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Research Article

MENOPAUSAL SYNDROME: AN AYURVEDIC APPRAISAL

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ABSTRACT

Background: In the present era women have a multidimensional attitude and enjoy special place in the society by reaching all kind of heights by their spectacular physical and mental performance in almost all possible fields. Problems of different age group of women are still present and the most suffering age group is forty-plus due to change in reproductive life by permanent cessation of menstruation called as menopause. Every woman faces various physiological and psychological changes during this "change of life" as a part of hormonal derangement. Sometimes such disturbances attain the stage of disease or syndrome called as "Menopausal Syndrome" which is accompanied by various vasomotor, psychological, genital, locomotors and GIT related symptoms. With a marked increase in longevity third of total female population are in menopause, therefore they would have to cope with the menopausal syndromes and face the consequences. Disturbed life style and over stress affect the ovarian functions and can bring menopause early. Modern medical system directly manage this problem with HRT (Hormone replacement therapy) which results in multiple complications in long term. In Ayurveda it is termed as Rajonivritti and Ancient Acharyas supposed it as a normal physiology and not described features associated with this condition.

Aim: To manage the various presenting features of this phase of a female in Ayurvedic system by Ayurvedic approach one need to understand each & every feature on Ayurvedic fundamental grounds and this is the aim of this literary review so that it can be managed accordingly.

Materials & Methods: Ayurveda texts along with modern texts were considered to arrive at ayurvedic understanding of Menopausal Syndrome.

Results & Conclusion: Menopausal Syndrome can be understood on Ayurvedic fundamentals to combat the problem.

Keywords: Menopause, Hot flush, Osteoporosis, *Ama*, *Dhatukshaya*, *Dhatugata Vata*.

INTRODUCTION

World Health Organization and Stages of Reproductive Aging Workshop (STRAW) defined menopause as permanent cessation of menstrual periods that occur naturally or is induced by surgery, chemotherapy or radiation. Natural menopause is recognized after 12 consecutive months without menstrual periods that are not associated with a physiologic or pathologic cause. There is a wide variation in Menopausal symptoms, there can be disturbance in menstrual pattern along with Acute / Sub acute onset include vasomotor, genital and sexual, urinary, psychological, gastro – intestinal, locomotor, skin, hairs and others. Symptoms with long/late onset include cardiovascular problems, osteoporosis, fractures, cerebrovascular, dementia and alzheimer. Just prior to Menopause, menstruation ceases in various ways - Sudden cessation of menstruation, Gradual hypomenorrhoea in which diminishing amount of blood loss occurs with each regular period until menstruation stops, Gradual oligomenorrhoea (infrequent

cycles) in which gradual increase in the interval of the periods occurs with pale coloured scanty flow until they cease for at least an interval of minimum of six months. Irregular periods with or without excessive bleeding; wherein bleeding can be irregular, profuse, heavy or prolonged.

Symptoms with Acute / Sub acute onset:

(1) Vasomotor include (a) Hot flashes/flushes (b) Excessive sweating (c) Sleep disturbances.

(2) Genital and sexual: Atrophic changes take place in genitalia; vaginal symptoms include dryness, stenosis, dyspareunia, recurrent vaginal infections, atrophic vaginitis etc. Vaginal relaxation with cystocele, urethrocele, rectocele and uterine prolapse is also reported shortly after Menopause due to laxity of pelvic cellular tissue and loss of tone of the ligaments and tissues that support the uterus and vagina.

(b) Sexual symptoms regarding sexual function concerned with Menopausal Syndrome are manifested as dyspareunia and decreased libido.

(3) Urinary: Following Menopause, changes occurs in urethra and periurethral tissues, which lead to various symptoms like dysuria, urgency, recurrent urinary tract infection, supra pubic discomfort, stress incontinence, urge incontinence, urethral caruncle etc. All these urinary symptoms are clubbed together under the term urethral syndrome.

