



Research Article

EVALUATION OF CLIMACTERIC LAXANAS PRESENT IN VOLUNTEERS OF SHIRODA (SOUTH GOA) - A CROSS-SECTIONAL SURVEY STUDY

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ABSTRACT

Climacteric symptoms encompass a broad range of physical, emotional and psychological manifestations that affect women during the menopausal transition. Despite their prevalence, these symptoms often remain underreported and undertreated, particularly in rural areas where access to healthcare services is limited. This cross-sectional survey aimed to evaluate the prevalence and severity of climacteric symptoms in women residing in Shiroda village. A total of 200 women aged 40-55 years participated in the survey. The survey collected data on demographic characteristics, menstrual history, reproductive history, lifestyle factors and mainly climacteric symptoms. A validated questionnaire was used to assess the presence and severity of climacteric symptoms, including hot flashes, irritability, joint pain, night sweats, vaginal dryness, mood swings and sleep disturbances. The present study highlighted that 92% of females suffer from psychoneurological symptoms, 53% of females suffer from pain (joint, lower back and muscle pain), and 38% of females suffer from hot flashes and irregular periods is around 30% in menopausal age. The findings of this study highlight the need for increased awareness and access to healthcare services for menopausal women in rural areas. Healthcare providers should prioritize the diagnosis and treatment of climacteric symptoms and women should be empowered to seek medical attention for symptoms.

INTRODUCTION

Climacteric is the phase around menopause. As it is an unavoidable physiological event it affects all females. Present incidents highlight that 49.1% of females in India are in the climacteric phase^[1]. With increasing life expectancy, the population of menopausal women is also rising and each woman is expected to spend almost 1/3rd of her life in this phase. Due to various factors, the health issues of the menopausal age group are still not completely understood and addressed^[2].

Ayurveda highlighted this phase as *Praudhavstha* (mature age)^[3], which is nothing but a

part of early *Vridhavastha* (old age). The reproductive system of females in this phase is tending towards retirement, ovarian function declines leading to amenorrhea. The physical body shows different *Laxanas* (symptoms) like *Vedana* (pain), *Hasta pada supti* (numbness in hands and legs), *Hruda spandan* (palpitation) etc which are dominated by *Vata dosha* like *Shirashula* (headache), *Hrud spandana* (palpitation), *Hasta pada shula* (pain in hands and legs), *Bala kshaya* (decrease strength) and *Pitta laxanas* like *Daha* (burning sensation), and *Ratrausweda* (night sweat) and *Kapha laxnas* like *Tandra* (drowsiness), *Bhar vrudhi* (weight gain).

Modern science also explains these symptoms as joint pain, lower back pain, weight gain, itching, vaginal dryness, irregular period, vaginal pain, heavy periods, palpitations, hot flashes, irritability, mood swings, anxiety etc^[4].

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Understanding this concept, the study was aimed to survey the different *Laxanas* (symptoms) present in the same age group in the Shiroda village pocket area of South Goa.

OBJECTIVE

To study the prevalence of different climacteric symptoms in the projected population.

Study Instruments

Direct interview.

Questionnaire through Google form.

MATERIALS

Classics- *Samhita* along with *Tikas*.

Research Articles from the last 10 years.

METHODS

Data was collected and analysed from the selected population of the female age group between 40 to 55 years.

Research Design

A cross-sectional survey.

Inclusion criteria for females having the age group between 40 to 55 years and willing to participate in study.

Exclusion criteria subjects who are not willing to participate.

Data was collected with the consent of the subject.

Data analysis is done based on graphical information.

OBSERVATIONS AND OUTCOMES

A total of 200 volunteer subjects were screened after verbal consent in the Span of 45 days.

1]. The following pie chart highlights the present status of the menstrual cycle of the participants.

