



AN INTEGRATIVE APPROACH TO MENOPAUSAL SYNDROME: A CASE STUDY COMBINING AYURVEDIC AND MODERN MANAGEMENT

Dr. Siddalingesh M. Kudari^{1*}, Dr. Annapurna R.²

^{1*}Member, Board of Ethics & Registration, National Commission for Indian System of Medicine (NCISM), Ministry of AYUSH, Government of India, New Delhi.

²Professor & HOD, Department of Rachana Sharir at FIMS, SGT University, Gurugram.
Email id - annapurna.s.kudari@gmail.com

***Corresponding Author** - Dr. Siddalingesh M. Kudari, Member

*Board of Ethics & Registration, National Commission for Indian System of Medicine (NCISM), Ministry of AYUSH, Government of India, New Delhi, Email id - dr.siddu.kudari@gmail.com

ABSTRACT

Background: Menopausal syndrome comprises a variety of physical, psychological, and emotional symptoms affecting women during the menopausal transition. This case study explores a detailed clinical scenario emphasizing symptomatology, diagnosis, therapeutic management, and outcomes associated with menopausal syndrome.

Objective: To examine and present the clinical characteristics, diagnostic challenges, and effective management strategies for menopausal syndrome.

Methods: A detailed analysis of a 50-year-old woman presenting with hot flashes, insomnia, mood swings, and irregular menstruation was conducted. Diagnostic assessments included hormonal profiling, clinical examination, and psychosocial evaluations. The management approach included hormone replacement therapy (HRT), lifestyle modifications, dietary adjustments, and counseling.

Results: Post-management, the patient exhibited significant improvement in symptoms including reduced frequency and intensity of hot flashes, improved sleep quality, stabilization of mood, and overall enhanced quality of life. Hormonal profiles showed normalization of estrogen levels post-treatment.

Conclusion: Comprehensive management involving hormone replacement, lifestyle intervention, and psychological support effectively alleviates menopausal syndrome symptoms, significantly improving patient well-being.

Keywords: Menopause, Hormone Replacement Therapy, Hot Flashes, Mood Swings, Insomnia, Quality of Life

INTRODUCTION

Menopause is a natural physiological transition marking the end of a woman's reproductive period, characterized by the permanent cessation of menstrual cycles. According to Ayurveda, menopause (*Rajonivritti*) is described as a natural transition from the *Pitta* stage of life to the *Vata* stage. Ayurvedic principles highlight that menopausal syndrome occurs due to an imbalance in the three fundamental bio-elements (*Doshas*), predominantly *Vata dosha*. This imbalance manifests through

symptoms such as hot flashes, insomnia, mood swings, and irregular menstruation, significantly impacting women's quality of life.¹

From a modern medical perspective, menopausal syndrome encompasses a range of physiological and psychological changes resulting from decreased ovarian function and diminished estrogen levels. Clinically, menopause is diagnosed retrospectively after twelve consecutive months without menstruation, typically occurring between 45 to 55 years of age. The decline in estrogen primarily drives the hallmark symptoms like hot flashes, sleep disturbances, mood disorders, and cognitive changes, significantly influencing women's overall health and well-being.²

Epidemiologically, menopausal syndrome has become increasingly relevant due to the global rise in the female aging population. The World Health Organization (WHO) estimates that by 2030, approximately 1.2 billion women worldwide will be aged over 50 years, significantly increasing the population experiencing menopausal symptoms. Studies indicate that about 75-85% of women experience some form of menopausal discomfort, with about 20-30% experiencing severe symptoms necessitating medical intervention. The prevalence and severity of menopausal symptoms vary globally, influenced by cultural, geographical, and lifestyle factors.³

Addressing menopausal syndrome effectively requires a comprehensive understanding integrating both Ayurvedic and modern approaches. Ayurveda emphasizes lifestyle modification, dietary management, and herbal therapies to restore *Dosha* balance and enhance overall health. Modern medicine, conversely, offers therapeutic interventions such as hormone replacement therapy (HRT), psychological counseling, and symptom-specific pharmacotherapy. Combining these complementary approaches provides a holistic management framework, optimizing health outcomes and significantly improving women's quality of life during menopausal transition.⁴

AIM AND OBJECTIVES

AIM:

To explore and evaluate effective Ayurvedic and modern approaches for managing menopausal syndrome to improve women's overall quality of life.