(4) Psychological: Majority of women experiences mild to moderate degree of Psychological manifestations during climacteric. These include depression, anxiety, excitability, irritability, tension, nervousness, dizziness or giddiness, mood swings or emotional instabilities, dysphoria, crying, loss of confidence, crying spells, worry needlessly, attacks of panic, difficulty in concentrating, palpitations, loss of interest in most things, feeling unhappy, fatigue, melancholia, headache, paraesthesia of the hands and feet, noises of the ears, pseudocyesis etc.

(5) Gastro - Intestinal: Gastro-intestinal symptoms like disturbed appetite (which can either increase or decrease), various forms of dyspepsia, intestinal distension, constipation and flatulence associated with colonic spasm etc. are most important in menopausal women. These all symptoms occur probably due to diminished motor activity of alimentary tract.

(6) Loco - Motor: These include menopausal arthropathy (Joint problems) osteoarthritis, fibrositis and myositis, backache, vertebral disc lesions, arthralgia, myalgia, etc.

(7) Skin & Hair: Itching, re-pigmentation of the skin, thinning, loss of elasticity and wrinkling of skin are also found after menopause

(8) Others: Other symptoms include Painful and tender breasts (chronic mastitis), development of the warts and naevi, Tinnitus, roughness of nails, toothache, cataract etc.

(C) Symptoms with long/late onset: These include broadly, coronary heart diseases, cerebrovascular diseases and Osteoporosis are most common health hazards associated with Menopause.

HERS (Heart Estrogen/Progestin Replacement study) data showed that long term HRT increases the risk of Cardiovascular diseases. In addition to this, latest research data indicates an excess risk from HRT regarding the incidence of breast and endometrial cancer as well as increased incidence of Stroke, Coronary artery disease and other thrombotic diseases.

MATERIALS AND METHODS

The three great authors namely Charaka, Sushruta and Vagbhatta followed the scientific methods of study to enhance the perception of Ayurveda towards humanity Hence literature available in Ayurvedic classics as well as Modern available literature has been consulted in regard to present paper.

RESULTS AND DISCUSSION

Menopause is not only the cessation of monthly menstrual cycle but it is a transition phase of life and body from reproductive years in which hormones are highly imbalanced which further aggravated by misconduct of changing life style and reflects as menopausal symptoms and collectively called as menopausal syndrome. Contrary to common perception, it is not a disease or disorder; it is a naturally occurring stage of

a woman's life, as it is a time of depletion and reduction as the body gradually diminishes (Sheerayate iti Shareeam). According to Susruta Samhita there are three stages in man/women's life, roughly described as childhood or infancy, middle age or youth and dotage or old age; during these stages kapha, pitta and vaata dosha dominate in the body respectively, hence menopausal phase is considered to be vataja stage of life with some variable pitta signs as it is the transition from youth to old age. Apanavaata, which governs the pelvic physiology i.e. genito- urinary tract, elimination of waste products and menstruation hence it is a key dosha & area to attend to. In the present scenario the role of woman is changed, Double-income familial requirements, high costs of living, multi-tasking – modern women have learned to ignore their natural rhythms. In the past a woman went through menarche near the end of her teens, quickly became pregnant, nursed for 2–4 years after each pregnancy, during which time she would normally not menstruate. Modern women, however, go through menarche earlier, they usually deliver only once or twice, which they feed for a quite short phase, as a result go through many more menstrual cycles, follicles in ovaries are consumed earlier and so that females attain menopause earlier. The trend of packaged, processed, frozen, canned or left over food is increasing gradually. Generally working women keep their fridge full of these type of foods now a days, they make dough and keep always ready in fridge, cooked food is being kept at all times ready in fridge so that it can be eaten easily by heating in a food warmer. Such type of practices make digestion poor and increase the production of ama(semifinished products of digestion-a sort of poison) in their body. Cheese, yogurt and frozen desserts like ice cream, especially at night are in practice especially in parties leading further in disturbance in circadian rhythm of the body further aggravating vaata dosha. Menopausal symptoms can be precipitated and aggravated by *vata*-vitiating regimes such as cold, dry and light foods and a high-stress, fast-paced lifestyle. The condition is further aggravated when a woman does not embrace the change of life and attempts to continue on with the responsibilities of the youth time of life. Child rearing and professional accomplishment during the *vata* phase of life is out of harmony with life's rhythms." Range of symptoms in Menopause *are* wide, and these symptoms vary with each dosha and expresses its own physiological and psychological symptomology which can be classified according to doshic theory as follows -

