MATERIALS
&
METHODS
MATERIALS AND METHODS

100 numbers of patients having the classical symptoms of menopausal syndrome were selected from OPD of Govt. Ayurvedic College Hospital for the study.

Selection of Cases: -

Female subjects aged between 45 to 55 years showing clinical features of menopausal syndrome (according to Shaw’s text book of Gynaecology) where the main symptom is cessation of menstruation were included in this study. The associated symptoms like Hot flush, excessive sweating, irritability, sleep disturbance, depression, palpitation, joint pain, back ache, flatulence, constipation etc. were also taking into consideration.

Exclusion criteria: -

Patients with excessive bleeding and irregular bleeding per vagina have been excluded from the study.

Diagnostic criteria: -

To record the details, a clinical proforma has been prepared incorporating all the signs and symptoms based on menopausal syndrome.

Preparation of Trial drug: -

The drugs Amlaki, Haritaki, Guduchi, Satavari procured from reliable source were washed thoroughly with plain water dried up in sunray and made fine powder in the State Ayurvedic Pharmacy, Guwahati - 14. The powder thus prepared was mixed with prawl pisti procured from Baidyanath Ayurved Bhawan Ltd. and kept in air tight container. The combinable preparation was dispensed in sealed packet of 200gms each.
In each 5 gms. of Churna contains.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amlaki</td>
<td>1.25gm</td>
</tr>
<tr>
<td>Haritaki</td>
<td>1.00gm</td>
</tr>
<tr>
<td>Guduchi</td>
<td>1.25gm</td>
</tr>
<tr>
<td>Satavari</td>
<td>1.25gm</td>
</tr>
<tr>
<td>Prawal pisti</td>
<td>0.25gm</td>
</tr>
</tbody>
</table>

Dose: 3 gms twice daily.

**Method of administration of drugs:** -

After proper diagnosis the patients were selected randomly irrespective of their age, clinical findings, investigations etc. All the Patients were given 'Haritaki Churna 3 gms at bed time with warm water for 3 days for kostha suddhi. During this period the investigations were carried out and thereafter the drug were administered.

**Anupan:** -Ushna Jal (warm water)

**Duration of study:** -
The treatment was continued for a period of 3 months.

**Diet and Regimen:** -
The patients were advised to take food which is of vatahara in nature. The patients were advised not to consume the diets that increase vata dosa like katu rasa pradhana and particularly, the use of lady's finger, Potato, peas etc. which are vata provoking in nature.

Patients were advised to avoid heavy exercise, day sleep, suppression of natural urges, mental tension etc.

All patients were advised to take care of health, moderate exercises and rest.
Follow up Study: -

The patients were examined once in a month, and the changes observed in symptoms were assessed and recorded. After the completion of the treatment a follow up study had been carried out after 3 months for any recurrence of the symptoms.

Assessment of Cases: -

The cases were assessed by basing upon the subjective and objective signs and symptoms, before and after treatment.


Results of the treatment were assessed on the criteria basing upon relief in signs and symptoms. Overall improvement in general condition has been taken into consideration.

Symptomatic relief caused by the treatment has been assessed periodically in terms of subjective feelings of well being and reduction in the symptoms complained by the patients.

SCORE: (General): -

(a) No complain - 0
(b) Mild complaints - + (1)
(c) Moderate complaints but no difficulty in routine work - ++ (2)
(d) Difficulty in routine work but subsides by rest - +++ (3)
(e) Severe complaints - ++++ (4)
Scoring pattern: (Specific)

(1) HotFlushes:

Grade i - Daily once.
- Not aggravated by any emotional disturbance.
- Not disturbing the routine work.

Grade ii - More than once in day time.
- Feeling of discomfort due to it.

Grade iii - More than once in day time and feeling hot flushes in night causing disturbance in sleep.

Grade iv - Appearance of hot flushes every 1 -2 hourly.

Aggravated by emotional disturbances.
Enable the patient to be bed ridden.

(2) Irritability: -

Grade i - Irritability due to some reason and not otherwise.
Subsides after sometimes.

Grade ii - Irritability due to negligible causes and remain longer.
Subsides after long time.

Grade iii - Frequently loscing tempers and shouts or expresses it vigorously.

