

**A review of low-back pain in surgical menopause with
Nidana Panchaka and Chikitsa Sutra according to Ayurveda.**

Divya Pawar*¹, Sameer Gholap²

Post Graduate Scholar, Associate Professor and Guide,
 Department of Prasuti Tantra Avum Striroga,

SMBT College and Hospital, Nandi Hills,
 Dhamangaon, Igatpuri, Nashik, Maharashtra, India.

***Corresponding author: Email – divi.pawar94@gmail.com**

ABSTRACT –

The word 'Menopause' comes from the Greek Word 'Menos' (month) and 'Pausis' (cessation). We get description about Low-Backache as *Katishoola* in all Ayurvedic classics, In Today's era Low-Backache is found prime in surgical menopause nowadays. Hysterectomy among Premenopausal Women is an area of concern as early menopause exposes women to a host of health Problems which is the surgical removal of uterus is one of the commonest surgeries in women all across the globe. Of late, Low back pain after hysterectomy among Pre-menopausal women in India is being raised as matter of concern by women's health activists. Here According to Ayurveda, Low-Backache is the condition which is characterised by *shoola* and *stabdata*, due to vitiated *Apana Vata* which gets lodged in the *Kati Pradesha*. *Katishoola* is explained as one of the *Lakshanas* of *Vata Vyadhi*. Acharya Charaka has

explained it in *Vataja Nanatmaja Vikaras*. Thus *vatahara chikitsa* is done in it.

KEYWORDS - Low-Back Pain in Surgical Menopause, *Rajonivritti*, *Nidana Panchaka*, *Chikitsa Sutra* (Treatment Principles), *Vatavyadhi Chikitsa* etc.

INTRODUCTION –

Surgical Menopause is onset of menopause after the surgical removal of Whole of the Uterus in Total or Radical Hysterectomy which implies the removal of both Ovaries as well ^[1]. Low-Backache in Surgical menopause is very commonly encountered in current day to day practice. More than 80% of women experience Physical or Psychological Symptoms in Surgically Induced Menopause. It can be managed by HRT medications, but they either have side effects or needs a long term medication. Surgical menopause causes a variety of

distressing menopausal symptoms which impairs the day to day life of these females. It leads to abrupt decline in Oestrogen production. In Hysterectomy it has complications like Haemorrhage, Infection, Constipation, Blood Clots apart from these lower back pain is found the most in Early. Locomotor symptoms like Low-Backache and Joint Pain are very common, vasomotor symptoms like Hot flashes, Night sweats and Sleep Disturbance and Genitourinary Symptoms like Dyspareunia, Vaginal Dryness and Urinary Incontinence. The woman experiences severe Postmenopausal symptoms. They may require Oestrogen replacement therapy ^[2]. So use of *Ayurvedic* formulations which can provide cure and helps to overcome side effects of modern treatment. Surgical menopause is commonly performed during hysterectomy for benign disease, most commonly for fibroids or heavy uterine bleeding ^[3]. Another reason to remove normal ovaries at the time of hysterectomy is to reduce the risk of ovarian cancers for women with strong family history of ovarian cancer, but is not recommended for other women as the disadvantages of removing normal ovaries at the time of hysterectomy are likely to be greater than their very small risk of ovarian cancer. Many *Ayurvedic* Formulations are described in *Ayurvedic Samhitas* are being used to reduce *Vataprakopa* thus preventing from *Katishoola*.

AIM AND OBJECTIVE –

- To Understand Low-Back Pain In Surgical Menopause – *Nidana Panchaka* (Etiology) And *Chikitsa Sutra* (Treatment Principles) According To

Ayurveda In Both *Ayurvedic* And Modern Perspectives.

MATERIAL AND METHOD –

Reviewing The Low-Back Pain In Surgical Menopause – *Nidana Panchaka* (Etiology) And *Chikitsa Sutra* (Treatment Principles) Through *Ayurvedic* Classics, Commentaries Also Recently Published Books And Research Journals And Modern Science Literature, The Collection Done And Attempt To Get Co-Relation Between *Ayurveda* And Modern Literature.

