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An observational study to evaluate the relation between *Prakruti* and Menopausal Age

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ABSTRACT

Menopause is a permanent cessation of menstruation at the end of reproductive life. India has large population in which, menopausal woman is about 43 million. Current studies identified 46.2 +- 4.9 years as the age of natural menopause in India. Mean natural menopausal age in south India is 46.1 +- 5.63. Menopause affects 1/3rd population & in 1/3rd of life span of women. **Objective** - To evaluate the relation between *Prakruti* & menopausal age. **Method of study** - The questionnaire was given to assess the *Deha Prakruti* then it was categorized into 60 *Vata*, 60 *Pitta* and 60 *Kapha Pradhana Prakruti*. Thereafter their menopausal age was assessed. Result shown that there was significant difference in the menopausal Age, among three different *Deha Prakruti*, which can be correlated according to the predominance of the *Dosha* in *Deha Prakruti*. **Conclusion** - The study shown that *Pitta Pradhana Prakruti* women attained early menopause and *Kapha Pradhana Prakruti* women attained late menopause. Hence, *Rajonivrutti* may also be affected by *Prakruti*, so the study is intended to know the relation between *Prakruti* & Menopausal age.

Key words: *Prakruti, Rajonivrutti Kala, menopausal age.*

INTRODUCTION

Menopause is generally defined as cessation of menstrual cycle for 12 months or a period equivalent to three previous cycles or as time of cessation of ovarian function resulting in permanent amenorrhea. The Menopause is thus a gradual and natural transitional

phase of adjustment between the active and inactive ovarian function which occupies several years of a women's life and involves biological as well as psychological changes adjustments. This period is usually associated with unavoidable manifestation of aging process in women. During Menopause, women enter an estrogen deficient phase, which accelerates the ageing process resulting in to greater vulnerability to psychosomatic problems. Hot flushes, sweating, changes in mood and libido are some important outcomes affecting the quality of life (QoL) during climacterium in women.

REVIEW OF LITERATURE

The concept of *Prakruti* is a unique contribution of *Ayurvedic science*. *Prakruti* denotes individual's natural body constitution. During the time of intra uterine life due to the influence of dominant *Dosha* of *Shukra* and *Artava* formation of *Prakruti* takes place.^[1] *Prakruti* is

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one's own constitution, which is individual specific, means it is controlled by its own physiology.^[2] Seven types of *Prakruti* are described in *Ayurveda* viz. three of individual *Dosha Vata, Pitta* and *Kapha*; three of *Dvandvaja Dosha-Vatapittaja, Vatakaphaja* and *Pittakaphaja* and one of *Sama Prakruti*.^[3]

In *Ayurveda*, Menopause deals with the *Jara Pakwa Awastha* of body. *Jara* and *Rajonivritti* are manifested due to progressive reduction in the functional ability of *Agni*, which results into an inadequate tissue nutrition. This nutritional imbalance triggers the irreversible degenerative changes in '*Sapta Dhatus*.' In *Ayurveda*, Menopause deals with '*Jara Pakva Avastha*' of body according to *Sushruta*^[4] and various other references too.^[5] 50 years is mentioned as the age of *Rajonivritti* and also there may be some variations in this regard.^[6]

Menopause is defined as the time of cessation of ovarian function resulting in permanent amenorrhoea. It takes 12 months of amenorrhoea to confirm that menopause has set in, and therefore it is its retrospective diagnosis. It is an event rather than a period of time.^[7] Menopause is a natural event as a part of the normal process of aging, it is turning into a major health problem in recent years in developed as well as developing countries like India.

MATERIALS AND METHODS

Source of data

S.D.M. College of Ayurveda and Hospital, Hassan Apparently 180 healthy female subjects of age between 40-55 years were selected irrespective of caste, creed etc., who are fulfilling the criteria of inclusion were selected and their *Deha Prakruti* was assessed with the help of the questionnaire.

Method of collection of data

180 individuals were divided into 3 groups based on the *Pradhanata* of the *Dosha* which decides the *Deha*

Prakruti like *Vata Pradhana, Pitta Pradhana* and *Kapha Pradhana*. The health status was assessed using a Standard questionnaire HSQ-2.0. Thereafter Menopausal age.

Inclusion Criteria

1. Apparently healthy female individuals
2. Women who have recently attained Menopause
3. Female of age 40 -55 year

Exclusion Criteria

1. Women who undergone Hysterectomy before menopause
2. Female below the 40 years and above the 55 years

Plan for the study

The study will be carried out in 6 phases,

Phase -1 : Taking a questionnaire based on *Deha Prakruthi*, menopausal age

Phase -2 : Selection of subjects related to fulfil the inclusion and exclusion criteria

Phase -3 : Take consent form from the subjects

Phase -4 : Assessment of *Deha Prakruthi* and their menopausal age

Phase -5 : Validation of the data

Phase -6 : Further subjected to statistical analysis

Assessment Criteria

Prakruti of an individual, menopausal age

Subjective Parameter

Self-assessment questionnaire by Dr. Rashmi Sharma, Dr. Kishor Patwardhan was used for assessing *Deha Prakruti*.

