

Clinical Management of Climatric State (Geriatric) in Female with Kalabandadi Rasayana



Medical Science

KEYWORDS : Climatric state, kalabandadi rasayana, menopausal syndrome.

Devulapally Anuradha

Asst.Prof. and HOD, Agadathanthra and vyavahara ayurveda Dr.BRKR, government ayurvedic medical college , Hyderabad, Andhra Pradesh.

ABSTRACT

Ageing is inevitable. 'Sheeryate eti Shareeram' means degeneration is natural to human life. The percentage of women in the postmenopausal age is increasing day by day. This group of women has the need to restore their self esteem, allay their feelings of loss of femininity and to prevent the early development of skeletal and cardiovascular disorders. Ayurveda has the great therapy of Rasayana where modern medicine has lacuna in it. It is reported that Synthesized Hormonal Therapy (HRT) of modern medicine has many harmful side effects. Hence the compound preparation (kalabandadi rasayana) is taken for study to assess its efficacy in improving the quality of life of post-menopausal women by alleviating symptoms and by managing menopausal syndrome. Thirty patients suffering from menopausal syndrome between 30-70 years of age were selected from outpatient department of Andhra Pradesh Pranayama Research Centre, Secunderabad and necessary investigations were carried out. Kalabandadi rasayana preparation was given to each patient - 5gms. with milk twice daily before meals for 3 months. After treatment it was observed that majority of the patients were relieved of the symptoms and no side effects were found. Hence it is concluded that the drug is effective, safe and economical.

Introduction: -

The world population of the elderly is increasing, and by the year 2050 adults above 65 yrs. will comprise 1/5th of the global population. The percentage of women in the postmenopausal stage is increasing and thus the number of women with postmenopausal syndrome is on rise that needs medical help 1&2. Old aged people are more prone to vata disorders. So vata vridhi lakshanas like Sandhi soola(joint pains) Vistada suptata(disinterest) Raatri jagaranam (slepleteness) & Toda (itching die to dryness) etc.may occur.3&4

Now at days early hysterectomised patients in the age group of 20-30 are increasing due to some pathological reproductive cycles, 5&1 thus leading them towards attaining menopausal symptoms early (Yaati Panchasatala kshayam -A.H). Its adverse effects are both physical and mental leading to early ageing etc6. This is one the bitterest thing that is happening to women today. Perimenopause includes premenopausal, menopausal & postmenopausal states. It lasts up to 2-5 years. It is associated with many unpleasant symptoms like hot flushes, insomnia, palpitations, irritability, depression, joint pains, dryness of vagina etc.7&8" Dhatukshayam(degeneration) starts after the age of 40 in women. So this is the starting of climacteric state with vata predominance which is nothing but the ageing process.

"Rasayanam chatal gneyamyat jara vyiadhi naashanam". Rasayana chikista is unique therapy in Ayurveda, which can effectively cure & prevent the ageing process without any complications.9&10 Here kalabandadi rasayana (anubutayoga) is selected for study and its efficacy is tested.11

MATERIALS & METHODS: - Kalabandadi rasayana is a compound form of eight herbs. They are Kumari(Aoles marralnu), Ashwagandha(Withinasommefera), Amlaki(Embilicaofficinale linn), Brahmi (Centrella Asiatica), Maricha(Piper nigræ), Guduchi,(Tinospora Cardifolia) Jatamamsi,(Nardostchys Jatamamsi) and Pippali (Piper longum) 12,13&14.All these are taken in equal quantities , powdered separately and then mixed together in a kalwayantra to make fine choorna of the compound. Posology: - 5grams of choorna with lukewarm milk is administered before meals for 3 months.

Selection of Patients: -Thirty patients suffering from menopausal syndrome were selected from outpatient department of Andhra Pradesh Pranayama Research Centre, Secunderabad and necessary investigations were done. Inclusion criteria: - Female Patients in climacteric state were randomly selected from the age group of 30-70.

Exclusion criteria: - Females suffering from diabetic mellitus, ulcerative colitis, all kinds of malignancies were excluded from the study.

Parameters: - Subjective Parameters -Symptoms of perimenopause like hot flushes, insomnia, palpitation etc. Follow up: - Parameters recorded and analyzed for three consecutive months.

Relief: - It is categorized into 1) Complete 2) Partial 3) No relief.

OBSERVATIONS & RESULTS:

Table -1 Classification Wise.

Sl. No.	Classification	No. of Patients	Complete relief %	Partial relief %	No relief %
1.	Induced	10	9 (90%)	-	1 (10%)
2.	Natural Premenopausal Menopause Post Menopause	2 8 10	2 (100%) 6 (75%) 7 (70%)	- (25%) 2(20%)	- - 1 (10%)

Table-2 Age wise

Sl. No.	Age group in Yrs.	No. of Patients	Complete relief %	Partial relief %	No relief %
1.	26-35	9	8 (88.88%)	-	1 (11.11%)
2.	36-45	10	8 (80%)	2 (20%)	-
3.	46-55	11	9 (81.81%)	1 (9.09%)	1 (9.09%)

Table 3 Socio – economic status wise

Sl. No.	Socio – economic status	No. of Patients	Complete relief %	Partial relief %	No relief %
1.	Lower	6	5 (83.33%)	1 (16.66%)	-
2.	Middle	14	11 (78.57%)	2 (14.48%)	1 (7.14%)
3.	Upper	10	9 (90%)	-	1 (10%)

Table - 4 Life style wise

Sl. No.	Life style wise	No. of Patients	Complete relief %	Partial relief %	No relief %
1.	Sedentary	10	8 (80%)	-	2 (20%)
2.	Moderate	12	11 (91.66%)	1 (8.33%)	-
3.	Heavy	8	6 (75%)	2 (25%)	-

