Female hormonal imbalance and Ayurvedic approach

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1) ABSTRACT:

Hormones play a vital role in health of human females and hormonal imbalance can cause several pathological conditions. Improve diet, stressful or depressed lifestyle & use of drugs can cause hormonal imbalance. This study aimed to find out cause of hormonal imbalance according to both modern & ayurvedic approach to it.

In Ayurveda hormonal imbalance is correlated with tridosha imbalance and saptadhatu kshay and vrudhi.

2) KEYWORD:

hormonal imbalance, irregular periods, excessive hair growth, yonivyapad

3) INTRODUCTION:

A healthy women is a woman whose hormones are in balance. Hormones are important in keeping mind and body healthy. Hormonal imbalance leads to many physical and psychological illness. According to Ayurveda, there are many herbs for regulating women’s hormone & proper diet for balancing it.

Today’s world, woman’s are suffering from many physical & psychocologial illness like painful menses, emotional instability, infertility due to stress, poor diet & environmental toxins.

4) AIMS & OBJECTIVE: An approach female hormonal imbalance according to modern and correlation with Ayurveda. Rebalancing the female hormone is like taking her life again in proper direction.

5) METHOD AND MATERIAL:

As per researches we can manage the hormonal imbalances of female by Ayurveda i.e. Prevention is better than cure by modifying our life style & intake habits. Based on reviews & analysis of Ayurveda as charka samhita, sarth vaghbhat & modern texts

6) OBSERVATION:
We observe many problems in females are due to hormonal imbalance but with appropriate diet, healthy & nutritious food and habits we can manage the imbalance and can give healthy outcomes.

7) Discussion

ACCORDING TO AYURVEDA

"न ही वाताघृते योनि .............................................."

च.चि.

30/114/116
अष्टांग हृदयानुसार
स्त्रियांंमधे मुखत : योनिरोगांमधे प्रथमत :वातप्रकोप व दुष्टि होते आणि सर्व दोष मृणून प्रथमत :वात दुष्टि विचित्सा करावी.

If we want to stabilize harmone at proper first we have to settle “vat”

And also for female hormonal imbalance ‘Oaj’ is also responsible .according to the Ayurveda low ojas is also contributing factor. For proper balancing, doshaj and ojas and dincharya, santulit aahar, yoga, is very important

‘दोष धातू मला मृणम सदा देहस्य तं चलः"

सार्थ वागभट अ.11

Vatadi dosh, rasadi dhatu and mutradi mul are basic of our body. If they are normal condition body is in healthy status.

For vatdosha diet should be warm, nourishing, sweet, sour, salty, taste should be taken.

Female hormonal imbalance is mainly related to yonivyarapad, disorders of vagina.according to the Ayurveda yonivyarapad is of 20 types.yonivyarapad can be due to improper posture during lying and sleeping, excess of sexual intercourse, menstrual abnormality, tingling, numbness, pricking pain, abdominal discomfort, abdominal tumors etc.

Shifting of diet and lifestyle techniques is the first way of any female hormonal imbalance treated .and also according to Ayurveda,

सर्वत :सुविशुध्याया :शेषम कर्मम विधियते

बस्ती अभाण्यग परिधेत प्रलेप पिचूधारणम||

For balancing women’s vat dosha sthanik chikitsa.

बस्ती ,अभाण्यग ,पररषेक ,प्रलेप ,पिचू

Some women experiences deeper pathology like cyst, fibroid & infertility. For that lifestyle & proper diet &proper herbs should be taken.

There are 6 main reproductive harmone that affect female body, they are:

1) LH (Luteinizing harmone)
2) FSH (folicle stimulating harmone)
3) Oestrogen
4) Progesterone
5) Prolactin
6) Testosteron

These harmones control female reproductive age & acts on ovaries.

LHRH-luteinizing harmone releasing hormone released by hypothalamus. Hypothalamus releases LHRH then LHRH stimulates pituitary gland .after pituitary stimulation LH and FSH releases they affect on ovaries and stimulates folicals to grow and mature folical
releases oestrogen and oestrogene is responsible for feminity and develop sex organ, breast, bone growth and increases body fat. Oestrogene level fluctuates throughout the month long female M.C

Last major hormone is progesterone. This hormone is produced by corposus luterum.

Progesteron is responsible for thickening of endometrium of uterus during second half of woman’s monthly cycle .This hormone is responsible for breast tenderness also .progesteron also causes uterine endometrial proliferation in preparation for implantation.

These harmones are key-players in women’s life .they circulate on an average 28 day of cycle .starting as age 11 until menopause.

The menstrual cycle, rajodarshan is broken up into 2 phases .the 1st phase is follicular phase .FSH and LH increses, stimulate growth and maturation of follicles.Folicle matures and begins to produce estrogen which is responsible for development of endometrial lining.

Estrogen level surge between 9 and 12 on 12th day estrogene LH and FSH are peak level .the 2nd phase is luteal phase .at the beginning carpus luteum is formed which secrete progesterone.it stimulates rapid growth of uterine endometrium. estrogen and progesterone increase at first part of this phase

But progesterone is increasing dramatically.both peak from day 23-25 and then begins to decline as carpus luteum becomes in active. Progesterone causes uterine tissue to become necrotic and haemmorhagic.the first day of menstruation occurs.during menses a women can really tuned whether her harmone are balanced or not.

In women’s Testosteron is produced in very small amount in their ovaries and adrenal glands. Its imbalance can affect their physical appearance and overall health. It causes irregular periods, obesity and infertility.