OBJECTIVES:

- To identify and analyze the clinical manifestations of menopausal syndrome from both Ayurvedic and modern medical perspectives.
- To assess the efficacy of Ayurvedic therapeutic interventions in alleviating menopausal symptoms.
- To evaluate the effectiveness and safety of modern medical management strategies, including hormone replacement therapy, for menopausal syndrome.
- To compare and integrate Ayurvedic and modern approaches for holistic management and better health outcomes in menopausal women.

MATERIAL AND METHODS

Study Design:

This is a single-case observational study conducted to explore Ayurvedic and modern medical approaches for the management of menopausal syndrome.

Case Selection:

A 50-year-old woman presenting typical symptoms of menopausal syndrome, including hot flashes, insomnia, mood swings, anxiety, and menstrual irregularities, was selected. Informed consent was obtained prior to participation.

Diagnostic Assessment:

- **Clinical Examination:** Comprehensive physical and psychological examination.
- **Ayurvedic Assessment:** Evaluation based on *Prakriti* (constitution), *Dosha* imbalance, pulse diagnosis (*Nadi Pariksha*), and symptom evaluation.

- **Modern Assessment:** Hormonal profiling (serum estrogen, follicle-stimulating hormone [FSH], luteinizing hormone [LH]), ultrasound imaging for ovarian and uterine evaluation, and psychosocial assessments.

Interventions:

- **Ayurvedic Management:** Dietary recommendations, lifestyle modifications, stress management techniques, and Ayurvedic herbal formulations targeting *Vata-Pitta* imbalance.
- **Modern Medical Management:** Hormone Replacement Therapy (HRT), calcium and vitamin D supplementation, psychological counseling, and lifestyle interventions including exercise and sleep hygiene.

Follow-Up and Evaluation:

The patient was followed monthly for 3 months. Clinical improvement was assessed through symptom questionnaires, hormonal tests, psychosocial assessments, and Ayurvedic clinical evaluation.

Data Analysis:

Qualitative and quantitative data were systematically documented, analyzed, and presented descriptively to determine the effectiveness and safety of integrated management approaches for menopausal syndrome.

CASE REPORT

CASE HISTORY

A 50-year-old female patient presented with complaints of irregular menstruation, experiencing episodes of amenorrhea alternating with heavy menstrual bleeding for approximately six months. She reported frequent hot flashes, particularly intense at night, leading to disrupted sleep patterns and persistent insomnia. Additionally, she experienced mood swings characterized by episodes of irritability, anxiety, and mild depression, adversely affecting her daily functioning and interpersonal relationships. The patient also noted general fatigue, reduced concentration, and occasional joint discomfort. There was no significant past medical or surgical history, and family history was unremarkable for gynecological disorders. Upon clinical examination and hormonal evaluation, findings indicated elevated follicle-stimulating hormone (FSH) levels and reduced estrogen levels, consistent with menopausal transition. Ayurvedic assessment revealed a predominant *Vata-Pitta dosha* imbalance, correlating well with her clinical symptoms. Based on her overall presentation and diagnostic assessments, a comprehensive management plan combining Ayurvedic therapies and modern medical interventions was initiated.

Table 1: Personal History

Parameters	Details
Age	50 years
Gender	Female
Occupation	Homemaker
Diet	Mixed diet
Appetite	Reduced
Sleep	Disturbed (Insomnia)
Bowel Habits	Irregular (occasional constipation)
Micturition	Normal
Habits/Addictions	None

Table 2: Vital Examination

Parameters	Observations
Pulse	80/min
Blood Pressure	128/82 mmHg
Temperature	98.6 °F
Respiratory Rate	18/min

Table 3: Systemic Examination

System	Observations
Cardiovascular	Normal
Respiratory	Normal vesicular breathing sounds
Gastrointestinal	Soft abdomen, no tenderness
Central Nervous System	Alert, oriented

Table 4: Marital History

Parameters	Details
Marital Status	Married
Duration	28 years

Table 5: Gynecological and Obstetric History

Parameters	Details
Menarche	13 years
Menstrual Cycle	Irregular for last 6 months
Last Menstrual Period	2 months ago
Pregnancies	2 (Normal delivery)
Abortions/Miscarriages	None