Grade iv - Throwing of things here and there behaving unsociably due to it.
(3) Disturbance of sleep:-

**Grade i** - Delayed appearance of sleep but uninterrupted. Prompt appearance of sleep with interruptions in between.

**Grade ii** - Delayed and Interrupted sleep (1 or 2 times)

**Grade iii** - Delayed with frequent interruption. Followed by delayed reappearance of sleep.

**Grade iv** - No sleep whole night and fatigue in morning due to it.

(4) Fatigue:-

**Grade i** - Fatigue occasionally on doing heavy work.

**Grade ii** - Fatigue in doing some extra work and not otherwise.

**Grade iii** - Fatigue in carrying out routine work.

**Grade iv** - Fatigue even without doing work.

(5) Palpitation: (Combination of physical as well as mental cause)

**Grade i** - On climbing staircases. On getting irritated or fear.

**Grade ii** - On walking small distance. On Excitement.

**Grade iii** - Even on talking little loudly. On hearing loud voice.

**Grade iv** - Feeling of palpitation any apparent cause, may be just due to Some fearing, exciting or irritating thoughts.

(6) Depression: -

**Grade i** - Occasional depression of mood but able to carry out routine work and subsides itself – by minimum counseling.

**Grade ii** - Daily once at a particular time mainly in evening which keeps the Patients away from her routine work.
Grade iii - Whole day depression persists Patients is not enthusiastic in doing routine work as if pulls on the life. Interestlessness, but carries out personal activities of hygiene.

Grade iv - Patient is always at all times depressed, not interested in carrying out personal activities like bathing, brushing, combing etc. Not even perceiving sense objects properly.

(7) Prickling Sensation in palm and sole: -

Grade i - Occasionally/In one limb a hand or leg at a time.

Grade ii - Frequently/In two limbs at a time Both legs – Both hands, one hand and one leg.

Grade iii - Daily sensation of prick Pin and Needles in both limbs either legs or hands.

Grade iv - Daily, persisting for longer time in both hands and legs.

(8) Joint Pain: -

Grade i - Pain in any one joint.

Grade ii - Pain in two major joints of either legs or hands. Relief with time / minimum medicine.

Grade iii - Pain in all smaller as well as major joints (relieves by pain killers).

Grade iv - Persisting pain in joints. Patient is unable to move without painkillers.

(9) Backache: -

Grade i - Occasionally/ in morning occasionally.

Grade ii - Daily pain in morning and then patients are alright for the whole day.
Grade iii - Whole day and night pain persists but relieves on taking medicine.

Grade iv - Patients becomes dependent on pain-killer, without it patient cannot move.

(10) Flatulence: -

Grade i - Occasionally in the evening.
Grade ii - Everyday in the evening / any one time in the whole day.
Grade iii - Daily after taking meals. Feels fullness of abdomen and flatulence.
Grade iv - Whole day. Feels tensed abdomen. (Feeling of gases inside abdomen).

(11) Constipation: -

Grade i - Daily call but stools are hard and motions are unsatisfactory (Feeling of incomplete evacuation).
Grade ii - Motions every alternate day with hard stools. Feeling of incomplete evacuation.
Grade iii - Minimum medication or household remedy is required for motions to pass and takes longer time to evacuate, unsatisfactory.
Grade iv - Regular medicine or strong purgative is required to pass the motions.
(At times not even passing motion with medicines)

(12) Excessive Sweating: -

Grade i - Occurs only on working in hot or doing hard work.
Grade ii - More in day time and when associated or following hot flushes only.
Grade iii - Occurs even at night and or following hot flushes.
Grade iv - Excessive Sweating to the extent that patient feels like taking bath or changing clothes.

[71]
Dry Vagina: (+ve or -ve)

**Grade i** - Subjective feeling of dryness due to lack of mucoid secretion.

**Grade ii** - On Examination also one may find decrease in local secretions and painful examination.

**Grade iii** - Patients may feel dyspareunia due to dryness of Vagina.

**Grade iv** - Patients require some lubricant for symptomatic relief.

Assessment of overall effect of therapy was done by following the below mentioned criteria:

**Marked Improvement:** - Relief in more than or equal 75% signs and symptoms of menopausal syndrome.

**Improvement:** - Relief in more than or equal 50% signs and symptoms of menopausal syndrome.

**Mild Improvement:** - Relief in more than or equal 25% signs and symptoms of menopausal syndrome.

**No improvement:** - Less than 25% signs and symptoms of menopausal syndrome.