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

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ABSTRACT

Background - Menopause is permanent cessation of menstruation at the end of reproductive life. India has large population of menopausal woman about 43 million. Current studies identified 46.2 +\ 4.9years 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. In *Vataprakruti* individuals, symptoms like sensory motor problems, arthropathies & psychological disturbance like anxiety, irritability, depression, mood swing will be more. In *Pitta Prakruti* individuals hot flushes will be more predominant, excessive perspiration & thirst, anger, short temper, will be more frequent & in *Kapha Prakruti* weight gain, slow digestion, sleepiness will be more. Hence, *Rajonivrutti* may also be affected by *Prakruti*, So, the study is intended to know the relation between *Prakruti* & Menopausal symptoms.

Objectives - To evaluate the relation between *Prakruti* & menopausal symptoms. **Method and Result** - First the questionnaire was given to assess the *Deha Prakruti* then 60 *Vata*, 60 *Pitta* and 60 *Kapha Pradhana Prakruti* was selected. There after their menopausal symptoms were assessed with the help of Menopausal rating scale.

Conclusion - There was a significant difference in the menopausal symptoms, among three different *Deha Prakruti*, which can be correlated according to the predominance of the *Dosha Gunas* in *Deha Prakruti*.

Key words: *Prakruti, Rajonivrutti Kala, menopausal symptom*

INTRODUCTION

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 *Rajonivrutti* 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 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.

METHODOLOGY

Apparently 180 healthy female subjects of age between 40-55 years were selected in S.D.M. College of *Ayurveda* and Hospital, Hassan with 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. The 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. There after Menopausal symptoms were assessed with the help of the Menopause rating scale.

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Inclusion Criteria

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

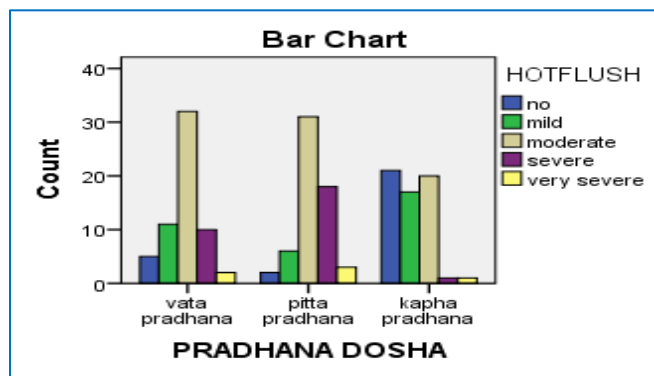
Exclusion Criteria

- Women who undergone Hysterectomy before menopause
- Female below the 40 years and above the 55 years

RESULTS

Distribution of Hot flush among 3 groups of Deha Prakruti

		HOTFLUSH					Total
		no	mild	moderate	severe	very severe	
PRADHAN A PRAKRUTI	vata pradhana	5	11	32	10	2	60
	pitta pradhana	2	6	31	18	3	60
	kapha pradhana	21	17	20	1	1	60
Total		28	34	83	29	6	180



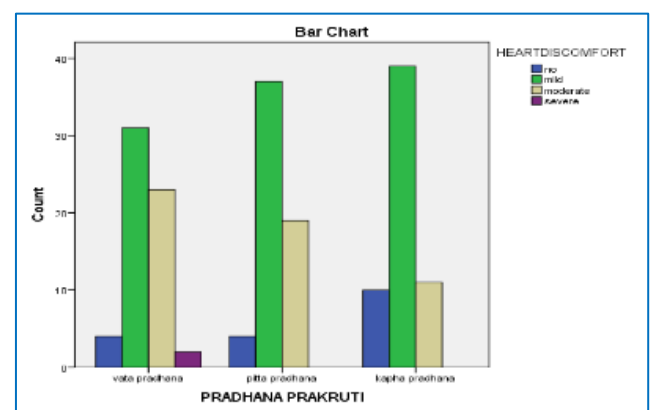
Chi-Square Tests			
	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	46.880 ^a	8	0.000
Likelihood Ratio	50.107	8	0.000
Linear-by-Linear Association	19.290	1	0.000

		Value	Approx. Sig.
Nominal by Nominal	Phi	0.510	0.000
	Cramer's V	0.361	0.000

Out of the 180 samples, 28 samples were no hot flush, 34 samples were mild hot flush, 83 samples were moderate hot flush, 29 samples were severe hot flush, 6 samples were very severe hot flush. *Pitta Pradhana Prakruti* individuals shows severe hot flush, due to *Usna, Tikshna Guna* of *Pitta*. *Usna Guna* produces more amount heat in the body, *Tiksheena Guna* induces *Tikshnagni* (i.e., increased BMR, generate more amount of heat) in the body, hence *Pitta Pradhana Prakruti* may show severe hot flush compared to *Vata Pradhana Prakruti*. *Kapha Pradhana Prakruti* individuals shows mild to no hot flush, due to *Sheeta Guna* of *Kapha*. *Usna Gunas* opposite to *Sheeta Guna*. So, *Sheeta Guna* having *Usna* subsiding property hence *Kapha Prakruti* may shows mild to no hot flush.

