



Case Study

EFFECT OF SHATAVARICHINNARUHADI KSHEERAKASAYA IN PERIMENOPAUSAL SYMPTOMS

Thasneem K K^{1*}, Giby Thomas², Maya Balakrishnan³

*1PG Scholar, ²Associate Professor, ³Professor, Department of Prasuthitantra & Stree Roga, Govt. Ayurveda College, Thiruvananthapuram, Kerala, India.

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ABSTRACT

Menopause is referred to as *Rajakshaya* in Ayurveda, which is the body's transition from a *Pitta*- to a *Vata*-dominant condition. It comes under *Swabhavika vyadhi* and occurs in *Jara pakwa sareera*, which causes *Dhatu*s to gradually deteriorate. Treatment of perimenopausal symptoms may benefit from medications with *Rasayana*, *Medhya*, *Balya*, *Dahasamana*, *Vayasthapaka*, and *Rasarakthaprasadaka* characteristics. A 44-year-old woman who sought treatment for hot flushes, excessive sweating, particularly at night, irritability, mood swings, numbness in the extremities, sleep disturbances, and vaginal itching is presented here. Assessment was done using Greene Climacteric Scale. Among all the symptoms, hot flushes and night sweats were the most distressing one for the subject. *Shatavari chinnaruhadiksheerakasaya* mentioned in *Chikitsamanjari* in *Vataraktha* context possess *Vatapittapradhana Tridoshasamana*, *Rasarakthapradhaka*, *Dahasamana*, *Rasayana*, *Medhya*, *Balya* like properties which can be beneficial in reducing the most wretched vasomotor symptoms. Apart from these, the formulation exhibits anti-oxidant, free radical scavenging, phytoestrogenic and anti-stress activity. *Ksheera* is *Vata pitta samana*, *Rasayana*, *Sheeta veerya*, *Vrishya*, *Ojasyam*, *Dhatuvardhaka*, and *Jeevaneeya*. For thirty days, 48ml of *Shatavarichinnaruhadi ksheerakasaya* was administered twice daily, one hour before food. The severity of symptoms particularly hot flushes and night sweats were considerably reduced after treatment. Thirty days after quitting the drug, a follow-up was conducted, and this time the severity of the symptoms was also less severe than it had been before therapy. From this case report, it is evident that *Shatavarichinnaruhadi ksheerakasaya* is effective for the management of perimenopausal symptoms especially the most disturbing vasomotor symptoms.

INTRODUCTION

Menopause is defined as the time of cessation of ovarian function resulting in permanent amenorrhea^[1]. Perimenopause is a period 3-4 years before menopause and followed by 1 year of amenorrhea^[2]. The ovarian hormones are fluctuating throughout this time, with a sharp drop in oestrogen levels followed by a rebound rise in FSH and LH levels. Thus, a wide array of psychosomatic, vasomotor, and urogenital symptoms, including depression, anxiety, sleeplessness, irritability, hot flashes, night sweats, impaired attention and memory, dyspareunia,

decreased libido, and urinary stress incontinence, are present during the perimenopausal era. This will ultimately result in severe social impairment and issues relating to the workplace. Hormone replacement treatment is commonly seen in practices in contemporary medicine. However, since these medicines have certain negative effects, many women are hesitant to use them. As a result, complementary therapies that target the primary cause of symptoms and have no negative side effects are required.

Menopause is referred to as "*Rajakshaya*" or "*Rajonivruthi*" in traditional Ayurvedic literature. *Rajakshaya* is described by *Acharya Susruta* as "*Jarapakwasareeranam yati panchashataha Kshaya*"^[3] which mean that after the age of 50, the regular menstrual flow in *Jarapakwa sareera* of women gradually declines. It is considered as *Swabhavika vyadhi*^[4] in classics which is *Nishpratyaneeka*^[5]. During this time, *Uttarothara Dhatukshaya* takes place. *Rajas*

