

## EFFECT OF LASUNA KSHEERAPAKA AND ASWAGANDHA-ARJUNA KSHEERAPAKA IN THE MANAGEMENT OF VATA PREDOMINANT SYMPTOMS IN MENOPAUSAL SYNDROME-A CLINICAL COMPARATIVE STUDY

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### ABSTRACT

Menopause is the permanent cessation of menstruation due to loss of ovarian follicular activity. The gradual or sudden cessation of oestrogen and progesterone production by the ovaries produces various symptoms called Menopausal syndrome'. According to Ayurveda *Vrudhavastha* is the *Vata* dominant phase and hence *Rajonivruti* is associated with *Vata* predominance. There are many suitable treatment options for symptoms occurring during *Rajonivruti*. *Rasayana Chikitsa* is considered very effective. **Aim:** To evaluate and compare the efficacy of *Lasuna Ksheerapaka* and *Aswagandha-Arjuna Ksheerapaka* in the management of *Vata* predominant symptoms in menopausal syndrome. **Methods:** A randomized comparative clinical study of 2 groups with 20 patients each treated with *Lasuna ksheerapaka* and *Aswagandha-Arjuna ksheerapaka* for one month. **Result:** Both the drugs were found to be statistically significant and *Lasuna Ksheerapaka* shows more effect in two criteria i.e. Mood swings and Myalgia. *Lasuna ksheerapaka* is observed to be more effective may be because of its *Dipana-pachana* property in turn improves the *Agni* by removing the *Avarana* of *Kapha* and does the *Vatanulomana*. **Conclusion:** *Lasuna Ksheerapaka* is having more effect than *Aswagandha-Arjuna Ksheerapaka* in the management of *Vata* predominant symptoms in Menopausal syndrome.

**Keywords:** *Rajonivruti*, Menopausal syndrome, *Lasuna ksheerapaka*, *Aswagandha-Arjuna ksheerapaka*, *Vata*.

### INTRODUCTION

Menopause is the time at which menstruation ceases, where as climacteric is the phase of reducing ovarian follicular activity<sup>1</sup>. The average age of Indian menopausal women is 47 (45-55) yrs. The gradual or sudden cessation of oestrogen and progesterone produc-

tion by the ovaries may produce physical, sexual & psychological symptoms. In 85% of women have a significant impact on their daily personal, professional & social lives which included under the heading 'menopausal syndrome'<sup>2</sup>.

Though, Menopause is a natural process of aging, it is turning into a major health problem in recent years. Currently, the number of menopausal women in India is about 43 million. Projected figures in 2026 have estimated the menopausal population 103 million<sup>3</sup>. So, menopausal health demands have higher priority in Indian scenario.

In *Ayurvedic* classics, some scattered references are available which mentions that the *Rajonivruthi* occurs in the age of 50yrs in which the *Vata Dosha* become predominant and the *Rasayana Therapy* is the best line of treatment for preventing the long term effects<sup>4,5,6,7,8</sup>.

Considering all these aspects, the present study has been designed to evaluate and compare the effect of *Lasuna Ksheerapaka*<sup>9</sup> (having ingredients-*Lasuna, Ksheera*) and *Aswagandha-Arjuna Ksheerapaka* (having ingredients-*Arjuna, Aswagandha, Ksheera*) owing its *Rasayana, Brumhana, Balya, Vrushya & Vatahara* properties<sup>10</sup>.

## MATERIALS AND METHODS:

### Sample source:-

A minimum of 40 patients (20 patients in each group) fulfilling the diagnostic and inclusion criteria attending the *Prasooti Tantra* and *Stree Roga* OPD in Alva's Ayurveda Medical College and Hospital, Moodbidri. Other available sources like Medical camps and other referrals selected for the present study.

### Design of study:

### Interventions:

**Table 1:** Interventions

GROUP	DRUG	ROUTE	DOSE		DURATION	KALA
GROUP A	<i>Aswagandha-Arjuna Ksheerapaka</i>	Oral	100ml, BD	3g each drug with 100ml milk & 100ml water, <i>Ksheerapaka</i> preparation	1 month	Before food
GROUP L	<i>Lasuna Ksheerapaka</i>	Oral	100ml, BD	25g drug with 100ml milk & 100ml water, <i>Ksheerapaka</i> preparation	1 month	Before food

A randomized comparative clinical study of two groups consisting of 20 patients in each group.

## SELECTION CRITERIA:

### Diagnostic criteria:

- History of cessation of menstruation for 12 months consecutively.
- Manifestation of any 3 among the following symptoms,
  - Insomnia
  - Anxiety
  - Mood swings
  - Myalgia
  - Palpitation
  - Vaginal dryness.