Distribution of Heart discomfort among 3 groups of Deha Prakruti

		HEARTDISCOMFORT				Total
		no	mild	moderate	severe	
PRADHAN A PRAKRUTI	vata pradhana	4	31	23	2	60
	pitta pradhana	4	37	19	0	60
	kapha pradhana	10	39	11	0	60
Total		18	107	53	2	180

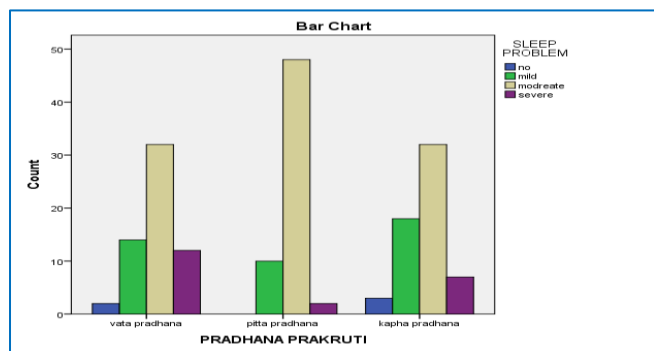


Among 180 samples, 18 samples were no heart discomfort, 107 samples were mild heart discomfort,

53 samples were moderate heart discomfort, 2 samples were severe heart discomfort. *Vata Pradhana Prakruti* individuals shows moderate to severe heart discomfort, may be due to *Sheeta, Ruksha, Laghu Guna* of *Vata*. *Sheeta Guna* produces *Sthambana* (i.e., constriction in the blood vessels, *Ruksha Guna* produces *Rukshana* (flaccidity in the blood vessels), *Laghu Guna* produces the *Chapala Gati* (heart racing, heart skipping, unusual awareness of heartbeat occurs). *Pitta Pradhana Prakruti* individuals shows mild heart discomfort, *Kapha Pradhana Prakruti* individuals shows mild to no heart discomfort may be due to *Snigda, Guru Guna* of *Kapha*. *Snigda Guna* produces *Snigdanga* (nourishes the body, also blood vessels i.e., reduces flaccidity), *Guru Guna* produces *Avasthita Gati* (i.e., normal heart beat) hence *Kapha Pradhana Prakruti* may show mild to no heart discomfort.

Distribution of Sleep problem among 3 groups of Deha Prakruti

		SLEEP PROBLEM				Total
		no	mild	moderate	severe	
PRADHAN A PRAKRUT I	vata pradhana	2	14	32	12	60
	pitta pradhana	0	10	48	2	60
	kapha pradhana	3	18	32	7	60
Total		5	42	112	21	180



Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	16.800 ^a	6	0.010

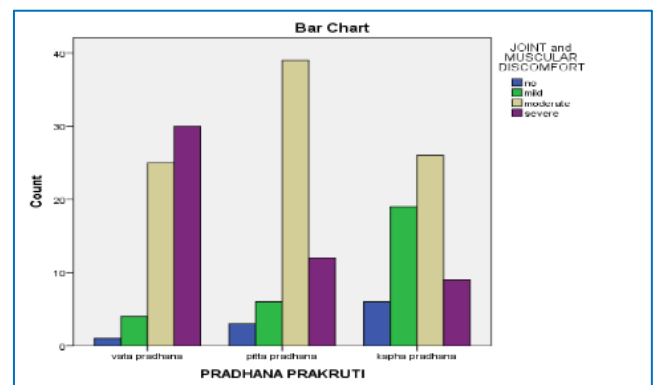
Likelihood Ratio	18.894	6	0.004
Linear-by-Linear Association	2.324	1	0.127

		Value	Approx. Sig.
Nominal by Nominal	Phi	0.306	0.010
	Cramer's V	0.216	0.010

Among 180 samples, 5 samples were no sleep problem, 42 samples were mild sleep problem, 112 samples were moderate sleep problem, 21 samples were severe sleep problem. *Vata Pradhana Prakruti* individuals shows severe sleep problem, may be due to *Rajo, Ruksha Guna* of *Vata*. *Rajo Guna* produces *Chanchalata* (awakening during night) & *Vata Prakruti* normally having property *Alpa Nidra, Jagaruk* due to *Ruksha Guna*. *Pitta Pradhana Prakruti* shows moderate sleep problem and *Kapha Pradhana Prakruti* individual shows mild sleep problem, due to *Tama, Snigda, Guruguna*. Naturally *Tama Guna* cause sleep.