GARBHASHYA –

Yonyam tritiyavarte tasya sthanam /
(*SU.SHA.5/43-45*)

Pittapakvasyormadhye
garbhashayya yatra garbhastisthati /
(*SU.SHA.5/39*)

Tatra sthanam – streenam tu
bastiparshwagato garbhashaya
sannikristha /

(*SU.CHI.9/33*)
Bhasyadha striya bastirurdhva
garbhashaya sthita /
Garbhashayasya bastishcha
mahasrotaha samashritau //
(*SU.CHI.9/3*)

Garbhashya is situated in third of *yoni*, behind bladder in between *Pittashaya* and *Pakvashaya* in between “*Vipul Kundala of Srotas*” at lateral side of Basti. *Gananathsen* has mentioned the location in between the *Mootrashaya* and *Pakvashaya* ^{[4] [5]}.

RAJONIVRITTI –

Rajonivritti is not mentioned as a pathological condition in *Ayurvedic* classics.

Dnyanartha Yani Cha Uktani
Vyadhilingani Sangrahe /

Vyadhyaste Tadatve Tu Linganisthani Namaya //

(CH.NI.8/40)

As Acharya Charaka has States in Nidan Sthan 8/40 The Symptoms of the Diseases which are mentioned in, appear independently are themselves diseases not a symptom ^[6].

Tadavarshat dvadashat kale vartamanasrika punaha /

Jarapakvashariranam yati panchashataha kshayam //

(SU.SHA.3/11)

Sushruta mentioned 50years as age of Rajonivrutti. When body is fully in grip of senility. Arundatta states that age mentioned above is a probable age and not fixed one. It may have some variations in this regard ^[7].

LOW-BACK PAIN IN SURGICAL MENOPAUSE NIDANA PANCHAKA (ETIOLOGY) –

HETU – Garbhashaya Nirhana

PURVARUPA – Vyaktavastha

RUPA – Katishoola

SAMPRAPTI –

Samprapti Ghataka –

- **Dosha** – Pittanubandhi Vata especially Apana vayu
- **Dushya** – Rasa, Mansa, Artava, Asthi
- **Srotasa** – Rasavaha, Mansavaha, Artavavaha, Asthivaha, Manovaha, Purishavaha, Mutravaha.
- **Srotodushti** – Vataprakopa – Dhatukshaya
- **Agni** – Jatharagni, Dhatwagni
- **Ama** – Jatharagnijanya and Dhatwagnihjanya
- **Udbhavastha** – Garbhashaya, Katipradesha

- **Rancharasthana** – Rasavahini of Apanakshetra
- **Adhisthana** – Katipradesha
- **Vyaktarupa** – Shula
- **Sadhya Asadhyata** – Kashtasadhya

Samprapti of Low-back pain in surgical menopause is not given specially in classics butt can be stated as follow,

Udarapatanapurvaka Garbhashaya and Stree Beeja Nirharana (Hysterectomy with Oophorectomy)

Arvavaha Srotasam Mulam Garbhashayam

Garbhashaya Nirharana

Ashaya Nirharana

Rikta Sthana Nirmiti or Avakasha Nirmiti

Artavavaha Srotasa Viddha Karma Janita Vandhyatva

Avakasha Nirmiti

Akasha Mahabhuta Aadhikya

Vata Dosha and Apana Vayu Vriddhi (Apanoapanagaha Shroni Basti Medhra Urugocharaha)

Dhatukshayajanya Vataprakopa

Shulasya Vigunoanila

Shroni and Katishoola Due to Ashrayashrayi Bhav

KATISHOOLA NIRMITI

CHIKITSA –**A) SHODHANA CHIKITSA** ^[8] –

Abhyanga swedanam basti nasyam sneha virechanam /

Snigdha amla lavanam swadu vridhyam vatamayapaham //

(Y.R)

- 1) *Snehana (Abhyanga)* and *Snehapana* facilitate the *Niramavastha*.
- 2) *Swedana* like *Nadisweda*, *Pindasweda* and *Upanaha Sweda* relieves pain and opens up way for *Dosha*.
- 3) *Basti* which is called as *Ardhachikitsa* (Half of Treatment). These are,

- *Erandamuladi Niruha Basti*
- *Vaitarana Basti*
- *Pippalyadi Anuvasana*

4) *Mriduvirechana* –

- *Virechana* plays important role in chronic low back pain.
- *Eranda taila* is recommended for regular *virechana*.