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being *Upadhatu* of *Rasa dhatu*^[6] also undergoes depletion resulting in *Rajakshaya*. Since this is a transitional time from a *Pitta*-predominant state to a *Vata*-predominant state, imbalance of the *Tridoshas* is also observed. *Dosha* vitiation and *Dhatukshaya* can be managed through the use of Ayurvedic medications with *Rasayana*, *Medhya*, *Balya*, *Dahasamana*, and *Tridoshahara* qualities, particularly *Vatapittahara*, *Vayasthapaka*, and *Rasarakthaprasadaka*. Drugs in the *Shatavarichinnaruhadi Ksheerakasaya* described in *Chikitsamanjari*^[7] have properties such as *Rasayana*, *Balya*, and *Tridoshahara*, particularly *Vatapittahara* and *Vayasthapaka*. The majority of the medications in this combination have *Rasayana* properties that, through their antioxidant, immunomodulatory, and anti-stress activities, nourish the *Dhatu*s and boost immunity^[8]. *Goksheera* also imparts properties like *Vatapittasamana*, *Madhura* in *Rasa* and *Vipaka*, *Sheeta veerya*, *Vrishya*, *Jeevaneeya*, *ojasyam*, *Dhatuwardhaka*, and *Rasayana* ^[9]. Hence, the medication administered *Asksheerakasaya* which is palatable and cost effective can be beneficial for reducing perimenopausal symptoms.

Case Report

A 44-year-old woman approached the OPD of the Prasutitantra and Streeroga Department, Govt. Ayurveda College Hospital, Tripunithura, with complaints of hot flushes, excessive sweating particularly at night, irritability, mood swings, numbness in the extremities, sleep disturbances, and vaginal itching on 24/10/2022. Among the symptoms, hot flushes and night sweats were the most annoying one for the particular case. Thorough history was taken. She had no known comorbidities. Family history was not significant. Her physical examination revealed

Greene Climacteric Scale ^[10]

normal vitals. To rule out any systemic illnesses, necessary blood tests were performed. Thyroid profile, blood sugar was normal, haemoglobin was 11.4 gm%, and urine analysis shows normal. Weight was 67kg. *Shatavarichinnaruhadi Ksheerakasaya* was administered in a dose of 48ml twice daily, one hour before food for duration of 1 month. Following treatment, there was a marked reduction in hot flushes and night sweats. There was considerable relief in impaired sleep, irritability, mood swings and numbness over extremities. Thirty days after quitting the medicine, a follow-up examination revealed that the effect had persisted.

Personal History

- Diet- Mixed
- Appetite- Good
- Bowel- Regular
- Micturition- Within Normal Limit
- Sleep- Disturbed
- Allergy- nil

Menstrual History

Menopause attained 1 year back

Obstetric History

- P2L2 A1
- P1P2- FTND
- LCB- 13 years

P/S Examination (24/10/22)

- O/E - No Discharge /urethrocoele/cystocoele
- P/S - No discharge, Cervix - healthy
- P/V -Uterus - Anteverted, NS
- Mobile
- CMT - -ve
- Fornices - Free

Symptoms	Score before treatment	Score after treatment	Score after follow-up
Psychological			
Heart beating quickly or strongly	3	1	0
Feeling tense or nervous	3	0	1
Difficulty in sleeping	3	1	1
Excitable	3	0	1
Attacks of anxiety, panic	3	1	1
Difficulty in concentrating	0	0	0
Crying spells	0	0	0
Feeling tired or lacking in energy	2	0	0
Loss of interest in most things	2	1	1
Feeling unhappy or depressed	2	1	1
Irritability	3	0	0
Physical			

Feeling dizzy or faint	1	0	0
Pressure or tightness in head	1	0	0
Parts of body feel numb	2	1	1
Headaches	2	1	1
Muscle and joint Pains	1	1	1
Loss of feeling in hands and feet	2	0	1
Breathing difficulties	3	1	1
Vasomotor			
Hot flushes	3	0	0
Sweating at night	3	0	0
Loss of interest in Sex	3	2	2
Total psychological score	24	5	6
Total physical score	12	4	5
Total vasomotor score	9	2	2
Total score	45	11	13

Management

Shatavarichinnaruhadi Ksheerakasaya was given as 48ml twice daily one hour before food for thirty days.