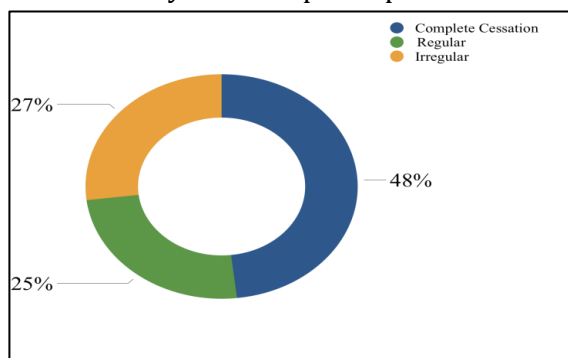


Table 1: Status of menstrual cycle and its percentage

Status of Menstrual cycle	percentage
Complete Cessation	48%
Regular	25%
Irregular	27%
Backache	(16%)
Pre menstrual pain	(5%)
Weakness	(1%)

Maximum number of volunteers with Complete cessation of menstrual cycle was 48%, regular menses with 25% and other 27% showed irregular menstrual period.

2]. The below pie chart shows the prevalence of various menstrual symptoms among participants.

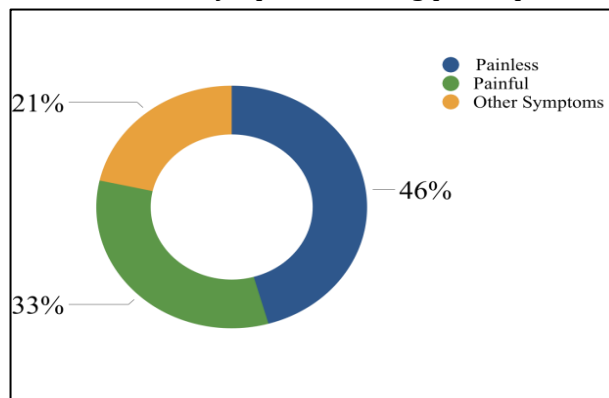


Table 2: Menstrual symptoms and their percentage

Menstrual Symptoms	Percentage
Painless	46%
Painful	33%
Other symptoms	21%

Table 3: Analysis of pain during menstruation (33%)

Gradations	Percentage
I (Mild)	43%
II (Moderate)	17%
III (Severe)	40%

3]. The following pie chart shows the data of menstrual flow during menstruation.

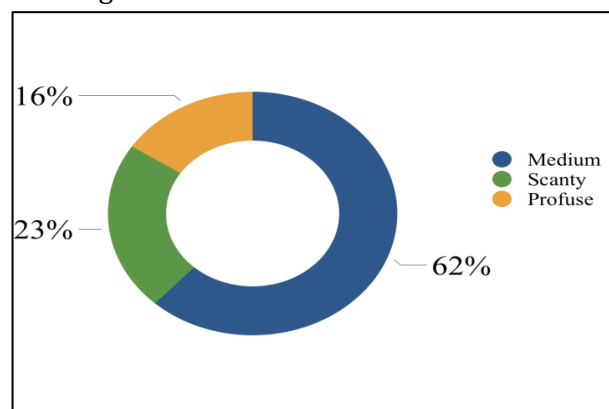


Table 4: Menstrual flow and its percentage

Menstrual Flow	Percentage
Medium	62%
Scanty	23%
Profuse	16%

Volunteer With medium flow during menses is 62%, with scanty flow shows 23%, and remaining are with profuse flow that is 16%.

4]. The following pie chart highlights the data of participants who have undergone any surgery.

