

MENOPAUSE

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Menopause is not a disease. The menstrual cycle becomes irregular when a woman reaches 45 – 48 years of age and she suffers from various health problems. Many women suffer from different health problems before menopause. It is not necessary that all women have the same symptoms like other women. Some women might suffer from some problems while others could have some different complaints. Changes occur in woman's face, head and neck region. She experiences heat in these areas and perspires more. Reddishness is observed all over the body. The woman usually complains of headache, giddiness, vomiting, restlessness, sleeplessness, loss of appetite, indigestion, irritation, anger, fear are usually observed. Many women complain of high blood pressure, suspicious nature and mental instability.

Few women complain of inflammation of uterus and excess bleeding. This occurs before menopause. Arthritis, obesity, low back pain, partial headache are also observed. The woman feels unhappy, depressed and heart beat increases, woman gets hot flashes. Sometimes there is shivering and skin diseases occur due to blood impurities.

Why this development takes place?

The production of estrogen hormone stops with increase in age. The mood swings takes place during menopause due to the imbalance of hormones. she undergoes many physical, mental and sex related problems.

Menopause is a natural process. It is a beginning of a new life. Woman should take it as a normal phenomenon and try to be happy.

Depression during menopause

Depression during menopause is due to low production of estrogen. There are some social reasons also. Woman feels lonely when the children grow up and become busy in their career. Woman who was busy all these days gets free time and she becomes unhappy. Some women like to sleep always or some even have suicidal tendencies.

Women who tend to get depression should always keep themselves busy.

They should go to temple, mosque, Gurudwara or go for walks. They should take balanced diet or take soybean or calcium in more quantity.

Irregularity in Menopause

If menstrual cycle has stopped before the normal age then it is a bad sign. Excess bleeding, bleeding for several days or menopause occurring much earlier is also a matter of concern. If the menstrual cycle has started at the age of 14 years, add 32 years to it. That means it should go on till $14 + 32 = 46$ yrs. If there is irregularity, it stops before time or it is excess or mild and then following measures have to be taken

Medicinal treatment

- If a woman loses interest in work, her behaviour becomes irritable then it can be assumed that it is due to irregularity in menstrual cycle. One has to understand that she is not getting adequate calcium in food. Consume food products rich in calcium or even calcium tablets.
- Women should consume easily digestible, fresh and little quantity food, which is rich in nutritional value.
- If the woman has blood loss then let her take food products, which increase bloodlike clarified butter, butter that is necessary to increase blood.
- Take equal quantities of Suhaga, asafetida, heera kasis, and musabbar, grind it and add it in gheekvar. Make 120 gm of tablets. Take one to two tablets with hot water daily.
- Hingashtak powder is good for any problem in menstrual cycle. Take it with hot water before 4 – 5 days twice daily.
- Equal quantities of roots of black sesame, roots of cotton, bark of drum stick, brahmadandi roots, Moolhati, dry ginger, round chilly, Pippali. Grind it and sieve it with fine cloth. Take 2 – 3 gm of this powder with old jaggery 2 -3 times with hot water. Irregularities can be controlled.

Yogic medication

- Practice Pavanmuktasana, Dhanurasana, Bhujangasana, Marjarasana. Also practice Nadi shodhan, Kapalabhati pranayam.