Vata - Vata imbalance disturbs the nervous system and emaciates bodily tissues by virtue of its Ruksha, Laghu & Sheeta properties. Hence in vata dominated menopause, females are prone to vaginal dryness, loss of skin tone, backache, joints aches, pains, constipation, tingling and numbness in the body, and degeneration of the cervical spine. Along with these; feeling cold, insomnia, mild or variable hot flashes, palpitations, bloating and lack of concentration, restlessness, fear, depression, confusion, nervousness, anxiety, mood swings, and memory loss,

Pitta - In pitta dominated menopause females are prone to urinary tract infections, skin rashes and acne, inability to adjust to warm temperatures along with these hot temper,

anger, irritability, feeling hot, hot flashes, night sweats can be seen.

Kapha - In kapha dominated menopause females are prone to weight gain for no reason, fluid retention, slow digestion, fungal infections, excess cholesterol and mucus, edema in joints (esp. in the ankles), feelings of mental and physical heaviness, sluggishness, lethargy, lazy, sleepiness, depressed, lacking motivation.

Menopause may become a discomfort instead of natural transition due to following reasons—

1. Vata dominating phase of life is not respected well in advance and taken care of.
2. Dhatukshaya The natural decline of body is not attuned with diet and regimen
3. Mandagtni – Vata dominance and dhatukshaya lands in to disturbed digestive power which further add to the above factors.
4. Ama – The improperly digested food create ama in the body which further creates metabolic disturbances.
5. Dhatugata Vata – Factor 2, 3 and 4 above further aggravate vata which afflicts all body tissues (dhatus) thus leading to structural and functional disturbances.

Vata dominating phase of life is not respected well in advance and taken care of. If a woman already has a significant Pitta or Vata imbalance in the years before menopause due to an accumulation of imbalances that have built up over a woman's life time, including diet, lifestyle, and emotional imbalances, things are likely to get worse during menopause. The function of bio signalling/ transmission/movement(micro & macro) within the body and the principle responsible for catabolism are dependent on normal vata-dosha. Vata affects jatharagni (the digestive process in the GI tract) which in turn affect dhatu agni (metabolism) as a result repair and replacement at cellular level is disproportionate to the rate of degenerating thus weakening and wasting of the tissues takes place as a result osteoporosis, osteoarthritis and thinning of the skin takes place.

Aggravation of five sub types of vayu lead to an imbalance of one or more of the remaining four vayus resulting in complications arising in various systems of the body. Prana vayu which is responsible for the life and intelligence, is attributed to the manifestation of intelligence by the mind and when it is balanced it supports the clear flow of intelligence perceived as calm thought. When Prana vayu is disturbed or aggravated it causes excess or deficient flow of Prana in the mind manifesting as anxiety, confusion and depression. When Prana Vayu is aggravated by increased vata due to stress, the mind and breathing are affected which in turn affects Vyana vayu – the functional force behind circulation. Vyana vayu responsible for governing the flow of blood to the peripheral tissues having been affected by excessive flow of vata causes increased blood pressure - hypertension. Increased flow of vata in the circulatory system – Raktavaha srota starts to affect the structures that form its pathway, root outflow structure. Along with this, Vata affecting raktavaha srota causes hardening of the arteries due to its drying effect caused by the friction of excessive vata on the tissues. The excessive flow in a channel is known as Atipravrutti. As a result symptoms of long onset like coronary artery disease and cerebrovascular

disease appears during menopause. In predominance of vata, particularly there is vacantness in heart, palpitations, wasting, tearing, obstructed movement and mental confusion. – *Caraka Samhita*.