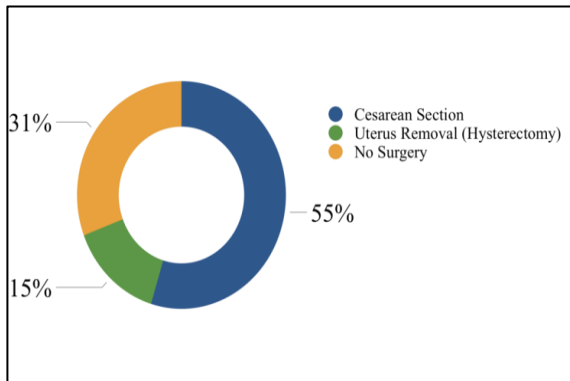


Table 5: Participants who have undergone any surgery and its percentage

Undergone Any Surgery	Percentage
Cesarean Section	55%
Uterus Removal (Hysterectomy)	15%
No Surgery	31%

Surgery history shows that 55% have undergone cesarean section 15% had done hysterectomy and remaining 31% are with no surgery history.

5]. The following pie chart provide an overview of the prevalence of different addictions among the participants.

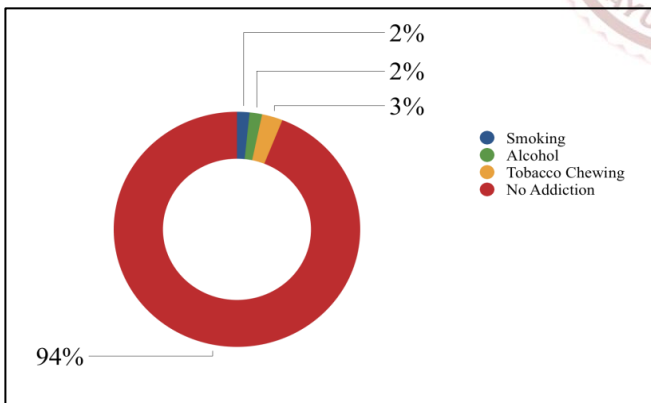


Table 6: Addiction among the participants and its percentage

Addictions	Percentage
Smoking	2%
Alcohol	2%
Tobacco Chewing	3%
No addiction	94%

94% of the participants have no addictions while alcohol consumption and smoking are seen 2% of participants each whereas 3% of participants are addicted to tobacco chewing

6]. The following pie chart illustrates the dietary habits of women in the survey.

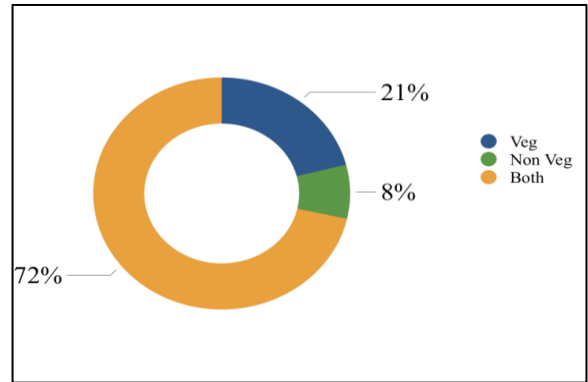


Table 7: Dietary habits of women and their percentage

Dietary Habits	Percentage
Veg	21%
Non-Veg	8%
Both	72%

72% of subjects were found to have a mixed diet as veg and non-veg followed by 21% veg diet and 8% with non-veg diet.

7]. The following pie chart gives a detailed insight about non-vegetarian food habits of the participants.

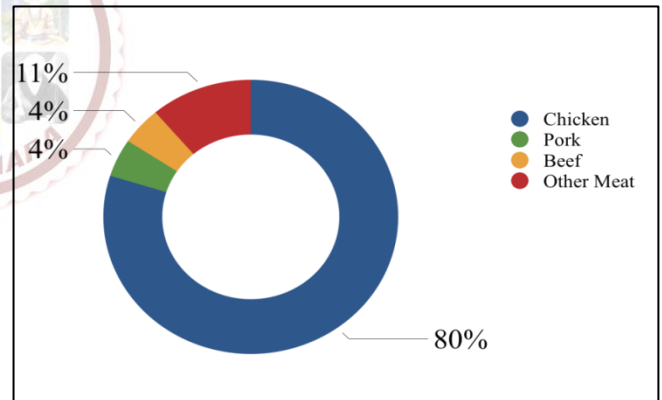


Table 8: Non-vegetarian food habits and their percentage

Non-Vegetarian Food Habits	Percentage
Chicken	80%
Pork	4%
Beef	4%
Other Meat	11%

80% of participants consume chicken while pork and beef is consumed by 4% of population each and 11% of population consumes other variety of meat than the given.