Distribution of Joint and muscular discomfort among 3 groups of Deha Prakruti

		JOINT and MUSCULAR DISCOMFORT				Total
		no	mild	moderate	severe	
PRADHAN A PRAKRUT I	vata pradhana	1	4	25	30	60
	pitta pradhana	3	6	39	12	60
	kapha pradhana	6	19	26	9	60
Total		10	29	90	51	180



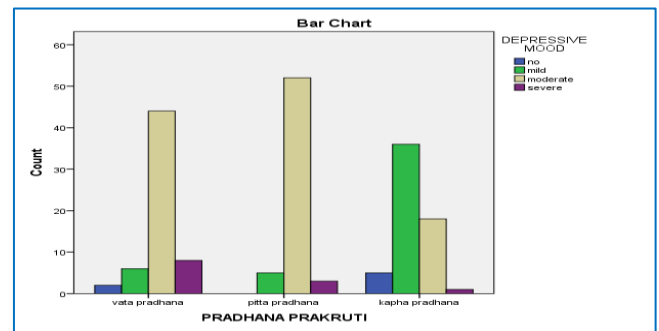
Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	36.767 ^a	6	0.000
Likelihood Ratio	35.089	6	0.000
Linear-by-Linear Association	26.308	1	0.000

		Value	Approx. Sig.
Nominal by Nominal	Phi	0.452	0.000
	Cramer's V	0.320	0.000

Among 180 samples, 10 samples were no joint and muscular discomfort, 29 samples were mild joint and muscular discomfort, 90 samples were moderate joint and muscular discomfort, 51 samples were severe joint and muscular discomfort. *Vata Pradhana Prakruti* individuals shows severe joint and muscular discomfort, may be due to *Ruksha, Laghu, Vaishadya Guna* of *Vata*. *Ruksha Guna* produces *Rukshata* (dryness in joints), *Laghu Guna* produces *Chapala Gati* (Improper walking), *Vaishadya Guna* produces *Satata Sandhi Shabda Gaamina* (sound produced while walking). *Pitta Pradhana Prakruti* shows moderate joint and muscular discomfort, may be due to *Drava Guna*, it produces *Shitilata* in *Sandi*, *Pitta Pradhana Prakruti* having *Mrudu Sandi Mamsa* and *Kapha Pradhana Prakruti* individuals shows mild joint and muscular discomfort, may be due to *Snigda, Sara, Saandra, Vijjala, Guru Guna, Snigda* and *Saandra Guna* nourishes the joints, *Sara Guna* provides *Sthirata* to the joints, *Vijjala Guna* provides *Suslishta Sandi Bandana* (firmness and compactness to the joints).

Distribution of depressive mood among 3 groups of Deha Prakruti

		DEPRESSIVE MOOD				Total
		no	mild	moderate	severe	
PRADHAN A PRAKRUTI	vata pradhana	2	6	44	8	60
	pitta pradhana	0	5	52	3	60
	kapha pradhana	5	36	18	1	60
Total		7	47	114	12	180



Chi-Square Tests			
	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	68.177 ^a	6	0.000
Likelihood Ratio	69.183	6	0.000
Linear-by-Linear Association	37.443	1	0.000

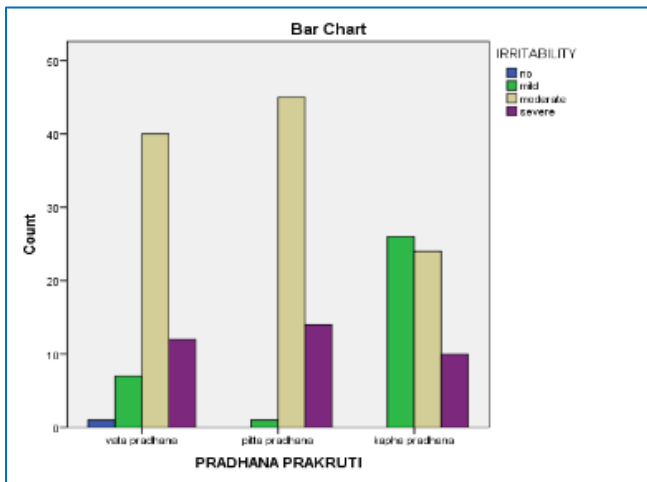
		Value	Approx. Sig.
Nominal by Nominal	Phi	0.615	0.000
	Cramer's V	0.435	0.000