Scoring of Perimenopausal symptoms as per Greene climacteric scale

Before treatment- 45 (psychological- 24, physical- 12, vasomotor- 9)

After treatment- 11 (psychological- 5, physical- 4, vasomotor- 2)

After follow-up- 13 (psychological- 6, physical- 5, vasomotor- 2)

DISCUSSION

Menopause is the biggest milestone in a woman's life. The word "Perimenopause" is used to describe the time before the final menstrual period and describes the physiological changes that occur when women approach reproductive senescence.^[11] It is referred to be the time period immediately preceding menopause when endocrinological, biological, and clinical signs of impending menopause start to appear. This window also covers the initial 12 months following the cessation of menstruation (menopause). Since the ovaries stop producing a considerable amount of oestrogen hormone after menopause, ailments and symptoms linked to oestrogen insufficiency are becoming more crucial to women's health. When a woman reaches menopause, more than 80% of them do so with physical or psychological symptoms that cause a variety of distress in their lives and a corresponding decline in quality of life. The distressing symptoms due to reduced oestrogen levels are hot flushes, night sweats, mood swings, irritability, and so on.

The term *Rajonivrutti* is used to describe it in ancient Ayurvedic texts. These symptoms are

described by Ayurveda as a result of ageing. At the age of 50, *Jarapakava sharira* experiences *Rajonivrutti*. The attributes of *Dosha*, *Dhatu*, *Mala*, *Agni*, and *Oja* gradually deteriorate as we age. According to Ayurveda, menopause signifies the change from the *Pitta* to the *Vata* stages of life. The majority of menopausal symptoms are caused by this shift from *Pitta* dominance to *Vata* dominance. Ayurveda views *Rajonivrutti* as a normal part of ageing, hence there isn't a precise definition of the clinical characteristics of the condition. The main manifestations include *Vatapittadosha* dominance and *Dhatukshaya* (tissue depletion) symptoms, as well as certain *Manasika lakshana* (psychological symptoms).

Ayurvedic management with drugs having *Rasayana*, *Medhya*, *Balya*, *Dahasamana*, *Tridoshahara* especially *Vatapittahara*, *Vayasthapaka* and *Rasaraktha prasadaka* properties can be helpful in managing *Dosha* vitiation and *Dhatukshaya*. *Satavari*, *Guduchi*, *Amalaki*, *Bala*, *Ikshu*, and *Rasna* are the drugs found in *Shatavarichinnaruhadi ksheerakasaya*. These drugs exhibit properties like *Vatapittasamaka*, *Dahasamana*, *Balya*, *Hridya*, *Rasayana*, and *Vayasthapaka*. The *Rasadhatu* is nourished by the *Rasayana* qualities of *Shatavari*, *Guduchi*, and *Amalaki bala*. *Bala* and *Ikshu* imparts *Balya* and *Brumhana* properties which may be used to address *Dhatukshaya*-related problems. *Hridya* properties of *Satavari*, *Guduchi*, and *Rasna* may address psychological problems in perimenopause. The *Medhya* property that *Guduchi* and *Satavari* possess is likewise seen as advantageous. *Guduchi*, *Amalaki*, and *Rasna* all have *Vayasthapaka* qualities that may aid with perimenopausal symptoms. Most medications have anti-oxidant, immunostimulatory, anti-

osteoporotic, and phytoestrogenic qualities that can aid to promote cardiac and bone health at this time. *Ksheera* also possesses qualities like *Vatapittasamaka*, *Madhura* in *Rasa* and *Vipaka*, *Sheeta veerya*, *Jeevaneeya*, *Dhatuvaradhaka*, *ojasyam*, and *Vrishya*. Milk is a well-balanced food that is full of nutrients and a good source of calcium. Here, the formulation is prepared using *Ksheera* as the medium. Milk improves the preparation's flavour and helps to lessen the *Teekshnatwa* of *Dravyas*. The drug's active components that are soluble in water, fat, and protein are extracted using *Ksheerapaka kalpana*.