Table -5 marital status wise

Sl. No.	Marital status	No. of Patients	Complete relief %	Partial relief %	No relief %
1.	Unmarried	1	-	-	1 (100%)
2.	Married	27	25 (92.50%)	2 (70%)	-
3.	Widows	2	-	1 (50%)	1 (50%)

Table 6 Parity wise

Sl. No.	Parity	No. of Patients	Complete relief %	Partial relief %	No relief %
1.	Nulliparous	2	-	1 (50%)	1 (50%)
2.	Parous	28	25 (89.28%)	2 (7.14%)	1 (3.57%)

Table 7 Symptoms – wise7

Sl. No.	Symptoms	No. of Patients	Complete relief %	Partial relief %	No relief %
1.	Vasomotor	22	18 (81.81%)	2 (9.09%)	2 (9.09%)
	Hot flushes	20	19 (95%)	1 (5%)	-
	Insomnia	12	11 (91.66%)	1 (8.33%)	-
	Headache	21	17 (80.95%)	3 (14.28%)	1 (4.76%)
	Palpitation	20	17 (85%)	3 (15%)	-
	Parasthesia	20	16 (80%)	2 (10%)	2 (10%)
2.	Sweating	12	10 (83.33%)	1 (8.3%)	1 (8.3%)
	Psychological	23	18 (78.26%)	3 (13.43%)	2 (8.69%)
	Depression	12	10 (83.33%)	-	2 (16.66%)
3.	Irritation	7	5 (71.42%)	1 (14.28%)	1 (14.28%)
	Anxiety	6	6 (100%)	-	-
	Genito-Urinary Dryness of Vagina	5	4 (80%)	1 (20%)	-
4.	Recurrent infections	27	20 (74.07%)	3 (11.1%)	4 (14.81%)
	Frequency of urine	25	22 (88%)	2 (8%)	1 (4%)
	Others				
	Joint pains				
	Body Pains				

Table 8 Overall results

Sl. No.	Results	No. of Patients	Relief %
1.	Complete Relief	25	83.18%
2.	Partial Relief	3	9.91%
3.	No Relief	2	6.89%

Discussion:-

Out of 30 patients 10 patients were postmenopausal women. table1 Majority of the women were in the age group of 36 to 55years and remaining were in the age group of 26 to35yrs. table2 Overall results showed that 25 (83.18%) patients got complete relief, 3 (9.91%) patients got partial relief and 2 (6.89%) had no response with the medicinetable8. Ageing is a normal, inevitable, biological phenomenon. Diminished dhatu saara is the main underlying factor for ageing process and is directly related to perimenopausal syndrome/Climatic state. The drugs taken for the trial are best among the rasayanas of medhya(intellectual nature), and are useful in vayasthapana(stopping of early ageing) and tridosha hara especially vaata prashamana. Kshera(milk) is Jeevaneeya (energetic), Ojo vardhaka (enhances the immunity) and Vata+ pitta hara. It enhances the effect of drug.15&10

Conclusion:-

The present preparation appears to be a therapeutic alternative to synthesized hormonal therapy with its effective substitutes. The multifunctions of Rasayana drugs in the present medicine promote body resistance & immunity. They improve mental ability, memory, intelligence, vitality, stimulates metabolism and accelerates anabolism thus preventing degeneration. As the women suffering from estrogen deficiency syndrome need estrogen hormone, the phytoestrogens found in this drug appears to be a safe and effective solution.

Besides medication women in climacteric state needs proper awareness & emotional support from family members.

REFERENCE

1)Arthurguyton-Text book of Medical physiology-8th edition PRISM Books PVT. Ltd. Bangalore - 1991. 2) John Haukins Shaw's text of Gynecology –BI publications – 1986. 3)Usha R.Krishnan- Menopause-2nd edition.Orientlongum. 4)Atridevagupta-Astangasangraha-ChoukamborientaliVaranasi -1979-shareerashana5/91;1/21. 5)Dr.P.V.Tewari-Ayurveda prsootitantraevam steeroga 1&2- Choukamba orientalia-2003. 6)Arudatta-Astanga Hridayam with Sarvagasundaram commentary-7th Edition Choukamba orientalia Varanasi- -1982. 7)A.L.Mudiliyar,M.K.Krishnamenon-Clinicalobstetrics-9thedition-NovenaoffsetprintingChennai- 1990. 8) Sir John DewhurstIntegratedobstetrics&gynecologyforpostgraduates-3rdedition P.G.Publishing PVT Ltd. Singapore- -1983. 9)Dalhana-Susruthasamhita with Dalhana commentary-Nirnaya sagar press Bombay-1958-35/12&29;shsrea5/10;sutrasthana 1/25. 10)AgniveshaChrakasamhitaRamaswamiVandsons,Madrasch15/15;13/312;vimanasthana8/122;sutrasthana25;sharerasthana7/6. 11) Dr.Nirmala Saxena Yogaratnakaram, Chowkamba – 2003 12)K.R.Kirtikar&B.D.Basu-Indian medicinal plants-2nd edition Deharadun- -1984. 13)Vishwanath Dwevedi-Bhavaprakashpoorvakanda-Motilal Banarasi das-1981-3/8-10;5/7-8 14) Ram. P.Rastogi&B.N.Melhotra-Compendium of Indian medicinal plants-Central drug research institute Lucknow. 15)P.V.Sharma-Dravyagunavignan- Choukamba orientalia Varanasi-1956.