

## A Case Study of Perimenopause with Ksheerabasti

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### ABSTRACT

Perimenopause begins several years before menopause. It's the time when the ovaries gradually begins to make less estrogen. Perimenopause to the period around menopause 40-55years when estrogen hormone levels begin to drop. Women typically enter into perimenopause in late 40's. perimenopause lasts up until menopause. The point when the ovaries stop releasing eggs. In the last 1 to 2 years of perimenopause.

Rajonivritti is not described separately as a pathological condition or severe health problem in ayurvedic classics. The ancient acharyas termed it as a normal physiology. Though Rajonivritti as a diseased is not described separately in the classics, Rajonivrittikala is mentioned by almost all acharyas without any controversy. The ancient acharyas termed it as a normal physiology occurring at the age near about 50 years due to vata predominance and Dhatukshaya. The Ayurvedic classics deal the disease with various therapeutic measures, amongst which Basti therapy was taken for clinical trial. In this study Ksheerabasti was taken to evaluate the efficacy of ksheerabasti.

Basti karma, which is very well proved for their physiologic effects, are taken as a special treatment methodology of ayurveda. It is well known that this age group is predominated by vatadosha. So, a minimal variation of vata will lead to vitiation in Monovaha Srotas.

ksheera is primarily meant for the enhancement of the dheer (Intelligence power), Dhriti (Grasping power), Smriti (Memory power) like Intellectual functions. So, may help to combat against various symptoms occurred by perimenopausal syndrome like fear, anger, stress, tension, irritability, depression, etc. So making a hypothesis thatksheerabasti may effective in the treatment of Rajonivritti, we make an attempt in the present study.

This is case selected from OPD of Prasooti tantra and stree roga of SVM Ayurvedic medical college, ilkal.

**KEYWORDS:** Rajonivritti, Perimenopausal Syndrome, ksheerabasti, some indigenous drugs.

### INTRODUCTION

शीर्यते अनेन इति शरीरम्

The ancient scriptures define a body as something that is prone to destruction. Human beings experience various turning points in their life cycle which may be developmental or transitional. It is a common observation that the physiological state of a body and mind do not remain one and the same throughout the

life span. At certain periods taking into consideration these physiological changes, a women's life divided into three different stages which are called as Epochs. The rough criterion for grouping is the age, but the main aim of grouping is to point out the physiological state of the body during that epoch.

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Perimenopause implies to immediately before and after the cessation of periods. Every women faces various physiological and psychological changes during this “changes of life” due to loss of ovarian activity. Sometimes such disturbances attain the stage of diseases or syndrome called as Perimenopausal syndrome which is accompanied by various vasomotor, psychological, genital, locomotors and GIT related symptoms. Perimenopause to the period around menopause (40-55 years). Menopause typically occurs in womens late 40s to 50s. perimenopausal period starts 1-2 years before menopause. In the last 1-2 years of perimenopausal period, the declining of estrogen level occurs, hence many women face menopause symptoms at this stage. Perimenopausal is a transition which ends after one year of cessation of menstrual period.

The following symptoms are felt in perimenopause by the women such as hotflushes, sleep disturbances, stress incontinence, backache, joint pain, restlessness, headache, mood swings, irritability, anxiety, nervousness, depression, forgetfulness, insomnia. In ayurveda, this phenomenon taken in a different way and not as a serious health problem. As Sushruta mentioned that menopause deals with jarapakva avastha of the body. The ancient acharyas termed it as a normal psychology accuring at the age near about 50 years due to Vata predominance and Dhatukshaya. About 75% of women are having uncomfortable physical symptoms and 50% experience psychological manifestation during perimenopause. About 50-60% of women seek medical help for that.

Ayurveda is an ancient time tested system of healing which aims at the maintainance of healthy individual and curing the ailments of diseased. Basti karma has been placed a prime position. Based on the properties of the drugs employed in the procedure. Basti exhibts various actions like shodhana, shamana, brumhana and karshana etc. Though the Basti is indicated for almost all the disease, its magnitude is enshrined in the management of Vata predominant disorders.

Some indogenous drugs are prepared with ksheera and administered in the form of basti. So making a hypothesis that ksheera Basti may effective in the treatment of perimenopausal syndrome, So we make an attempt in the present case study to know the effect of ksheerabasti with indogenous drugs in perimenopause.

Case report:

- \*Aturanaama- XYZ
- \*Vaya –46 years
- \*Linga –Female
- \*Jaati –Hindu
- \*vilasa –Ilkal

- \*shikshana –educated
- \*Vrutti –Housewife

A 46 years old female patient with complaints of irregular menstruation, joint pain, lower abdominal pain since 2 years obstetrical history P3L3 Tubectomy done. For treatment visited Prasooti tantra and stree roga OPD of RPK Ayurvedic hospital on 7/12/2021. On examination BP -130/70mmhg

PR- 88/min Spo2- 98%

HB%-10gm RBS- 100 mg/dl

USG- uterus anteverted bulky 13.4×4.9×6.9cm

ET irregular 10mm B/L/O Normal POD clear

### TREATMENT

On 10<sup>th</sup> day of cycle advised to ksheerabasti with indogenous drugs 200 ml daily for 8 days. Indogenous drugs contains ashwaganda, shatavary, ashoka, yastimadhu and shatapushpa. After the treatment symptoms are reduced.

### OBSERVATION

Before treatment patient had Irregular menstruation, Pain abdomen, joint pain, disturbed sleep since 2 years. After treatment of one month patient had complete relief from joint pain, cycles were regular, improvement in sleep and good sense of well being.

### DISCUSSION

Ksheerabasti is described as the main line of treatment in asthi- majja vaha shrotodusti vikaras by acharya charaka. Asthi and majja is the seat of vata dosha. Most of Vata prakopa lakshanas are seen in perimenopause. It can be assumed that the drug acting upon pureeshadharakala will have its action over asthi dhatu. So it has to be assumed that the nutrients absorbed will certainly causes nourishment of asthidhatu and ultimately results in vata shamana. The drugs used in the ksheera basti shows that many of the drugs used have rasayana. Balya property. The symptoms of perimenopause like haevy bleeding, inter menstrual irregularities are again part of the process of aging, aging of reproductive apparatus. Hence, looking into these varied manifestation of perimenopausal condition, to rectify the Dhatu Kshaya and to provide the body an enhanced capacity to cope up with adverse condition, in this study used the drugs which have rasayana, balya, rakta sthambaka dravyas.

### CONCLUSION

- Perimenopause is a progressive endocrinologic continuum and a complex socio cultural and hormonal event charecterised by immense fluctuations which leads to phisical, psychological and emotional changes. It’s a journey which takes

reproductive aged women from regular, cyclic and predictable menses (ovulatory cycles) to a final menstrual period associated with gradual ovarian senescence.

- In Ayurveda, it can be best understood as the phase of parihani, which is characterised by Dhatu-Bala-Indriya-Oja kshaya and predominated by disturbances of vata and pitta doshas.
- Basti karma is the one of the prime treatment modality
- Ksheerabasti can be described as a type of niruha basthi.
- Ksheerabasti showed better results in the parameters of skeletomuscular pain sleeplessness, psychological, menstrual irregularities.

The study can be tried over the effect of Ksheerabasti in perimenopause with or without anuvasana basthi.

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