



Menopause A Blissful Aging

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ABSTRACT

Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. The clinical diagnosis is confirmed following stoppage of menstruation (amenorrhoea) for twelve consecutive months without any other pathology. The age at the final menstrual period holds intrinsic clinical and public health interest because the age at which natural menopause occurs may be a marker of aging. Although menopause is an universal phenomenon among women, the timing of the onset and the duration of the menopausal transition and timing of the final menstrual period are not. According to the pantheons of ayurveda the consensus that the fertile period in woman's life time is between 12 to 50 years, beyond which there is *Jara* (senility) due to *Pakva sharira* (ripening or degradation of the body). The cessation of menstruation or menopause in ayurveda is given a terminology of *Rajonivritti*. The present work aims to analyze the incidence of menopause in Goa in accordance to their age and reveal the incidences of premature menopause.

KEYWORDS: Menopause, Menopausal age, Natural menopause, Rajonivritti, amenorrhoea, Jara, Pakva sharira, Ayurveda

INTRODUCTION

Menopausal syndrome is common problem in today's era due to stressful and changing lifestyle. Menopause word comes from Greek words 'menos' means month or menses and 'pause' means to cease or stop. Menopause is defined as the time of cessation of ovarian function resulting in permanent amenorrhoea. To confirm the menopause has set in it will take about 12 months of amenorrhoea. Age of menopause is between 45 to 50 years, 47 years is the average age of menopause. Various signs and symptoms are developed in this stage and are due to hormonal imbalance that takes place in menopause mostly due to deficiency of estrogen. About one-third of the lifespan will be spent during the period of estrogen deficiency stage with long-term symptomatic and metabolic complications due to this increase life expectancy. This will affect women's day to day life.

According to the scholars of ayurveda menopause is known as *Rajonivritti*. According to Acharya Sushruta the rakta i.e menstrual blood in women is produced by rasa by 12yrs of age and continues upto panchashata i.e 50yrs of age. According to Acharya Arundatta after 50yrs of age the integrity of dhatus are lost leading to slow deterioration of raja and stanya, etc. Menopause is a resultant of the physiological burnout in the females. Management of menopause comes under gerontology, which deals with the study of physical and psychological changes incidental to old age. The present study aims to Determine the mean age at which natural menopause occurs.

Aims

To understand and review menopausal age in women in Goa.

Objective

To evaluate the mean age at which natural menopause occurs.

Material and Method:

A survey was conducted among the women of Goa which focuses on the age of menopause. This survey was based on observational study and included 118 females from Goa. Who had naturally attained menopause. To know the average age of menopause, couple of statistical data was collected by preparing a questionnaire and distributing it to all the women who attained menopause i.e 40 years and above. The females attaining surgical menopause and those with PID and serious systemic disease were excluded. The questionnaire includes:

- Name
- Present age
- Age of menarche
- Age of menopause attained by your mother (maternal)
- Natural or induced

Statistical Analysis:

AGE OF MENOPAUSE(YEARS)	NUMBER OF PEOPLE	PERCENTAGE(%)
44	2	1.69
45	7	5.93
46	5	4.23
47	4	3.38
48	3	2.54
49	9	7.62
50	16	13.55
51	16	13.55
52	20	16.95
53	13	11.01
54	11	9.32
55	12	10.16

$$\text{MEAN AGE} : \frac{\sum \text{fixi}}{n} = \frac{6009}{118} = 50.9 \text{ years}$$

Discussion

- Menonatural decline in reproductive hormones when a woman reaches her 40s or 50s.
- Menopause is signalled by 12 months since last menstruation.
- While menopause symptoms will disappear for most women 4 to 5 years after.
- 3 women induced menopause.
- The current study shows that 15.23% women within the age group of 44-47 years have hit menopause.
- 54.2 % women within the age group of 48-52 years have hit menopause.
- 30.57 % women within the age group of 53-55 years have hit menopause.

Conclusion

The study and collection of data shows that majority of the women hit natural menopause at the age of 50years ..

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