Observations About Symptoms

8]. The following pie chart shows the prevalence of various physical symptoms among participants.

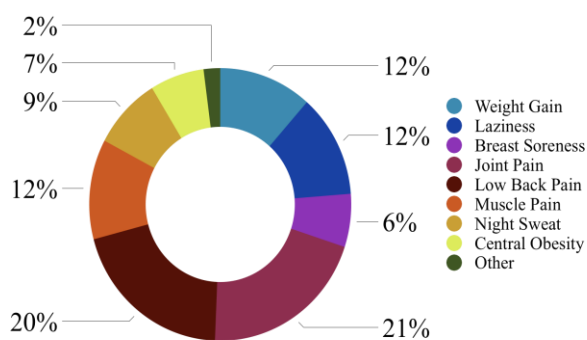


Table 9: Physical symptoms among participants and their percentage

Physical Symptoms	Percentage
Weight gain	12%
Laziness	12%
Breast soreness	6%
Joint pain	21%
Low back pain	20%
Muscle pain	12%
Night sweat	9%
Central obesity	7%
Other (weakness)	2%

In physical symptoms, joint pain is seen in most of the patients which is 21% followed by lower back pain which accounts for 20%, and muscle pain which is 12%. This says that the total *Asthi majja gata vata* accounts for 53% (joints, lower back and muscle pain) 9]. The following pie chart shows the prevalence of genital symptoms experienced by participants.

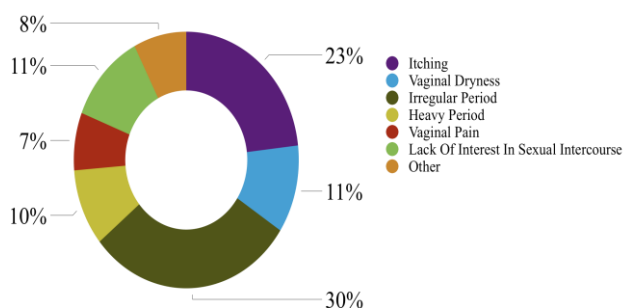


Table 10: Genital symptoms experienced by participants and their percentage

Genital Symptoms	Percentage
Genital Itching	23%
Vaginal dryness	11%
Irregular period	30%
Heavy period	10%

Vaginal pain	7%
Lack of interest in sexual activity	11%
Other	8%
Burning genitals	(6%)
Gas passing	(0%)
Vaginal loosening	(2%)

A maximum number of patients observed 41% of genital discomfort like vaginal dryness (11%), itching (21%), and vaginal pain (7%). Also, irregular periods account for the highest 30% among the climacteric age. 10]. The following data reveals cardiovascular symptoms faced by a group of participants.

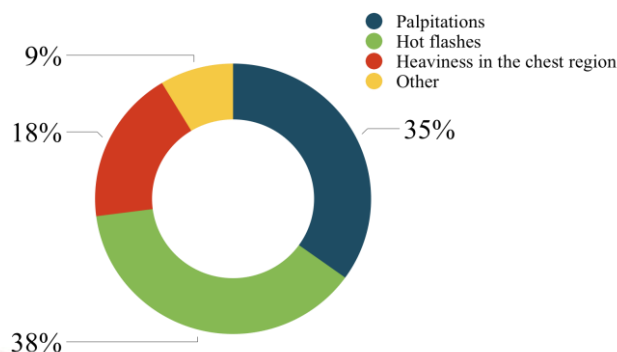


Table 11: Cardiovascular symptoms faced by a group of participants and their percentage

Cardiovascular Symptoms	Percentage
Palpitations	35%
Hot flashes	38%
Heaviness in the chest region	18%
Other	9%
Feeling of BP increase	(3%)
Feeling of weakness	(3%)
Lightness in heart	(3%)

In cardiovascular symptoms, hot flashes are seen in the highest number of patients that is 38% along with palpitations 35%.

