIAL AND METHODS

Drug-

Group A(Trail Group)

30 patients with Shatavari Churna & Shatavari siddha Ghrita Nasya (Pratimarsha).

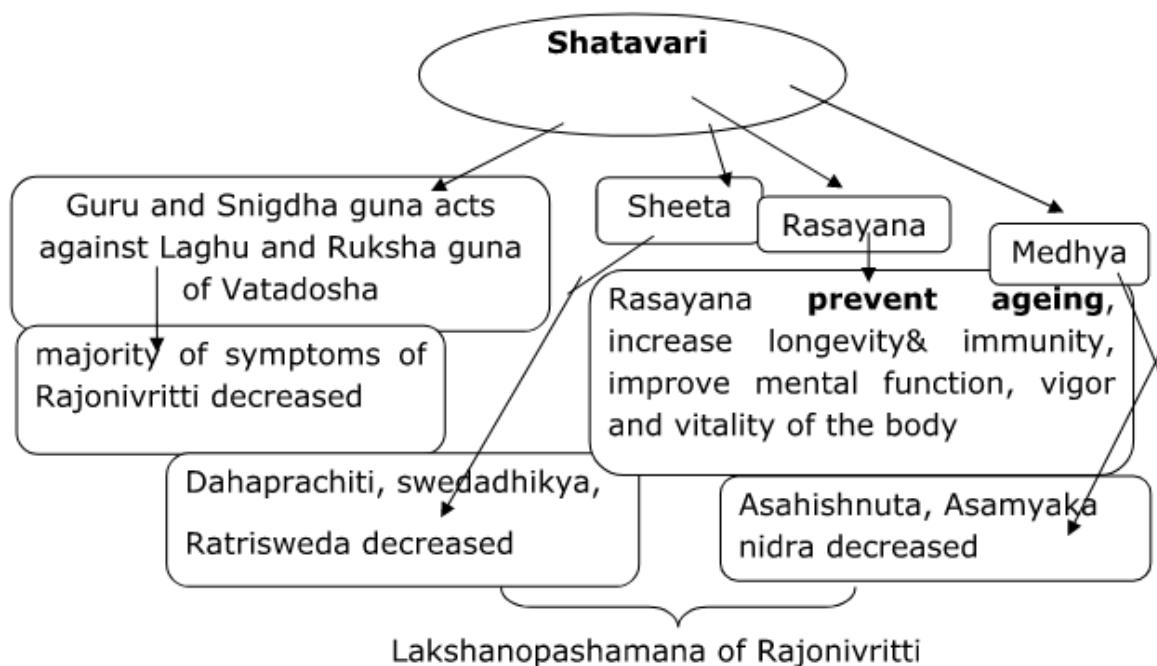
Group B(Control Group)

30 patients with Shatavari Churna.

Matra of Shatavari Churna: 1 Karsha (10 gm)/24 hrs, divided into two doses i.e 5gm bd after meal with 120 ml Dugdha

Matra of Shatavari Siddha Ghrita for Nasya Pratimarsha:

2 Bindu (in each two nostril)



Selection Criteria of Patients:-

• Inclusion Criteria

- Cessation of menstruation for consecutive 12 months.
- Age 44 – 55 yr.
- Appearance of menopausal symptoms which are commonly seen in post menopausal women.

B. Exclusive Criteria-

- Age < 44yr & > 55 yr.
- Diagnosed patient of Diabetes mellitus.
- Diagnosed patient of psychological disorder.
- Peri-menopausal women.
- Hypertension.
- Any systemic diseases.
- Patient who had undergo hysterectomy.

Criteria for Diagnosis-

1. Diagnosed patients having symptoms which are commonly seen in Rajonivritti (Post menopausal Syndrome) were selected by **random sampling method** as per inclusion and exclusion criteria and subjected to a careful clinical examination.

CRITERIA OF ASSESSMENT-

General scoring pattern-

- No complaint – 0
- Occasionally complainet-1
- Mild complaint -2
- Moderate complaint – 3
- Severe complaint – 4

Sr. No.	Topic	Group A (Trail Group)	Group B (Control Group)
1.	Drug	Shatavari Churna & Shatavari siddha	Shatavari Churna
2.	Matra	Ghrita Nasya Churna-5 gm	5 gm.
3.	Anupan	Nasya 2 Bindu-(in each nostril) Dugdha(120 ml)	Dugdha(120 ml)
4.	Sevankaal	Churna-BD(Adhobhakt)	BD(Adhobhakt)
5.	Durati on	Nasya –OD (Pratahkal) 90 Days	90 Days
6.	Follow-up	Every 30 Days	Every 30 Days
7.	Route of Administration	Churna-Oral Nasya-Nasal	Oral