Among 180 samples, 7 samples were no depressive mood, 47 samples were mild depressive mood, 114 samples were moderate depressive mood, 12 samples were severe depressive mood. *Vata Pradhana Prakruti* individuals shows severe depressive mood, may be due to *Rajo, Shigra, Laghu Guna* of *Vata*. *Shigra Guna* produces *Shigra Trasa Raga Viraga* (quickly gets angry mood, sadness), *Laghu Guna* produces *Chapala Gati* i.e., *Chesta*. *Kapha Pradhana Prakruti* individuals shows mild depressive mood, may be due to *Manda, Sthaimitya Guna* of *Kapha*. *Manda Guna* produces *Manda Chesta* i.e., decrease in mental activities, *Sthaimitya Guna* produce *Ashigra Aarambha Kshobha Vikara* (slowly get angry mood, sadness).

Distribution of Irritability among 3 groups of Deha Prakruti

		Irritability				Total
		No	Mild	Moderate	Severe	
Pradhana Prakruti	Vata Pradhana	1	7	40	12	60

	Pitta Pradhana	0	1	45	14	60
	Kapha Pradhana	0	26	24	10	60
Total		1	34	109	36	180



Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	39.349 ^a	6	0.000
Likelihood Ratio	41.484	6	0.000
Linear-by-Linear Association	7.277	1	0.007

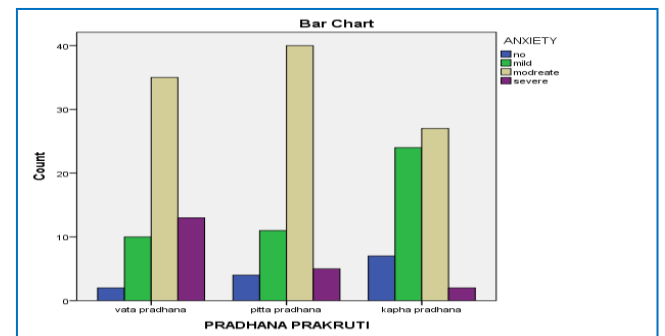
		Value	Approx. Sig.
Nominal by Nominal	Phi	0.468	0.000
	Cramer's V	0.331	0.000

Out of the 180 samples, 1 sample had no Irritability, 34 samples were mild Irritability, 109 samples were moderate Irritability, 36 samples were severe Irritability. Pitta Pradhana Prakruti individuals shows severe irritability, may be due to Tikshna, Kshipra Kopa Prasad Guna. Tikshana Guna produces Kleshaasahishnutwa (cannot tolerate difficulties),

Kshipra Kopa Prasad Guna (short tempered) hence, Pitta Pradhana Prakruti easily gets irritability. Kapha Pradhana Prakruti individuals shows mild irritability, due to Klesha Kshama Guna, Sthaimitya Guna of Kapha. Klesha Kshama Guna produces tolerating capacity to any situation, Sthaimitya Guna produces Ashigra Aarambha Kshobha Vikara (slowness in initiating actions, irritation) hence Kapha Pradhana Prakruti individuals exhibits mild irritability.

Distribution of Anxiety among 3 groups of Deha Prakruti

		ANXIETY				Total
		no	mild	moderate	severe	
PRADHANA PRAKRUTI	vata pradhana	2	10	35	13	60
	pitta pradhana	4	11	40	5	60
	kapha pradhana	7	24	27	2	60
Total		13	45	102	20	180



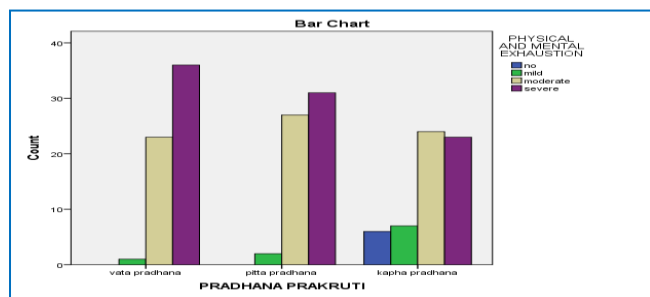
Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	23.286 ^a	6	0.001
Likelihood Ratio	22.862	6	0.001
Linear-by-Linear Association	17.819	1	0.000