11]. The pie chart below illustrates the distribution of psycho-neurological symptoms experienced by a group of participants.

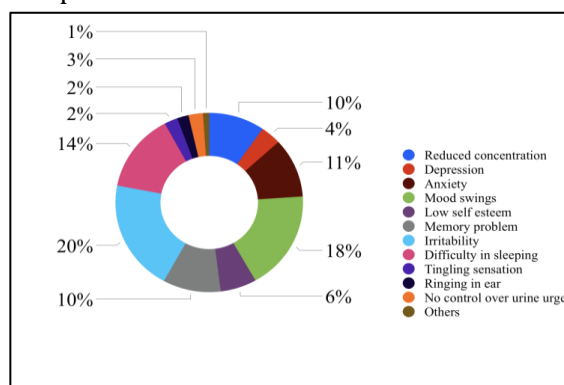


Table 12: Psycho-neurological symptoms experienced by a group of participants and their percentage

Psycho-neurological Symptoms	Percentage
Reduced concentration	10%
Depression	4%
Anxiety	11%
Mood swings	18%
Low self esteem	6%
Memory problem	10%
Irritability	20%
Difficulty in sleeping	14%
Tingling sensation	2%
Ringing in ear	2%
No control over urine urge	3%
Others (fearful attacks)	1%

The highest number of subjects showed 92% of symptoms of psychoneurological origin.

12]. The following pie chart illustrates various skin symptoms faced by participants.

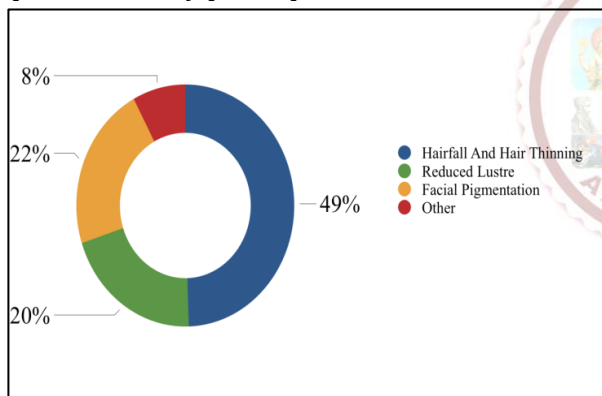


Table 13: Skin symptoms faced by participants and their percentage

Skin Symptoms	Percentage
Hairfall and hair thinning	49%
Reduced lustre	20%
Facial pigmentation	22%
Other	8%
Feeling of loss of beauty	(4%)
Wrinkles on face	(4%)

The above survey highlighted that 49% of subjects noted hair fall, hair thinning and facial pigmentation as 22%.

13]. The following data reveals the level of awareness of following investigations like USG, Pap smear, Mammogram.

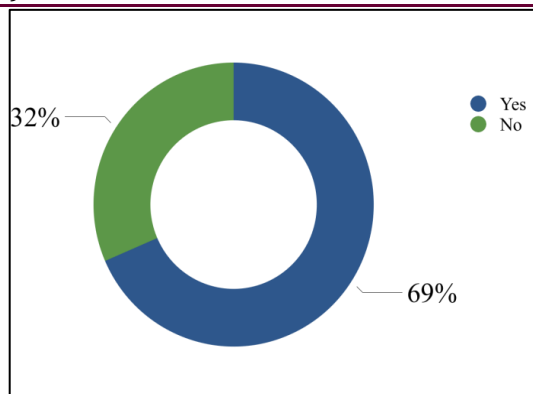


Table 14: Awareness of following investigations like USG, Pap smear, Mammogram and its percentage

Awareness About Investigations	Percentages
Yes	69%
No	32%

This survey also showed that 69% of the population are aware of investigations like USG, and pap smear.