Dhatukshaya -The natural decline of body is not attuned with diet and regimen.

Seven Dhatus are the basic tissue elements of the body viz.

- (1) rasa or chyle or plasma,
- (2) rakta or the red-blood corpuscles,
- (3) mamsa or muscle tissue,
- (4) medas or fat/adipose tissue
- (5) Asthi or bone tissue,
- (6) majja or bone marrow and
- (7) sukra & rajas or sperm & ovum which are responsible for procreation.

In healthy state they remain in a equal proportion of wear & tear a in the human body and any change in this equilibrium leads to disease and decay. Diseases are produced only when the doshas interact with these dhatus and this happens only when there is disturbance in their equilibrium. If there is any change in the equilibrium of these dhatus certain signs and symptoms may manifest in the body. Dhatukshaya is said to occur whenever the dhatu or tissues become weak and show defects in their structure or function (tissue, organs or srotos / channels). In such condition vitiating dosh accumulates at the defective site giving rise to disease. The example of such type of disorder is osteoarthritis.

The dhatukshaya can also be interpreted as degeneration of tissues. In Rasa Dhatu kshaya - dry skin, graying or wrinkling of the skin, mild or occasional vaginal dryness, feeling of weakness and tiredness, lack of stamina can be manifested during menopause.

In Rakta Dhatu dhatu kshaya - severe hot flashes or frequent feeling of excessive heat, frequent or chronic skin rashes, acne may be manifested. Mamsa dhatu is the muscle tissue and if it is depleted a female in a menopause can experience constant muscle aches or easily fatigued muscles, severely dry, cracking lips. Medas Dhatu kshaya frequent night sweats or sweats during the day associated with hot flashes. Asthi Dhatu kshaya - Low bone density, hair breaking or hair very dry and lacking luster, problems with teeth (breaking easily or many cavities), nails breaking frequently, constant joint pains or arthritic conditions, deep pains in the bones. During menopause, asthi agni becomes hyperactive because the body produces less estrogen. When less estrogen is present, asthi agni becomes overactive in an effort to compensate for that lack of estrogen The result can be osteoporosis. Eating a vata provoking diet will worsen osteoporotic changes. Majja Dhatu kshaya leads to Frequent or recurring infections, inability to focus or concentrate, pain in the tendons, easily injured tendons or recurrent tendonitis, frequent feeling of faintness or dizziness.

Shukra Dhatu & Artava Updhatu kshaya - Artavavaha srota (female reproductive system) includes fallopian tubes, ovaries, uterus, cervix, vulva and vaginal passage. The functions of artavavaha srotas include menstruation, ovulation and conception.

The cessation of artava happens during menopause due to the kshya of this updhatu. Artava updhatu is the ovum and its supportive tissues and in menopause both cease resulting in end of reproductive life, absence of libido (no sex drive), severe vaginal dryness, overall lack of sexual attractiveness & affection, dull & unclear eyes. Overall depletion of dhatus will certainly amount to the low level of ojas in the body and it will invite many problems which are naturally prevented by it proper status.

Mandagni-Vata dominance and dhatukshaya leads in to disturbed Agni (Metabolic & digestive power) which further add to the above factors.