Hot Flushes (Daha Prachiti)

• No hot flushes	0
• Occasional	1
• Daily 1 – 2 time, but do not disturb routine work	2
• Daily more than 5-6 times, feeling disturbance in routine work	3
• Every 1 – 3 hrly, marked discomfort with fatigue & Palpitation	4

Backache (Katishool)

• No Backache	0
• Occasionally due to certain work	1
• Daily occurrence but for particular period	2
• Whole day & night, with moderate discomfort in routine work	3
• Persistent pain can't do routine work	4

Irritability (Asahishnuta)

• No irritability	0
• can control & recognize irritable situations	1
• Uncontrollable irritation with specific cause	2
• Uncontrollable irritation without specific cause	3
• Uncontrollable irritation & behaving unsocial	4

Sleep Disturbance (Asamyak Nidra)

• Normal satisfying sleep	0
• Occasional delayed sleep	1
• Frequent delayed sleep	2
• Daily delayed sleep	3
• No sleep in whole night & fatigue in morning	4

Excessive sweating (Swedadhikya)

• No sweating	0
• Occurs only at working in hot or doing hard work.	1
• More in day time & following hot flushes only	2
• Occurs even in night, following hot flushes & disturbs the sleep	3
• Excessive sweating that patient feels like taking bath, changing cloth, disturb sleep	4

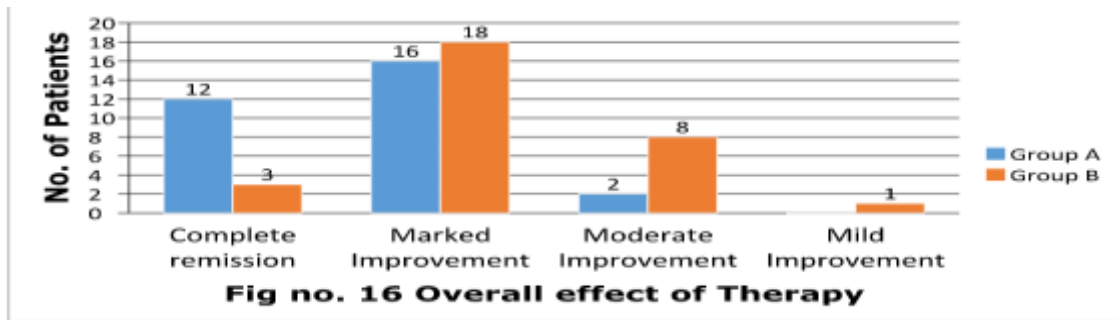
• No irritability	0
• can control & recognize irritable situations	1
• Uncontrollable irritation with specific cause	2
• Uncontrollable irritation without specific cause	3
• Uncontrollable irritation & behaving unsocial	4

Dryness of Vagina (Yonishushkata)

• No dryness	0
• Subjective feeling of dryness due to lack of mucoid secretions	1
• Patient feel dyspareunia due to dryness	2
• Feeling dryness , itching & On examination-find decreased secretion & painful examination	3
• Severe dryness, itching, burning & Patient required some lubricant for symptomatic relief	4

OVERALL EFFECT OF THERAPY on 60 patients of Rajonivritti

Result	Group A		Group B	
	Number of patients	%	Number of patients	%
Complete remission (>75 %)	7	23.33%	3	10%
Highly improvement (50 – 75 %)	19	63.33%	15	50%
Moderate improvement (25 – 50 %)	4	13.33%	10	33.33%
Mild improvement (< 25 %)	0	00	2	6.67%



III. CONCLUSION AND RESULT-

RESULT

Symptoms	Percentage Relief	
	Group A	Group B
Hotflushes (Dahaprachiti)	77.5	68.3
Backache (Katishool)	51.5	46.1
Sleep Disturbance (Asamyaknidra)	81	58.5
Excessive Sweating (Swedaadhikya)	64.5	41.3
Irritability (Asahishnuta)	66.7	40.8
Dryness of Vagina (Yonishushkata)	54	47.9

Effects of the Shatavari churna & Shatavari Siddha Ghrita Nasya (Group A) Trail Group and Shatavari churna (Group B) Control Group on symptoms observed in Rajonivritti are statistically proved to be significant.

SHATAVARI CHURNA & SHATAVARI SIDDHA GHRITA NASYA(GROUP A) IS SIGNIFICANT THAN SHATAVARI CHURNA (GROUP B) for all subjctive criteria such as Hotflushes (Dahaprachiti), Backache (Katishool), Sleep Disturbance (Asamyaknidra), Excessive Sweating (Swedadhikya), Irritability (Asahishnuta) and Dryness of Vagina (Yonishushkata) of Rajonivritti, at $p < 0.05$.

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