### Inclusion criteria:

- Women of age group between 45-55 years.
- Women diagnosed with minimum three menopausal symptoms.
- Women having cessation of menstruation for 12 months consecutively.

### Exclusion criteria:

- Artificial menopause including surgical menopause.
- Women with evidence of malignancy & other systemic diseases like Hypertension, Cardiac disorders, Diabetes mellitus, etc which interfere with the present study.
- Patient on medication for psychological disorders and Hormone Replacement Therapy.

### Observation period:

Assessment carried out by scoring the gradations before the treatment and during the treatment period on the 15<sup>th</sup> and 30<sup>th</sup> day.

Follow up: On the 30<sup>th</sup> day after the treatment period.

Total study duration including follow up: 60 days

### Assessment criteria:

Subjective

- Insomnia
- Anxiety
- Mood swings
- Myalgia
- Palpitation
- Vaginal dryness.

## DISCUSSION

### Discussion on the result of treatment in group L

The statistical analysis done during and the last day (30<sup>th</sup> day) of the treatment on the assessment criteria like insomnia, anxiety, mood swings, myalgia, palpitation, and vaginal dryness reveal the significance of the treatment in group L. This leads to the rejection of the null hypothesis states the ineffectiveness of the drug *Lasuna Ksheerapaka* and the acceptance of the hypothesis states that *Lasuna Ksheerapaka* has effect in the treatment of *Vata* predominant symptoms of Menopausal syndrome.

### Discussion on the result of treatment in group A

The statistical analysis done during and the last day (30<sup>th</sup> day) of the treatment on the assessment criteria i.e, insomnia, anxiety, mood swings, myalgia, palpitation, and vaginal dryness reveal the significance of the treatment in group A. This leads to the rejection of the null hypothesis states the ineffectiveness of the drug *Aswagandha-Arjuna Ksheerapaka* and the acceptance of the hypothesis states that *Aswagandha-Arjuna Ksheerapaka* has effect in the treatment of *Vata* predominant symptoms of Menopausal syndrome.

### Discussion on the Comparative effects of treatment in Group L and Group A

The assessment done between the groups reveals significant difference in Mood swings and Myalgia at  $p < 0.05$  which indicate a slightly better effect in group L in consideration to the mean value. Other symptoms were noted statistically insignificant difference between groups. This leads to the acceptance of the alternative hypothesis says; *Lasuna Ksheerapaka* have a better effect in the treatment of *Vata* predominant symptoms in Menopausal syndrome.

### Probable mode of action of *lasuna ksheerapaka*

- *Lasuna* possess *Katu Pradhana Amla Varjitha Pancha rasa* which are known to act as *Kaphavata Shamaka*.
- The *Snigdha, Guru Guna* of *Lasuna* decreases the *Vardhitha Vata* dosha and helps in *Anulomana* of the *Vata*.
- The *Ushna Virya* also helps in controlling the *Vata*.
- The karma of *Lasuna* such as *Rasayana* and *Balya* is very much indicated in *Jaravastha* and helps in preventing the long term complications of senility.
- *Lasuna* is having the properties like *Dipana* and *Pachana* which helps in improving *Agni* both *Jataragni* and *Dhatwagni*. This helps in improving the formation of the *Rasa Dhatu* and *Uttarottara Dhatus* reduces the chance of *Dhatukshaya*, also reduces the symptoms like *Vibandha*.
- Due to its *Katu Vipaka* and *Tikshnatwa*, the *Kaphanisarana* occurs, thus removes the *Avarana* of *Vata* by *kapha*, and hence helps in *Vata Anulomana*.
- As *Lasuna* mixed with milk during *Ksheerapaka* preparation, the *Sheeta Virya, Madhura Vipaka* and *Mrudu Guna* of milk balances the *Ushna Virya, Katu Vipaka* and *Tikshna Guna* of *Lasuna*.
- Milk is having the *Karmas* like *Rasayana, Jeevaniya, Balya, Vrushya* etc. Properties which

helps in *Dhatupushti* and in balancing *Vata Dosh*.