RESULTS AND DISCUSSION

Table 1: Relation between *Pradhana Prakruti* and Menopausal Age.

Pradhana Prakruti * Menopausal Age Cross tabulation																
Count	Menopausal Age															Total
	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	

Pradhana Prakruti	Vata Pradhana	0	0	1	3	4	1	8	10	14	8	9	0	1	1	0	60
	Pitta Pradhana	1	2	6	8	13	17	2	3	2	2	2	0	1	1	0	60
	Kapha Pradhana	0	0	0	1	2	0	0	0	2	0	4	20	18	11	2	60
Total		1	2	7	12	19	18	10	13	18	10	15	20	20	13	2	180

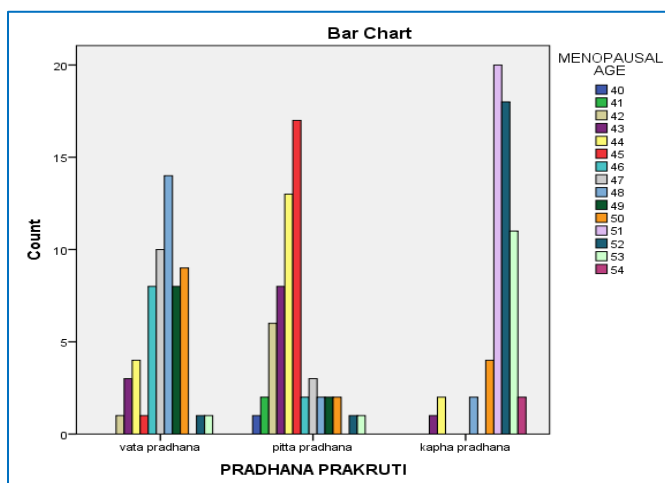
Table 2: Chi-Square test on relation between Pradhana Prakruti and Menopausal Age

Chi-Square Tests	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	204.971 ^a	28	0.000
Likelihood Ratio	214.707	28	0.000
Linear-by-Linear Association	34.403	1	0.000

Table 3: Eta value to assess the relation between Pradhana Prakruti and Menopausal Age

			Value
Nominal by Interval	Eta	Pradhana Prakruti Dependent	0.791
		Menopausal Age Dependent	0.757

Diagram 1: Showing Relation between Pradhana Prakruti and Menopausal Age



Among 180 samples, Vata Pradhana Prakruti were more frequency at the age of 47, 48. Pitta Pradhana Prakruti were more frequency at the age of 44,45 and Kapha Pradhana Prakruti were more frequency at the age of 51,52,53. Mean menopausal age is 47.83 at standard deviation 3.502. Chi-Square test was performed to see the distribution of the age of menopause in different Prakruthi. It was found that there is a significant difference in the distribution of age of menopause among the three categories of Prakruthi at p value <0.001. Pitta Pradhana Prakruthi individuals are shown to get earlier menopause compared to Vata Pradhana Prakruthi. Kapha Pradhana Prakruthi individuals were showing a delayed menopause compared to Vata Pradhana and Pitta Pradhana Prakruthi. Eta value 0.75 shows, there is strong relation present between Deha Prakruti and menopausal age.

Menopausal age and Prakruti

Kapha Pradhana Prakruti individuals were found to have delayed menopause (i.e., at the age of 51,52,53) compared to Vata Pradhana, May be due the Manda Guna, Sthaimitya Guna of Kapha Dosha. Manda Guna produces Manda Chesta (slow in action) & Sthaimithya Guna produces Ashigra Aarambha (slow in initiation of action). Pitta Pradhana Prakruti individuals are found to have early menopause (i.e., at the age of 44,45) due to Usna, Tikshna Guna of Pitta Dosha. Pitta is basically responsible for the decay and degenerative changes due to its specific properties like Ushna (hot), Tikshna (sharp). Pitta Prakruti women were susceptible to untimely or premature manifestations of aging and hence may have early menopause. Artava is Agneya, so it may have an early influence on individuals with Pitta predominant Prakruthi.

CONCLUSION

The study revealed that there is a significant association between *Deha Prakruti* and menopausal age and symptoms. *Pitta Pradhana Prakruti* women attained early menopause and *Kapha Pradhana Prakruti* women attained late menopause. Hence Research hypothesis is accepted.

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