		Value	Approx. Sig.
Nominal by Nominal	Phi	0.360	0.001
	Cramer's V	0.254	0.001

Out of the 180 samples, 13 samples were no anxiety, 45 samples were mild Anxiety, 102 samples were moderate anxiety, 20 samples shown severe anxiety. *Vata Pradhana Prakruti* individuals shows severe anxiety, may be due to *Shigra Guna, Krodhi* of *Vata*. *Shigra Guna* produce *Shigra Aarambha Kshobha Vikara* (quickly gets angriness, sadness), *Krodhi* (short tempered) hence *Pitta Pradhana Prakruti* gets easily anxiety. *Kapha Pradhana Prakruti* individuals shows mild anxiety may be due to *Manda, Sthaimitya, Soumya Guna, Dhurutimaan* of *Kapha*. *Manda Guna* produces *Manda Chesta* (slow mental activities), *Sthaimitya Guna* produces *Ashigra Aarambha Kshobha Vikara* (slowness in initiating actions), *Soumya Guna* generates coolness in the body. Hence, *Kapha Prakruti* individuals are having cool minded. *Kapha Pradhana Prakruti* individuals are *Dhurutimaan* (self-controlled).

Distribution of Physical and mental exhaustion among 3 groups of Deha Prakruti

		PHYSICAL AND MENTAL EXHAUSTION				Total
		no	mild	moderate	severe	
PRADHAN A PRAKRUT I	vata pradhana	0	1	23	36	60
	pitta pradhana	0	2	27	31	60
	kapha pradhana	6	7	24	23	60
Total		6	10	74	90	180



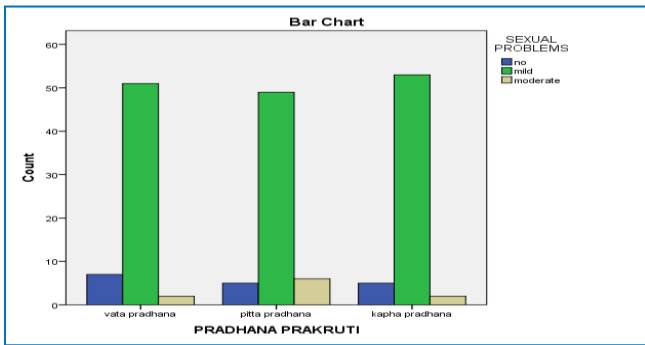
Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	21.418 ^a	6	0.002
Likelihood Ratio	22.404	6	0.001
Linear-by-Linear Association	14.581	1	0.000

			Value	Approx. Sig.
Nominal by Nominal	Phi		0.345	0.002
	Cramer's V		0.244	0.002

Out of the 180 samples, 6 samples were no Physical and mental exhaustion, 10 samples were mild Physical and mental exhaustion, 74 samples were moderate Physical and mental exhaustion, 90 samples were severe Physical and mental exhaustion. *Vata Pradhana Prakruti* individuals shows severe physical and mental exhaustion, may be due to *Ruksha, Rajo, Laghu Guna, Alpa Bala*. *Ruksha Guna* produces dryness in the body & it does *Apachita* of the body, by this person become weak. *Laghu Guna* produces *Chapala Chesta* by this person become early physical exhaustion. *Rajo Guna* produces *Chanchalata* in thinking so they become early mental exhaustion. Because of *Alpa Bala* they cannot do heavy work, Hence, *Vata Pradhana Prakruti* having early physical & mental exhaustion. *Pitta Pradhana Prakruti* shows moderate physical and mental exhaustion, may be due to *Madhyama Bala*. *Kapha Pradhana Prakruti* individual shows mild physical and mental exhaustion, due to *Snigdha, Saandra Guna, Balavanta, Ojaswina*. *Snigdha Guna* produces *Snigdanga* in the body, it enhances the strength of the body as well as mind. *Saandra Guna* does the *Upachita Paripurna Sarvanga* (nourishment of body & mind). *Kapha Pradhana Prakruti* individuals are *Balavanth* (naturally having good strength) & *Ojaswina* (well immunity power) hence *Kapha Pradhana Prakruti* individuals are not getting easily physical & mental exhaustion.