Hot flushes, night sweats, and lack of desire in sex are the most distressing vasomotor symptoms, and these symptoms are mostly brought on by vitiated *Vata* and disordered *Pitta* as well as hormonal changes. In this particular case, hot flushes and night sweats were most prevalent. As the formulation is predominantly *Vatapittahara*, *Sheeta veerya*, and *Madhura vipaka*, this can be helpful in alleviating the severity of hot flushes and nocturnal sweats. Apart from these, the *Dahasamaka* and *Rasarakthaprasadaka* properties of the drugs can also be beneficial. Ingredients like *Shatavari*, *Guduchi*, and *Amalaki* have phytoestrogenic compounds that help to address the low oestrogen level. Phytoconstituents such as isoflavonoides, kaempferol, quercetin, 17 β -estradiol, coumesterol etc present in these ingredients exhibits phytoestrogenic action. The most notable aspect of *Shatavari's* phytoestrogenic activity is its ability to lessen hotflushes and other vasomotor symptoms.^[12] Moreover, majority of drugs and *Ksheera* itself possess properties like *Madhura tiktha*, *Guru snigdha guna*, *Sheetaveerya* and *Madhura vipaka*, all of which have the potential to be very effective in controlling vasomotor symptoms. Most of the drugs are rich in antioxidants, including saponins and glycosides, which lower oxidative stress and free radical production. Hence, this formulation was effective in reducing the most distressing vasomotor symptoms in the particular subject.

There was mild reduction in the psychological and somatic symptoms too in the particular case. Depression, irritability, mood swings, poor concentration, memory issues etc are the most common psychological issues during this time. The three *Doshas*, as well as *Manovaha srotodushti* and vitiated *Manodoshas*, are all equally impacted in this situation. The majority of the medications in the formulation including *Shatavari*, *Guduchi*, *Amalaki*, *Bala* etc., have hypnotic, anti-depressant, anti-stress, *Medhya*, and *Hridya* properties. *Ksheera* also has *Ojasya*, *Medhya*, *Rasayana*, *Oorjaskara*, and *Manaskara* properties that help to treat psychological disturbances.

Vata vaigunya and *Pitta vaishamy* are the primary factors contributing to somatic symptoms of perimenopause which can be lessened by the *Ama pachana*, *Agni deepana*, and *Vata pitta samana* action of the formulation. The anti-inflammatory, analgesic, anti-osteoporotic, and anti-arthritis characteristics of the drugs helps tackle the many aches and pains that persist during this time due to changing hormone levels and decreased bone density. *Ksheera*, which is *Aajanma satmya*, has *Jeevaneeya* qualities, is rich in calcium and vitamin D also helps in alleviating the somatic symptoms.

CONCLUSION

In order to treat perimenopausal symptoms, *Shatavarichinnaruhadi ksheera kasaya* was used for 1 month. *Vatapitta pradhana tridoshahara*, *Rasayana*, *Medhya*, *Balya*, *Jeevaneeya*, *Deepana* properties of the drugs may be helpful for reducing the emotional, physical, and vasomotor symptoms of perimenopause. Besides these, the anti-oxidant, phytoestrogenic, immunomodulatory, anti-stress, anxiolytic, anti-depressant, free radical scavenging activity, anti-inflammatory, and anti-osteoporotic like effects of the drugs present may also helps in tackling the symptoms. Among these, *Vatapittasamaka*, *Dahasamaka*, *Rasarakthaprasadaka*, *Rasayana* and *Jeevaneeya* properties exhibited by the drugs may be particularly helpful in relieving the vasomotor symptoms. Apart from these, the phytoestrogenic and antioxidant property of majority of drugs may also seem beneficial for reducing the symptoms. *Ksheera* possesses *Guru snigdha guna*, *Madhurarasa* and *Vipaka*, and *Sheeta veerya*. It performs the functions of *Vatapittahara*, *Preenana*, *Brimhana*, *Jeevaneya*, *Rasayana*, *Balya*, *Ojasya*, and *Manaskara*. *ksheera kashaya kalpana* was selected for the study since it is utilized to extract the drug's water, lipid, and protein soluble active components. Milk is the most efficient method for drug extraction since it is a colloidal solution and is quickly absorbed through biological membranes. Hence, this distressing menopausal syndrome scenario can be transformed into a happy stage of a woman's life with the aid of Ayurvedic modalities of treatment and preventive measures.

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***Address for correspondence**

Dr. Thasneem K K

PG Scholar,
Department of Prasuthitantra &
Stree Roga,
Govt. Ayurveda College,
Tripunithura, Kerala, India.

Email:

thasneemkk93@gmail.com

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