SUMMARY
&
CONCLUSION
SUMMARY AND CONCLUSION

The present study entitled "A clinical study of Post Menopausal Syndrome (Rajanivritti) with special reference to its treatment by indigenous drugs". Comprises - review of literature, materials & methods, observation & results, discussion, summary and conclusion.

1. The subject is introduced in brief under the caption of Introduction at the beginning of the thesis.

At the onset, a general introduction of the subject outlining the incidence, reasons and rationality behind the selection of this problem has been given.

2. In literary review brief description about the different stages of life span and specific epochs of women's life are given. Then the Anatomy and Physiology of female reproductive system which includes ancient as well as modern aspect. After that derivation of Artava, definition, characteristics of Suddha Artava, followed by description of Ritu-cakra and menstrual cycle are depicted from both modern and Ayurvedic Texts. Relation between hormones and menstrual cycle, hormonal influence in different stages of female life have been explained in detail.

In the second section of literary review devoted to the phenomenon of 'Rajanivritti' an elaborate account of the Ayurvedic literature on subject, concurrently with the modern literature is given. This section started with a general description of disease leads to the etymology, nidan, samprapti, lakshana, Dosa Avastha, Dhatu Avastha during Rajonivritti have been dealt in detail. The conceptual part was prepared after carefully going through the
stage of Rajonivritti, which is found as a physiological process in women due to ageing process. When this stage causes a discomfort either to the mind or body it attains Vyadhiswarupa. A correlation and co-ordination of the ancient and modern aspects have been done in the same place whenever needed.

3. The drug review is presented in the fourth section of literary review and it includes the reason for selection of drugs. Five drugs are collectively used having Balya and Vayasthapana Rasayan property. Individual description i.e. latin name, family, Rasa, Guna, Virya, Vipaka, action are given and the probable mode of action of drugs are discussed in the same chapter.

4. In clinical study which commenced with materials & methods and the observations & results made have been presented in tabular form with explanatory notes along with the statistical analysis.

5. The fifth chapter presents the critical discussion of each of the clinical findings, where the justification for the cause of particular symptoms and in the last chapter summary & conclusion of the present work is given.

6. It was observed that these drugs showed significant effect in stipulated three months time. However, it may become necessary to continue the treatment for long duration.

Present work provided promising results in the management of menopausal syndrome in contrary to the conventional hormonal therapy. However, it is suggested that extensive clinical with hormonal assessment and experimental study is necessary to present it as a complete management of menopausal syndrome, so that patients will have smoother transition into the later decades of life.

[93]
CONCLUSION

After scrutinizing our study following conclusions be drawn: -

The predominance of Vata in old age is universally stated in all the classical text book, a surplus increase in the Vata occurs during senile state. The progression of ageing with dhatuksaya again add to the increase in the Vatadosa. However, considerable increase Vata and decrease in Kapha is evident in Rajanivritti, as we have shown through the features of Rajanivritti. The frequency of such features differ from person to person. Agnimandya and Rasa-Raktadi dhatuksaya is again an important cause in creating Rajanivritti Vikara. Majority of the diseases are having a limited number of symptoms, whereas Rajanivritti has got a vast field of its manifestations. Rajanivritti has got different effects on different systems of the body. In short, Rajanivritti requires a careful and early attention. This period may manifest short term symptoms and long term complications. While the short term symptoms must be treated, the long term complications must be prevented. Considering the samprapti of Rajanivritti it is observed that the drugs having Rasayana - Balya and Vayasthapana properties are helpful at this stage which is reflected in the present study.

It is hoped that the results of this thesis well estimate the thinking of the Ayurvedic scholars, interested in this field to find out a care for this disorder and thus Ayurveda may contribute in the relief to the suffering humanity and glory of the science can be maintained.

Further study is necessary for definite conclusion on the problem of genesis of Post Menopausal Syndrome (Rajanivritti) and its treatment by indigenous drugs.