Two chief places for activities of Agni are Koshtha (Gastro Intestinal Tract- digestive power) and Dhatus (Tissues-metabolic power). Koshtha Agni is also known as Jatharagni and Pachakagni which is Pachaka pitta(digestive enzymes & secretions) in its material form. Pachaka pitta located in Aamashya(stomach) Grahini & Pakwashaya (intestines) digests food because of its functions(digestion and transformation of food materials), divides it into essence and waste separately; being localised there, it bestows grace(help) to the other pitta present there(ranjaka pitta) also the others(dhatvagni present in the dhatus) by giving them strength(power of functioning). As such normalcy of the dhatvagni depends upon the status of Jatharagni. Jatharagni undergoes abnormal changes by unwholesome food, regimens and vitiated state of Tridoshas, such abnormal Agnis are said to be three.(Ch. Vi 6/12, Su. Su. 35/24) Mandagni or decreased condition in respect of its Pramana(quantity) and Guna(qualities) is unable to digest properly with the result that plenty of ama dravyas i.e. improperly processed materials remain in the ahara rasa called sama rasa (rasa containing ama dravya) goes for circulation and finds itself unable to enter into the minute srotas(body channels) of the dhatus, causes their Srotorodha (obstruction). Nutritive material is not available to the respective body tissues and the aama in turn also manifest other morbidities in the body thus dhatu-kshya as well as diseases are the end result. This is the most common type of abnormality found as generally it is stated that 'sarve roga mandegnou'. All diseases arise from mandagni(Low metabolic activity). The digestive capacity of tikshnagni makes the food materials over burnt or charred-vidagdha and the final rasa dhatu contains very little or no nutrient properties at all. When this reaches dhatus they can not get any nutrition from it. There fore they under go kshya(decreased). As a consequence of this, Dhatwagni will also be powerful during this condition. This Tikshnagni condition(Increased metabolic activity) results in a certain number of diseases. Vishamagni is an irregular or erratic type of agni which changes its nature almost daily. The digestion of food in this condition also will not be good and leads to formation of ama (improperly processed materials) which accumulate in the Rasadhatu and later on in other dhatus as well. A certain number of diseases occurs from this erratic status of Agni which is Vishamagni. Vata dominant state of life also adversely effect the again at digestive level(vitiation of samana vayu) and thereby at metabolic level leading to aama formation and dhatu kshya.

Aama – The improperly/pre-digested food AAMA in the body which further creates metabolic disturbances and pathological conditions. Accumulation of ama (semi digested end product of food) in the body. Ama blocks the channels that transport nutrition to the cells and remove waste from the body, and thus contributes to menopausal problems. If more severe symptoms exist, such as frequent hot flashes, painful vaginal dryness, extreme mood swings, may be due to blockages in system which are the result of metabolic wastes and toxins called *ama* that build up in tissue. *Ama* accumulates for many reasons, but it is predominantly an accumulation of wastes and toxins that are generated by improper food habits and weak digestion." Poorly digested end product of food travels through bloodstream and eventually lodges in narrow passageways, cutting off channels that would otherwise carry nutrients and hormones into cells. *Ama* can block the delivery of body's own hormones to cells, body still produces a small amount of estrogen after menopause, but accumulated *ama* can prevent it from getting to important organs." Ama may be nutritionally unimportant, but is immunologically powerful in evoking strong immune response, as it is *vijatiya* or a foreign substance to the body. This results in formation of antibodies by the defense cell of the body. The ama and antibody then interact with each other to form an immune complex, which is a deadly combination. It gets deposited in the tissues. For instance when it deposits in to the shleshma and synovial tissue surrounding the joints it causes inflammatory reactions, leading to acute pain and swelling. As ama represents vitiated or deficiently formed Ahara rasa or rasadhatu, circulating throughout body. While in circulation, wherever this ama is blocked, due to already existing defect, there is the development of dosha dushya sammurchhana or pathological interaction. Since ama represents vitiated or deficiently formed ahara rasa- rasa dhatu with poor nutritional capacity, there is a disturbance in Dhatu parinama and Dhatu poshanam, which results in poor nourishment of dhatus → defective formation of ojas → consequent vyadhi kshamatva heenata(immunity) leading to → suitable environment for diseases production.

