

**EFFECT OF MODIFIED TRADITIONAL MEDICINE FORMULATION-16  
(APUNYEIN-THWAY-HSEI) IN THE TREATMENT OF RAJONIVRUTI (MENOPAUSAL  
SYNDROME)**

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**ABSTRACT**

Menopausal symptoms have been considered as a major health problem in women with long term consequences. The chance of occurrence is expected to be increasing due to the average age has steadily increased in the last century all over the world. According to Traditional Medicine, menopause is caused by aggravated *vata dosha* entering the *shukra dhatu* of the *artavavaha srota* (female reproductive system), resulting menopausal syndrome. The present study was taken up with the objective of evaluating the efficacy of Modified TMF-16 in the treatment of *Rajonivruti* (menopausal syndrome) and the association between serum FSH level and *prakriti* (constitution). It is a quasi experimental study done in Mandalay Traditional Medicine Teaching Hospital over one year period (from July 2013 to August 2014). Total 33 patients with *Rajonivruti* were included. The serum FSH levels of study population were analyzed and *prakriti* were determined by questionnaires. Data were analyzed using SPSS software version 21 and improvement of symptoms score were compared using Pair Sample T-test and One Way ANOVA. p value was <0.05 considered as significant. There were 33 patients with *Rajonivruti*. The mean age of patients was  $52.15 \pm 3.44$  years (range 46-62). Most presenting symptom was night sweating that was severe in 96.9% of cases. It was found that 52% of study population was *pitta prakriti*, 30% was *vata prakriti* and 18% was *kapha prakriti*. Serum FSH level was associate with the severity of menopausal symptoms in *vata prakriti* (p=0.003). It was highly significant in improvement (p<0.0001) of menopausal symptoms by treating with Modified TMF-16. Therefore, muscle and joint pain was not significant (p=0.023) in this study. There was no association between *Rajonivruti* and age, marital status and physical status (BMI). Modified TMF-16 was significantly effective (p<0.0001) on *Rajonivruti* (Menopausal symptoms) and serum FSH level was associate with the severity of menopausal symptoms in *vata prakriti* (p=0.003).