14]. The data reveals the level of awareness among participants regarding Ayurvedic approaches to treating gynaecological health issues.

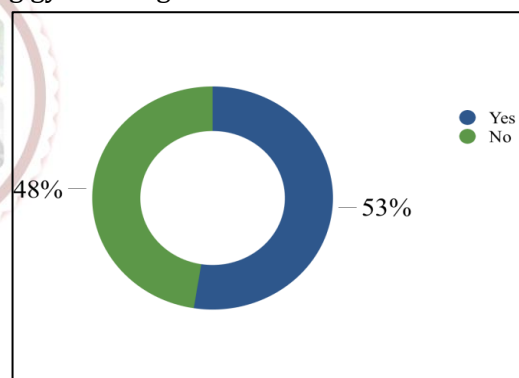


Table 15: Awareness Ayurvedic approaches to treating gynaecological health issues and its percentage

Awareness about Ayurvedic Symptoms	Percentage
Yes	53%
No	48%

53% of subjects were aware of Ayurvedic treatment for gynaecological conditions.

The above survey highlighted that 49% of subjects noted hair fall, hair thinning and facial pigmentation as 23%.

72% of subjects were found to have a mixed diet as veg and non-veg followed by 21% veg diet.

This survey also showed that 69% of the population are aware of investigations like USG, and Pap Smear.

Table 16: Table highlighting about menstrual pain

Gradations	
I (Mild)	Bearable
II (Moderate)	Required medication
III (Severe)	Daily work affected Required hospitalisation

Table 17: Table highlighting about menstrual flow

Scanty	Less than 3 pad required
Medium	3-5 Pads required
Profuse	More than 6 pad required

DISCUSSION

Goa is the *Anup desha*, the humidity is higher in the environment, the diet is *Abhishyandhi*, *Ati lavana ahara* does *Kaph dusti*. Lifestyle including *Divaswap* and *Ratri Jagran* along with age factors as age increases the *Vata dosha* related changes occur. As related to the above factors, the highest result is found in psychoneurological symptoms (mood swings, irritability, and difficulty in sleeping, anxiety and memory problems). In physical symptoms, pain is seen in the highest number of subjects (joints, lower back and muscle pain) in that more number of subjects account for joint pain which can be related to the age factor due to which more *Asthi majja gata vata* symptoms are seen. *Vata Dosha* is nothing but increased *Vata dosha* does *Asthi majja Kshaya* which does *Asthi majja gata vata*. In cardiovascular symptoms, vitiated *Vata dosha* along with *Pitta dosha* shows hot flashes like symptoms. In the same way *Vata dosha* does *Vyonistha arthav shosha* leads to irregular periods, vaginal pain and vaginal dryness etc.

Irrespective of *Kaph* dominated *Desh* and lifestyle age related dominated *Vata dosha* plays an important role in manifestations of symptoms.

CONCLUSION

The present survey study is done in the pocket area of Goa among women aged 40-45 years. The study concluded that; maximum symptoms presented here are *Vata Pradhan*.

Among the physical symptoms a notable increase is seen in joint pain which accounts for about 21%. Overall 53% of subjects suffer pain (joint pain, lower back pain and muscle pain).

A striking 92% of subjects exhibit symptoms of psychoneurological origin, making it the most prevalent category of all symptoms observed.

Among the observed symptoms, 41% of women reported genital discomfort, with specific complaints including irregular periods accounting highest around 30%. Cardiovascular symptoms were dominated by hot flashes, which occurred in 38% of subjects.

This study underscores the prevalence of these symptoms, which can be effectively managed through Ayurvedic interventions. Further research in this area is required to improve the quality of life for elderly women, enhancing their overall well-being and health.

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