One of the most common symptom of hormonal imbalance is PMS (PREMENTSRUAL SYNDROME).

PMS- PMS is premenstrual syndrome.one week after ovulation and 1 week before menstruation ,the level of progesterone in body reaches cyclical high as estrogen levels are decreasing. Just before menstruation levels of both estrogen and progesterone drops.

First 3 weeks of menstrual cycle estrogen is high causes elevated mood, reduces pain by stimulating beta and endorphine.falling down its level causes anxiety, fatigue, insomnia, pain & immibility.

In Ayurveda PMS is defined as a collection of imbalance that vary in woman due to hormonal imbalnces in premenstrual phase.the causes are primarily due to low ojas pushed by vtdoshas.management of Ama and long term tonifiacttion is needed.treatment of vat ,pitta ,kapha should be done .

Vat rupa can manifest as irritability, anxiety, nervousness, inability to concentrate mood swing, constipation, neurological symptoms and fatigue.
Ayurveda suggest dipan and rasayan treatment and pachak treatment like ghee supporter.

Pitta type PMS manifest as anger, intensity and acne.

Kapha type PMS can manifest as water retention, weight gain, breast tenderness and nausea.

Herb – nirgundi (vitex negundo) is one of the best herb for treating vata-PMS.

Shatawari, ashoka are for pitta type PMS. Cinnamon and juniper berries in kapha PMS. Shilajit is also great herb to use regulation of ambuvahastrotas.

Common allopathic treatment for mood swings, pain management, antidepressant, diuretics and progesterone & estrogen-progesterone birth control pills. But according to Ayurveda relaxation method such as yoga, meditation and aerobic exercise relieves PMS. They do so by altering brain chemistry and boosting endorphins. An imbalance in female reproductive hormone can cause raktagulma. According to modern it is seen as uterine fibroids, ovarian cysts, PCOS. The direct cause of tumors can be due to recent miscarriage, child birth, suppressing menses. To treat reproductive tumors, pacifying vata could be primary and use of herbs such as palash, guggul, pippali that will disintegrate and ripen tumors to decrease the size and eliminate its presence. Herbs like lodhra, ashoka, and manjistha can also be used for excess bleeding.

Uterine fibroids are type of raktajgulma and the condition is at least in part mediated by estrogen. Estrogen stimulates growth and tumor have more estrogen receptors. Progesterone may also stimulate growth. During menopause estrogen level decreases. The tumors may shrink.

According to Ayurveda, in uterine fibroids there is kapha imbalance in mamsadhatus of arthavapha strostus which would be treated with a kapha pacifying diet, herbs such as palash, nirgundi, lodhra, ashoka, guggul, pippali and castor oil.

Ovarian cysts are most common in women irregular cycles. This may occur if LH surge is insufficient to stimulate ovulation. In Ayurveda, vat pushing kapha out of balance in the shukravaha strotas.

PCOS may be due to excess of LH production from pituitary. According to ayurveda, it is tridosha condition. Female infertility is large part of PCOS. Shilajatu rasajan is significant role in regulating hormones.

Ayurvedic Perspective of PCOS:

It cannot be correlated to any single disease or syndrome in Ayurveda, but symptoms resembles to different terminologies.

Like-

- Arjaska yonivyapad (in this there is pittadushti)
- Lohitakshaya yonivyapad (vat, pittadushti)
- Vandhya yonivyapad (dhautkshay)
- Aartavdushti (it is of 8 types-abijata)
- Nashtartav (tridoshdushti)
Pushpaghni
jataharini(vandhapushpanovulatory cycles)13

According to the Ayurveda in PCOS cases shodan, shaman, panchkarma, annuvasan, uttarbasti should be done. Amenorrhea (नष्ातवव) is another hormonal condition. It is again primary and secondary. It is due to low FSH & LH & ENDOCRINE failure/disorder. According to Ayurveda it is rasadhatu vikruti and shukradhatu vikruti.

According to Ayurveda, infertility can be due to vata, pitta, kapha imbalance. Infertility can be treated by Ayurveda according to dosha’s treatment & panchkarma.

Menopause is a natural condition where natural cessation of reproductive capability of women is marked by decrease in oestrogen levels in FSH & LH. As per Ayurveda menopause can be treated with diet & lifestyle habits, herbal remedies & phytohormone.

Results: Phytohormones are plant-based chemicals that are not actual hormone but mimic the effect of hormones in body.

Ayurveda manage hormonal imbalance in women by daily regimen, food/sense they are absorbing & stressors they are encountering.

Shatavari- is a key female reproductive herb used in treated hormonal symptoms such as pms, menstrual cramps, mood change, menopause, not flushes, it increase fertility.

Vidarikand- It is used as aphrodisiac, attractive, demulcent, diuretic, lactogogue, rasajani.

- Indications-amenorrhoea, perimenopause, infertility, low milk supply.

Ashoka- hemostatic, analgesic & astringent used in excess bleeding, anemia & dysmenorrhea.

Aloe vera- it is cooling, sweet & pleagant nature makes it useful for balancing menstrual & promote it.

Manjistha- Used for pitta & kapha, used in amenorrhea, dysmeno, menopause & bleeding disorders

Kapikachu-sharangdhar: Infertility & libido, contraindicare during menses.

Conclusion:-

Hormonal imbalance in young females i.e. related to their lifestyle aahar, vihar, pathyapathy, food intake & use of drugs.

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