#### **Probable mode of action of *aswagandha-arjuna ksheerapaka***

- *Aswagandha* is known for its *Vrushya* and *Rasayana* properties which are indicated in pacifying the *Rajonivruthi lakshanas*.
- The *Snigdha guna* and *Ushna Virya* pacifies *Vata*. *Madhura* and *Tikta Rasa* are *Vatapittashamaka*.
- *Aswagandha* is included in the *Balya Varga* and *Madhuraskandha* indicating the *Vatahara* as well as *Rasayana Karma* of the drug.
- *Aswagandha* contains withasomnine as a major chemical constituent which act as anxiolytic and induces sleep. Its somniferous roots are the main part which is used in the formulation.
- *Aswagandha* is said to possess antidepressant property which helps in relieving depression and elevating the mood.
- The antioxidant effect of *Aswagandha* helps in delaying ageing and hence best suited in *Jaravastha*.
- *Arjuna* having *Sheeta Guna* and *Hridya*, *Balya*, *Sandhaniya* etc. *Karmas* also helps in symptoms like palpitation, body ache etc. of Menopausal syndrome.

#### **CONCLUSION**

Old is a stage in life signified by *Dhatuparipurnata*. It is *Jeernavastha* when *Shareera Dhatu* progress towards *Kshaya* and vitiated *Vata* manifests symptoms that have been described as *Rajonivruti*. The *Vata Dosh* especially *Apanavata Dushti* leads to many symptoms. *Dhatukshaya* as well as the *Avarana* of *Vata* were the prime causative factors for such symptoms. The main principle of management of *Rajonivruti* is *Agnivardhaka*, *Vatakaphashamaka* and *Vatanulomaka Chikitsa*. *Lasuna* is the trial drug which having *Dipana*, *Pachana*, *Rasayana*, *Balya*, *Brimhana Karmas*. Both the drugs show action in almost same manner as they have similar properties like *Vatanulomana*, *Balya*, *Rasayana*, *Vrushya* etc.

Both the drugs were found to be statistically significant in Menopausal syndrome and statistically *Lasuna Ksheerapaka* shows more effect in two criteria i.e. Mood swings and Myalgia where the association of *Kapha* is more. This may be because of its *Dipana-pachana*, *Vatanulomana*, *Kaphanissarana*, *Srotosodhana* property of *Lasuna*. Both the formulations were not reported any adverse effect during the clinical trial.

#### **LIMITATIONS OF THE STUDY**

- Strong flavour of *Lasuna* was a challenge. It made the drug less palatable and acted as a limitation to its oral administration.
- Fresh preparation of each dose before administration was found to be not very convenient.

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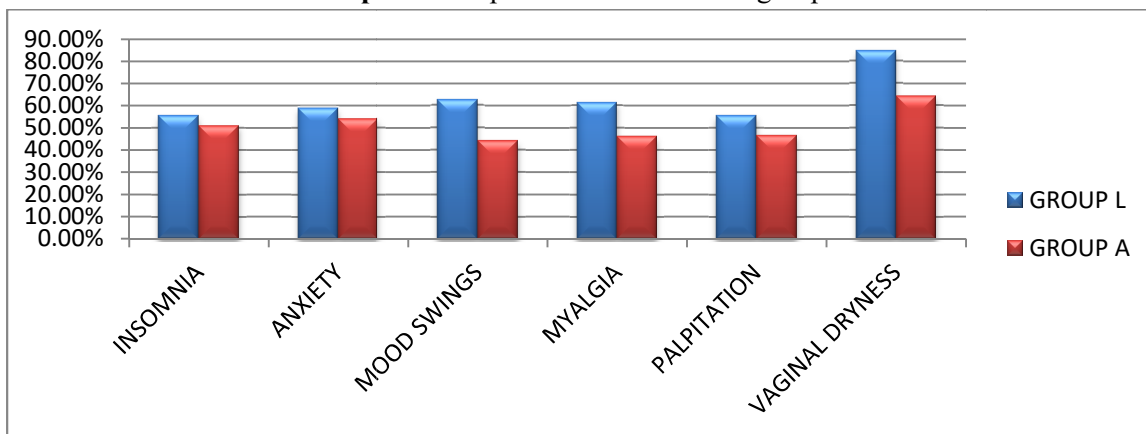
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### COMPARATIVE EFFECT OF GROUP A AND GROUP B

**Table 2:** Comparative effect of both groups:-

Symptoms	BT-AT Mean		d	% of relief		t	P
	Group A	Group B		Group A	Group B		
Insomnia	1.50	1.30	0.20	55.55%	50.98%	0.809	>0.05
Anxiety	1.00	1.30	0.30	58.82%	54.16%	1.101	>0.05
Mood swings	1.25	0.75	0.50	62.50%	44.11%	2.207	<0.05
Myalgia	1.75	1.20	0.50	61.40%	46.15%	3.240	<0.05
Palpitation	0.75	0.70	0.05	55.55%	46.66%	0.346	>0.05
Vaginal dryness	0.55	0.45	0.10	84.61%	64.28%	0.461	>0.05

**Graph 1:** Comparative effect of both groups:-



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