

YASHTIMADHU (*GLYCYRRHIZA GLABRA*) CHURNA IN MENOPAUSE – A CASE STUDY

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CASE HISTORY

A female patient of 45 years having weight 53 kg came with complaints of hot flushes, bouts of palpitation, acidity, fatigue etc.

Detail history revealed that she was suffering from hot flushes, bouts of palpitation, acidity, fatigue, pain in joints, flatulence, insomnia, headache, irritability, forgetfulness etc. since 3 years. She has taken treatment from general practitioner for this but got no relief so came to take Ayurvedic treatment.

In medical history, she is known patient of hypothyroidism but not on medication. It was also confirmed that she was not having history of DM, HTN, cardiac disorder or any malignancy. In menstrual history, she had regular cycles (i.e. 3-4 days flow/ 26-32 days cycle/ 2-3 pads per day) but recently flow was reduced. Her LMP was 11 months back.

General and systemic examinations were normal. Per abdomen examination revealed epigastric pain while per vaginal examination showed vaginal dryness with 1st degree uterine prolapsed. Also her *prakruti* was of *vata dosha* predominant *pitta* with *vishamagni*, *asamadhanakarak mala pravrutti*.

The symptoms which patient was suffering were scored as grade 0,1,2 and 3. Anxiety and depression scoring was done according to S.D.S. (Self Rating

Depression scale) and M.A.S.(Manifest Anxiety Scale) respectively.

Before starting the treatment, her investigations were done which were in normal range (haemogram, BSL(R), thyroid profile, UPTetc). Then *triphala churna* 2g with lukewarm water was given for 3 days at night time for *koshtashudhi*.

After 3 days patient was given *Yashtimadhu churna* 3g with milk in *Rasayanakala* i.e. in the morning. Also *pathyaapathya* was advised to follow.

Follow-up was taken every 15 days till 3 months. In first follow up, maximum relief was seen in insomnia, headache, and flatulence. In the next consecutive follow ups, good relief was seen in others symptoms also. The final follow-up was taken 3 months later, patient has full relief in insomnia, flatulence, headache, and irritability while others symptoms like hot flushes, bouts of palpitation, forgetfulness, anxiety and depression was markedly reduced. Also there was mild relief in joint pain. Patient was feeling better, fresh and enthusiastic in doing her daily work.

One month later, after stopping the treatment, some symptoms showed recurrence to small extent like hot flushes, palpitation, mood swings. But still patient was feeling fresh and was willing to continue the treatment.

Since menopause is a biomarker of aging, there are gradual and abrupt involutionary changes occurring in female

reproductive system. During this period, woman has to face different physiological & psychological changes due to deficiency of estrogen hormone.

Though menopause is not directly mentioned in *Ayurveda*. According to *Sushruta*, menopause is a result of *jara-avastha* caused due to *kalaparinam*, in which *vatta-pitta doshas* are predominant along with derangement of seven *dhatu* (*Dhatu kshaya*).

CONCLUSION

So the treatment of menopause should be given which will reduce *vata pitta doshas*, *medhya* and *Rasayana* properties. *Yashtimadhu* with milk is mentioned as one of the *Medhya Rasayana* by *Charaka* having property of *vata pitta shamana*.

Also it contains phyto-estrogen. Being *Medhya Rasayana*, *Yashtimadhu* not only acts on physiological symptoms but also on psychological symptoms. Thus, *Yashtimadhu* with milk was selected as single drug treatment of menopause in this case which gave good relief to the patient.

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