

# Correlation between Ayurvedic Doshas and Menopausal Symptoms

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## **Objective:**

To evaluate any correlation between a woman's dominant Ayurvedic Dosha and any menopausal symptoms she may experience.

## **Methods:**

74 women between the ages of 40 and 55 participated in a survey to determine their dominant Ayurvedic Dosha and identify menopausal symptoms they commonly experience. For each participant their menopausal symptoms were evaluated to determine if they correlated with symptoms associated with a specific Dosha and in turn, whether the Dosha association of the symptoms correlated with their overall dominant Dosha. The participants were recruited from suburban fitness centres in Newcastle and Sydney.

## **Results:**

The selections the participant's made on their survey were calculated and converted into percentages for Dosha dominance and Menopausal Symptom dominance. For simplicity the highest percentage was chosen as the indicator for dosha dominance. However in reality a result presenting 50% Vata and 46% Kapha would generally indicate a Vata/Kapha Bi-doshic dominance.

Of the 74 participants:

- 6 indicated Vata dominant doshas with:
  - 2 presenting with Vata dominant symptoms,
  - 2 with Vata/Kapha,
  - 1 with Pitta and
  - 1 with Tri-doshic symptoms.
  
- 50 indicated Pitta dominant doshas with:
  - 13 presenting with Vata dominant symptoms,
  - 3 with Pitta,
  - 23 with Kapha,
  - 1 with Vata/Pitta,
  - 6 with Vata/Kapha,
  - 1 with Pitta/Kapha and
  - 3 with Tri-doshic symptoms.

- 13 indicated Kapha dominant doshas with:
  - 11 presenting with Kapha symptoms and
  - 2 with Vata symptoms.
- 5 indicated Bi-doshic dominance with:
  - 2 presenting with Vata dominant symptoms,
  - 1 with Pitta and
  - 2 with Kapha symptoms.

## Discussion

A reasonable correlation between Vata Dosha dominance and Vata Dosha symptoms was found, possibly indicating the natural shift towards the Vata stage of life, which is part of the natural ageing process.

The 3 stages of life are:

- *The Kapha Age* – childhood through to early 20's when growth and development of body and mind are encouraged
- *The Pitta Age* – early 20's through to 60's-70's plus
- *The Vata Age* – indicates the senior years from around the 60's until death.

Very little correlation was found between Pitta Dosha dominance and Pitta Dosha symptoms. However a strong correlation was found between women presenting with Kapha Dosha dominance and Kapha Dosha symptoms, possibly indicating that other lifestyle factors influence the nature of a women's menopausal symptoms. As a result further studies may be viable to consider lifestyle factors which may be affecting women in today's society. Questions to consider in future studies include:

- Could other lifestyle factors reflect the higher Kapha scores seen in these results?
- Does this high Kapha influence show a reflection for the society we currently live in?

## Conclusion:

A reasonable correlation was found with Vata dominant symptoms in the participants with a dominant Vata dosha. This may be a reflection of a woman entering the Vata stage of life i.e. the senior years of approximately 60+ years.

A strong correlation was seen between participants with a Kapha dominant dosha and Kapha symptoms. Kapha dominant symptoms were also high amongst the other doshas, possibly indicating that other lifestyle factors may be influencing the results of this study.

The results from this study were deemed to be inconclusive. Further studies were recommended to explore the questions -

- Could the lifestyle one leads in our society promote a Kapha imbalance for Menopausal women?
- Does the Vata stage of life influence the type of menopausal symptoms a woman may experience?