5) *Nasya* –

Nasya works on central nervous system thus reduces vitiated *Vata*

- *Shigru taila*
- *Vidangadya taila*

B) SHAMANA CHIKITSA

Kashaya	<ul style="list-style-type: none"> • <i>Sahacharadi Kashaya</i> • <i>Dasshamooladi Kashaya</i> • <i>Rasna Erandadi Kashaya</i> • <i>Maharasnadi Kashaya</i> • <i>Rasnadi Kashaya</i>
Choorna	<ul style="list-style-type: none"> • <i>Chopachini Churna</i> • <i>Ashwagandhadi Choorna</i> • <i>Ajamodadi Choorna</i>
Leha	<ul style="list-style-type: none"> • <i>Eranda Paka</i> • <i>Aja Mamsa Rasayana</i> • <i>Amrita Bhallataka Leha</i>
Guggula	<ul style="list-style-type: none"> • <i>Mahayogaraja Guggula</i> • <i>Trayaodhashanga Guggula</i> • <i>Lakshadi Guggula</i>
Sneha	<ul style="list-style-type: none"> • <i>Shacharadi Taila</i> • <i>Mahamasha Taila</i> • <i>Parasrini Taila</i>

PATHYA – APATHYA :-

PATHYA ^[9]		APATHYA ^[10]	
AHARA	VIHARA	AHARA	VIHARA
<i>Madhura</i>	<i>Veshtana</i>	<i>Katu</i>	<i>Chinta</i>
<i>Amla</i>	<i>Trasana</i>	<i>Tikta</i>	<i>Shoka</i>
<i>Lavana</i>	<i>Mardana</i>	<i>Kashaya</i>	<i>Bhaya</i>
<i>Nava Godhuma</i>	<i>Snana</i>	<i>Truna</i>	
<i>Nava Shali</i>	<i>Bhushaya</i>	<i>Kangu</i>	

<i>Rakta Shali</i> <i>Shashtika Shali</i> <i>Nava Tila</i> <i>Masha</i> <i>Kulatha</i> <i>Ushnajala</i> <i>Gomutra</i> <i>Dhanyamla</i> <i>Sura</i> <i>Ghruta</i> <i>Tila</i> <i>Vasa</i> <i>Majja</i> <i>Swadu Phala</i>	<i>Yoga</i> <i>Physiotherapy</i>	<i>Korafushu</i> <i>Neevara</i> <i>Shyamaka</i> <i>Rajamasha</i> <i>Nishpava</i> <i>Mudga</i> <i>Tinduka</i> <i>Sushka Mamsa</i> <i>Kapota</i> <i>Paravata</i> <i>Sheetajala</i> <i>Fastfood</i>	
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DISCUSSION –

There is a wide scope for research in Surgical Menopause, presence of such a stage and awareness of symptoms is very essential. In Modern medicine HRT (Hormone Replacement Therapy) is one and only treatment of choice but it has many drawbacks like stroke, breast cancer, endometrial cancer, Ovarian cancer, Blood clots, Gall stone Thromboembolism, Lipid Profile dysfunction, Liver dysfunction ^[12]. There should not be any hesitancy in starting Oestrogen replacement therapy in these patients if indicated. Commonly used treatment for Low-Backache is NSAIDS of among the *Diclofenac* Sodium is used most extensively, which has some major drawbacks like *Epigastric* pain, Nausea, Headache, Dizziness, Rashes, Gastric Ulceration and Bleeding, Liver damage, CHD, Bruising, Tinnitus, High blood pressure ^[13]. *Phytoestrogens* are plant-derived compounds that structurally or functionally mimic mammalian oestrogens therefore considered to play an important role in prevention of menopausal symptoms ^[14]. As Sudden

drop up of Oestrogen level in Surgical Menopause HRT is used but to overcome from its side effects, they are useful. Herbs like *Shatavari*, *Shatapushpa* are highly nutritious with *phytoestrogens* also are *Vataghna* in nature.

CONCLUSION –

Surgical menopause is an induced menopause due to an unusual event. Due to abrupt cut off of ovarian hormones causes sudden onset of hot flashes, vaginal dryness and low back pain like symptoms which are due to *Vata* and *Pitta* aggravation. *Acharya Charaka* has mentioned *Katishoola* in *Vatavyadhis*. Due to removal of uterus there is emptiness formed which aggravates *Vata* thus *Vataghna* treatment should be followed like *Shodhana* and *Shamana* to minimize pain.

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