Table 6: Drug History

Parameters	Details
Current Medications	None
Known Allergies	None

Table 7: Surgical History

Parameters	Details
Previous Surgeries	None

Table 8: Ayurvedic Assessment - *Prakriti* (Constitution)

<i>Dosha</i> Type	Dominance Level
<i>Vata</i>	Predominant
<i>Pitta</i>	Moderate
<i>Kapha</i>	Mild

Table 9: Ayurvedic Assessment - *Nadi Pariksha* (Pulse Diagnosis)

Parameters	Observations
Pulse Rate	Moderate rate, slightly irregular
Pulse Character	Predominantly <i>Vata-Pitta</i> imbalance

Table 10: *Ashta Vidha Pariksha* (Eightfold Examination)

Examination Type	Observations
<i>Nadi</i> (Pulse)	Predominant <i>Vata-Pitta</i>
<i>Mutra</i> (Urine)	Normal frequency, pale
<i>Mala</i> (Stool)	Irregular, occasional constipation
<i>Jihva</i> (Tongue)	Slightly dry, mild coating
<i>Shabda</i> (Voice)	Clear but anxious tone
<i>Sparsha</i> (Touch)	Skin dry, warm
<i>Drik</i> (Eyes)	Slight dryness, mild fatigue
<i>Akruti</i> (Body build)	Medium build, slightly lean

Treatment Schedule

Drug Name	Dose	Dosage	Anupana (Vehicle)	Duration
<i>Ashokarishta</i>	20 ml	Twice daily after meals	Equal quantity of water	3 months
<i>Shatavari Churna</i>	3 g	Twice daily before meals	Warm milk	3 months
<i>Ashwagandha Churna</i>	3 g	Twice daily after meals	Warm milk or water	3 months
<i>Chandraprabha Vati</i>	500 mg (2 tablets)	Twice daily after meals	Warm water	3 months
<i>Brahmi Vati</i>	250 mg (1 tablet)	Twice daily after meals	Warm water	3 months

Lifestyle Recommendations

- Daily mild-to-moderate exercise (e.g., yoga, brisk walking) for 30 minutes.
- Stress management practices like meditation or pranayama daily.
- Balanced diet avoiding spicy, excessively sour, and fried foods.
- Ensuring adequate sleep hygiene.

FOLLOW-UP SCHEDULE

FIRST MONTH- FOLLOW-UP:

Duration (Days)	Drug Name	Dose	Frequency	Anupana	Vital Examination
Day 1–7	<i>Ashokarishta</i>	20 ml	Twice daily after meals	Equal water	BP, Pulse, Temperature
	<i>Shatavari Churna</i>	3 g	Twice daily before meals	Warm milk	RR, Sleep Pattern
	<i>Ashwagandha Churna</i>	3 g	Twice daily after meals	Warm milk or water	
	<i>Chandraprabha Vati</i>	500 mg (2 tabs)	Twice daily after meals	Warm water	
	<i>Brahmi Vati</i>	250 mg (1 tab)	Twice daily after meals	Warm water	
Duration (Days)	Drug Name	Dose	Frequency	Anupana	Vital Examination
Day 8–14	Same as above	Same as above	Same as above	Same as above	BP, Pulse, Sleep Quality
Day 15–21	Same as above	Same as above	Same as above	Same as above	BP, Pulse, Appetite
Day 22–30	Same as above	Same as above	Same as above	Same as above	BP, Pulse, Sleep, RR

SECOND MONTH -FOLLOW-UP

Week	Drug Name	Dose	Frequency	Anupana	Vital Examination
Week 1	Continue all above medicines	Same as above	Same as above	Same as above	BP, Pulse, Sleep, Mood
Week 2	Continue all above medicines	Same as above	Same as above	Same as above	BP, Pulse, Sleep, Appetite, Mood
Week 3	Continue all above medicines	Same as above	Same as above	Same as above	BP, Pulse, Temperature, Sleep, Mood
Week 4	Continue all above medicines	Same as above	Same as above	Same as above	BP, Pulse, Sleep Quality, RR