Dhatugata Vata- All the doshas are able to maintain their normal function when their normal circulation in the body is maintained. Vata dosha is raja guna (lightness) dominated and is an initiating force (preraka) for the movement of all the other doshas. When vitiated vata afflicts the dhatu, it is called as dhatu gata vata, means vata prakopa with specific nidan occurs as initiative factor to interplay with specific dhatu or vitiated itself in specific tissue site. In menopause if rakta dhatu gets vitiated by vata dosha(raktagata vata) leading to shoshan of rakta dhatu; raktadhatu is unable to carryout its normal function of *jeevan, varnaprasadhan, mansa poshan* etc. *Vaivarnya* is caused due to loss of *varnaprasadana karma*, due to *improper mansa poshan krishata* is seen, *tivra ruja* is seen due to depletion of *poshana* (Ischaemic pain). *Mamsa Meda gata Vata* In menopause if *prakupita Vata* enters in *Mamsa dhatu, kathina pidaka* and *shotha* is formed. As and when *medadhatu* is afflicted with *prakupita vata*, it leads to origin of *snigdha, mridu, shotha*. *Mamsa medas avritavata* may also be a complication of *prameha* since *mamsa* and *meda* are the *avaraka* along with *kapha* and *pitta* to

develop *avritavata* in *basti* and in turn leading to *madhumeha* as in C.Su.17. It indicates when *mansa* and *meda* become more vitiated and cause more *kleda* genesis or become *kledanvita*, they lead to different micro and macro angiopathy related complication and can result in Diabetic nephropathy. In *Asthigata Vata asthikshaya* is observed (decreased bone density) increasing the symptoms of pain along with chances of fracture. *Eka sthana vridhi anya sthan kshaya* is other *sidhant* which explain the concept of osteophytes. Osteophytes may compress the roots of nerves causing tingling or *suchivata vedana* (entrapment or compressive neuropathy). **Majjagata vata-** *The majja dhatu* impedes the *gati* of *vata* (nerve conduction) leading to the symptoms like *vinama*; pain etc. Understanding of some specific symptoms of Menopause in the light of Ayurveda.-

1. Hot Flush- *Pitta* imbalance can create hot flashes as *Pitta* controls the level of digestion, metabolism and heat production in the body. Hot flushes are caused by *samanavayu* (*sub dosha* of *vata*) propelling *pitta* in an irregular manner. Hot flashes and night sweats are created by an imbalance in *Pitta* in the deeper tissues of the body and the build-up of *ama* (toxins) in the channels of the body. When *ama* accumulates in the body, the flow of heat in the deeper tissues can get obstructed. It tends to build up and then, when it finds an outlet, flashes out in a fashion that leaves a female feeling uncomfortable. A *sub-dosha* of *Vata*, called *Vyana Vata*, can aggravate the problem if it is also out of balance, by "fanning the flames" with a dry wind action. Two keys to relief from hot flashes therefore are balancing *Pitta dosha* and cleansing *ama* from the body to regularize *vata*..

Cardio Vascular Problems – Due to *vata* phase and in the influence of *ruksha guna* of *vata*, drying out of the tissues and hardening of blood vessels happens, inner surface area of the arteries(*tunica intima*) becomes stiff and thickened along with this, natural elastic consistency becomes loosened that supports blood circulation. The changes going on within the *tunica intima* take place over an extended period of time and as the changes progress the lumen of the artery becomes narrowed compromising circulation and causing or complicating other conditions such as hypertension, weakening of arterial walls and insufficient perfusion of tissues which results in arteriosclerosis, *dhatu Agni* is affected by *vata* at the level of *rakta dhatu* – blood, which also affects the formation of the superior by products and waste products of *rakta dhatu*. The superior by products of *rakta* known as *rakta upadhatu* include the blood vessels, sinew and small tendons. The disturbance to *Rakta dhatu Agni* causes both *dhatu kshaya* - decrease in the quantity of tissue formation and *dhatu dushti* -decreased quality of tissue formation. In the case of arteriosclerosis *dhatu kshaya* and *dhatu dushti* occurs at the level of the *upadhatu* observed in the changes in tissue formation presented in the *tunica intima* of the arterial wall. Circulation is governed by *Vyana vayu*, one of the five *sub doshas* of *Vata* responsible for movement from the center of the body to the periphery and hence it is recognized as the functional energy behind the circulatory system(*Raktavaha srota*), *Rakta dhatu kshaya* manifesting in the *upadhatu of rakta* – effectively the structures that support *raktavaha srota*;