Distribution of Sexual problems among 3 groups of Deha Prakruti

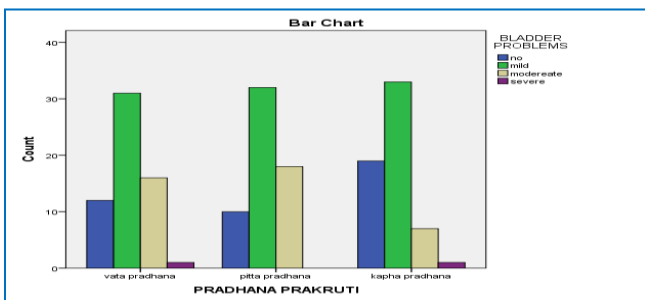
		SEXUAL PROBLEMS			Total
		no	mild	moderate	
PRADHAN A PRAKRUT I	vata pradhana	7	51	2	60
	pitta pradhana	5	49	6	60
	kapha pradhana	5	53	2	60
Total		17	153	10	180



Out of the 180 samples, 17 samples were no Sexual problems, 153 samples were mild Sexual problems, 10 samples were moderate Sexual problems. No significant result.

Distribution of Bladder problems among 3 groups of Deha Prakruti

		BLADDER PROBLEMS				Total
		no	mild	moderate	severe	
PRADHANA PRAKRUTI	vata pradhana	12	31	16	1	60
	pitta pradhana	10	32	18	0	60
	kapha pradhana	19	33	7	1	60
Total		41	96	41	2	180

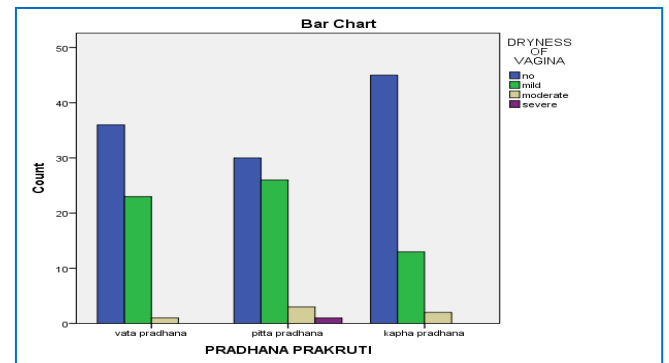


Out of the 180 samples, 41 samples were no Bladder problems, 96 samples were mild bladder problems, 41 samples were moderate bladder problems, 2 samples were severe bladder problems. No significant result.

Distribution of dryness of vagina among 3 groups of Deha Prakruti

		Dryness of Vagina				Total
		No	Mild	Moderate	Severe	
Pradhana Prakruti	Vata Pradhana	36	23	1	0	60

	Pitta Pradhana	30	26	3	1	60
	Kapha Pradhana	45	13	2	0	60
Total		111	62	6	1	180



Out of the 180 samples, 111 samples were no dryness of vagina, 62 samples were mild dryness of vagina, 6 samples were moderate dryness of vagina, 1 sample had severe dryness of vagina. No significant result.

Cramer's Value

Showing Cramer's Results between Deha Prakruti and Menopausal symptoms

Menopausal symptom	V value	Level of Association
Pradhana Dosha and Hot flush	0.361	Very strong
Pradhana Dosha and Heart discomfort	0.191	Weak
Pradhana Dosha and Sleep Problem	0.261	Moderately strong
Pradhana Dosha and Depressive Mood	0.435	Worrisomely strong
Pradhana Dosha and Irritability	0.331	Strong
Pradhana Dosha and Anxiety	0.254	Moderately strong
Pradhana Dosha and Physical and Mental Exhaustion	0.244	Moderate

Pradhana Dosha and Joint and Muscular Discomfort	0.320	Strong
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CONCLUSION

The study revealed that there is a significant association between *Deha Prakruti* and menopausal symptoms. *Vata Pradhana Prakruti* shows severity in symptoms like heart discomfort, sleep problem, joint & muscular discomfort, depressive mood, anxiety, physical & mental exhaustion. *Pitta Pradhana Prakruti* shows severity in hot flush, irritability & moderate in all symptoms. *Kapha Pradhana Prakruti* shows mild in all symptoms. Hence Research hypothesis is accepted.

LIMITATIONS OF THE STUDY

Sample size was small. A larger sample study might have helped in a better way. Subjects found difficulty to distinguish in mild, moderate, severe, very severe characters in MRS scale. Subjects found difficulty to assess sexual problems, Dryness of vagina in MRS scale.

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