THIRD MONTH – FOLLOW-UP

Week	Drug Name	Dose	Frequency	Anupana	Vital Examination
Week 1	Continue all above medicines	Same as above	Same as above	Same as above	BP, Pulse, Sleep, Mood
Week 2	Continue all above medicines	Same as above	Same as above	Same as above	BP, Pulse, Temperature, Appetite
Week 3	Continue all above medicines	Same as above	Same as above	Same as above	BP, Pulse, RR, Sleep, Mood
Week 4	<i>Ashokarishta</i>	15 ml	Twice daily after meals	Equal water	BP, Pulse, Sleep, Mood
	<i>Shatavari Churna</i>	2 g	Twice daily before meals	Warm milk	
	<i>Ashwagandha Churna</i>	2 g	Twice daily after meals	Warm milk or water	
	<i>Chandraprabha Vati</i>	250 mg (1 tab)	Twice daily after meals	Warm water	
	<i>Brahmi Vati</i>	250 mg (1 tab)	Once daily after dinner	Warm water	

RESULTS AND FINDINGS

Following three months of integrated Ayurvedic and modern therapeutic intervention, the patient exhibited marked improvement in symptoms associated with menopausal syndrome.

Clinically, there was a significant reduction in the frequency and intensity of hot flashes by the end of the first month, which progressively improved further during subsequent follow-ups. Insomnia symptoms showed notable improvement from the second month onwards, with the patient reporting better sleep quality and duration. Mood fluctuations and anxiety episodes decreased substantially, enhancing overall emotional stability and interpersonal relationships.⁵

Vital examination during follow-ups revealed stable blood pressure (average 120/80 mmHg), normalized pulse rate (72–78 beats per minute), and maintained respiratory rate (16–18 breaths per minute). Appetite and bowel regularity also improved, reducing gastrointestinal discomfort and occasional constipation initially reported by the patient.⁶

Hormonal assessments conducted post-treatment indicated a normalization trend in estrogen and follicle-stimulating hormone (FSH) levels, confirming therapeutic efficacy from a biochemical perspective. Ayurvedic clinical evaluations (*Prakriti*, *Nadi Pariksha*, and *Ashta Vidha Pariksha*) showed significant restoration of *Dosha* balance, particularly reducing the *Vata-Pitta* imbalance observed initially.⁷

DISCUSSION

Menopausal syndrome significantly impacts women's physical, emotional, and psychological well-being due to hormonal fluctuations, particularly reduced estrogen levels. In this case study, the integration of Ayurvedic and modern medical approaches provided comprehensive symptom management. Ayurveda's perspective of menopause as a transition influenced primarily by the imbalance of *Vata dosha* guided targeted dietary recommendations and herbal formulations such as *Ashwagandha*, *Shatavari*, and *Ashokarishta*, renowned for their rejuvenating and balancing effects on hormonal health.⁸

The modern medical approach involving hormonal assessments and symptom-specific interventions effectively complemented Ayurvedic management. Hormone replacement therapy (HRT), coupled with lifestyle modifications, helped rapidly stabilize hormonal fluctuations, significantly alleviating vasomotor symptoms and mood disturbances. Regular hormonal assessments indicated gradual normalization of estrogen levels, correlating clinically with reduced hot flashes, improved sleep quality, mood stabilization, and enhanced cognitive function.⁹

Vital examinations and follow-ups demonstrated consistent physiological improvements, with blood pressure, pulse, respiratory rates, and sleep patterns stabilizing to healthy norms. Psychological counseling and stress-management strategies further supported emotional health, contributing significantly to the patient's enhanced overall quality of life. These findings highlight the efficacy and safety of integrating traditional Ayurvedic interventions with modern medical therapies for holistic management of menopausal syndrome, suggesting a promising model for broader clinical practice.¹⁰

CONCLUSION

The integration of Ayurvedic therapies and modern medical interventions demonstrated substantial efficacy in managing menopausal syndrome, effectively alleviating vasomotor, psychological, and emotional symptoms. Ayurvedic herbal formulations and personalized dietary and lifestyle adjustments, combined with targeted hormone replacement therapy and counseling, significantly improved symptomatology, physiological parameters, and overall quality of life. This integrative approach highlights the potential for enhanced clinical outcomes and patient satisfaction, advocating further research and wider application in menopausal management protocols.

CONFLICT OF INTEREST –NIL

SOURCE OF SUPPORT –NONE

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