starts to disturb the flow of *vata* in the circulatory system. This disturbance to *vata in raktavaha srota* causes *Marga Avarodha* – obstruction to the normal directional flow of *vata* in the channel. This causes *Vata Vridhhi* – aggravation to *Vata*, in this case *Vyana Vayu* causing hypertension and further damaging the blood vessels. Atherosclerosis is hardening and thickening of the arteries due to the formation of fat and fibrin deposits within the arterial tissue. Modern medicine classifies atherosclerosis as an inflammatory disease caused by injury to the endothelial cells that line the walls of arteries. Causes of injury to endothelial tissue include smoking, hypertension, hyperlipidemia, toxins, virus and immune reactions. Ayurveda classifies atherosclerosis as a *Sanga* – Deficient flow, also stagnation and accumulation; disorder of *kapha* origin affecting *Vyana vayu* in *Raktavaha srota*. The causative factor being *Kapha* affects *meda dhatu* – adipose tissue, particularly the *meda dhatu agni* – metabolism at the level of adipose tissue. Decreased metabolic function at the level of adipose tissue increases the formation of adipose tissue resulting in excess *meda dhatu* either as subcutaneous fat or fat that surrounds the organs. Increased *meda dhatu* formation begins to encroach on the *upadhatu of rakta dhatu* - blood, that being the arteries and blood vessels. As the *meda dhatu* accumulates in the *raktavaha srota* it begins to block the flow of *Vyana vayu* as it carries the blood from the heart to the peripheral tissues. Due to blockage of *Vyana vayu* blood pressure is increased to counter the *kapha* stagnation hence hypertension presents as a clinical sign. *Kapha* type symptoms also present obesity, oedema, lethargy, sinus congestion and high blood cholesterol.

Due to *kapha* heart gets obstructed in movement, heavy and dull associated with salivation, fever, cough and drowsiness. – *Caraka Samhita*

Insomnia: Hot flushes, night sweats as well as worry, anxiety and palpitation can result in difficult sleeping

Sweating: It has been mentioned among both the *vatic* and the *paittik* symptoms, but the sweating due to heat is *paittik* due to fear *vatic*.

Skin problems: More pronounced at menopause, due to the *vata* dominance and *dhatu kshaya* in this phase of life.

Weight Gain: It is one of the biggest complaints that women face during perimenopausal /menopausal years. From an Ayurvedic perspective, the extra weight gain is disturbance of *meda dhatu*.

Normal *vayu* maintains the equilibrium, of *dosha*, *dhatu* and *agni*, receives the sense objects and induces actions. *Dhatu* indicates *malas* and *upadhatu*s as well as because they also sustain the body. (Su. Ni. 1/10). *Kriyanam* indicates actions of body, speech and mind. During old age, there is diminution of *dhatu*s(tissue elements), strength of sense organs, energy, manliness, valor, power of understanding, retention, memorizing, speech and analyzing facts. There is gradual diminution in the qualities if *dhatu*s and dominance of *vata* during this age.

CONCLUSION

Menopause is a physiological transitional event which comes in the life of every woman. In today's fast pace of life this

physiological event manifests with multiple and variable problems which termed as Menopausal Syndrome. Understanding of this syndrome in the light of Ayurveda based on Ayurvedic fundamentals as doshic predominance, disturbance in agni, dhatukshaya, dhatugata vata, accumulation of ama may help to combat this syndrome after identification of the accountable reason behind it.

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