



Pharmacodynamic activity of novel ayurvedic combination curwom beauty plus in progesterone and estrogen imbalance and its impact on women health

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Abstract

Women require more health care and have more access to the health-care system than men. They have higher chronic non-reproductive health issues such as cardiovascular disease, cancer, mental illness, diabetes, and osteoporosis, which is partly linked to their reproductive and sexual health demands. Hormones are important for regulating many different processes in the body including appetite and metabolism, sleep cycles, reproductive cycles and sexual function, body temperature and mood. No wonder then that even the slightest imbalance may have a noticeable impact on your overall well-being and wellbeing. Hormone levels fluctuate naturally at different periods of life, most noticeably during puberty and during the menstrual cycle, pregnancy and menopause in women. Lifestyles and some medical conditions can also impact them. Plants based medicine play an important role for restoration of health and act as a booster.

Keywords: novel ayurvedic, curwom, progesterone, estrogen imbalance

Introduction

Sex is a driving force that brings intimate contact between a man and a woman. Throughout life, sexuality is a fundamental part of being human and includes gender identities and roles, sexual identity, eroticism, enjoyment, intimacy and reproduction. In feelings, dreams, desires, beliefs, behaviors, principles, acts, activities, roles and relationships, sexuality is perceived and conveyed. In the first millennium BC, in a striking transformation of human consciousness, human societies clearly experienced a "axial period." In three geographical areas, the transition took place independently: in India, China, Persia in the eastern Mediterranean, including Israel and Greece. A prevalent mythical, celestial, ritualistic, collective consciousness embedded in a tribal matrix with the female in the foreground, slowly gave birth to a male dominated, logical, analytical, and individualistic consciousness in this cultural transition. After the last ice age retreated, this change in cultural values started quite slowly [1]. Both sexes appear to pass through the early phases of libidinal growth in the same manner, according to Sigmund Freud. Psychologically, the male-female difference in sexuality begins only during the phallic process, with the appearance of Oedipus complex. However, only during the genital process does the difference become most noticeable [2]. Although women are usually sexually active during puberty, they reach their peak orgasmic frequency in their 30s and have a steady level of sexual ability until the age of 55, with little evidence that it is impaired by aging in later life [3]. The sexual response cycle in both sexes is often categorized as a four-phase process, desire, excitement, orgasm, and resolution after Masters and Kaplan's pioneering work [4].

Statically Data for female Sexual dysfunction as per International norms

Sexual dysfunction was more common in women (43%) than men (31%) in the USA general population and was correlated with different sociodemographic features, including age and educational achievement. A different pattern of sexual dysfunction is exhibited by women from various social backgrounds. Among women (and men) with poor physical and emotional health, the experience of sexual dysfunction is more probable [5]. In England, a study asserts that about two-fifths of women (41%) reported having a current sexual problem. The most common problems were a lack of desire, vaginal dryness, and infrequent orgasm [6]. The literature on etiological variables associated with sexual dysfunction indicates that in females, marital problems were the predominant association with arousal, orgasmic, and enjoyment problems. After menopause, vaginal dryness was found to increase with age. Sexual dysfunction has typically been related to social issues in women [7].

It has been estimated that hypoactive sexual desire is present in around 20 percent of the female population. The multiple etiological factors associated with low sexual desire are impairment of the hypothalamic pituitary axis, endocrinal disorders, ovarian failure, psychotropic, cardiovascular medications, chronic tension, anxiety, depression, prolonged abstinence from sex, relationship aggression, past bad sexual experience, childhood sexual violence, religious taboos and low biological drive.

Symptoms associated with hormonal imbalance

There are various common symptomatic changes are observed in the women due to hormonal imbalance.

Mood swings: The female sex hormone estrogen has an effect on neurotransmitters in the brain including serotonin (a chemical that boosts mood). Fluctuations in estrogen can cause premenstrual syndrome (PMS) or depressed mood during the perimenopause (the phase before periods stop completely) and the menopause.

Heavy or painful periods: if accompanied by other symptoms such as abdominal pain, a frequent need to urinate, lower back pain, constipation and painful intercourse, then you may have fibroids. Fibroids are non-cancerous growths that develop in or around the womb. The exact cause is unknown although they are thought to be stimulated by estrogen while having a family history may also increase your risk.

Low libido: Low libido is particularly common in women going through the perimenopause or menopause due to falling levels of estrogen and testosterone (although known as a male hormone, women also have testosterone). Other menopausal symptoms such as night sweats, fatigue, low mood and anxiety can also have an impact on your sex life.

Insomnia and poor-quality sleep: During the perimenopause and menopause, the ovaries gradually produce less estrogen and progesterone, which promotes sleep. Falling estrogen levels may also contribute to night sweats which disrupt your sleep, contributing to fatigue and lack of energy.

Unexplained weight gain: A number of hormone-related conditions can cause weight gain including an underactive thyroid (when your thyroid gland does not produce enough thyroid hormones which regulate metabolism), polycystic ovary syndrome (PCOS) (a hormone-related problem causing small cysts on the ovaries) and the menopause (which results in hormonal changes that can make you more likely to gain weight around your abdomen).

Skin problems: Chronic adult acne can be a sign of low levels of estrogen and progesterone and high levels of androgen hormones and can also indicate polycystic ovary syndrome. Similarly, hormonal imbalances during pregnancy or the menopause can cause itchy skin while dry skin is a symptom of the menopause or thyroid problems.

Fertility problems: hormonal imbalance is one of the leading causes of female infertility and with changing hormone levels, a woman's fertility naturally drops after the age of 35. High levels of follicle-stimulating hormone (FSH) can reduce a woman's chances of getting pregnant while low levels of luteinizing hormone (LH), which stimulates the ovaries to release an egg and start producing progesterone, can also cause fertility problems. Early menopause and other hormone-related conditions such as PCOS will affect your fertility.

Headaches: Many women suffer headaches due to hormonal changes during the menstrual cycle, pregnancy or menopause.

Weak bones: Falling levels of estrogen during the perimenopause and menopause can cause bone loss.

Vaginal dryness: Vaginal dryness is most often caused by a fall in estrogen levels, especially during the perimenopause and menopause. Taking the contraceptive pill or antidepressants can also change hormone levels, resulting in the problem [8].

Female infertility

The most common medical causes of female infertility include: Fallopian tube damage or blockage, Endometriosis, Ovulation disorders, Uterine fibroids, Pelvic adhesions, Polycystic ovary syndrome (PCOS), Early menopause and Elevated prolactin [9].

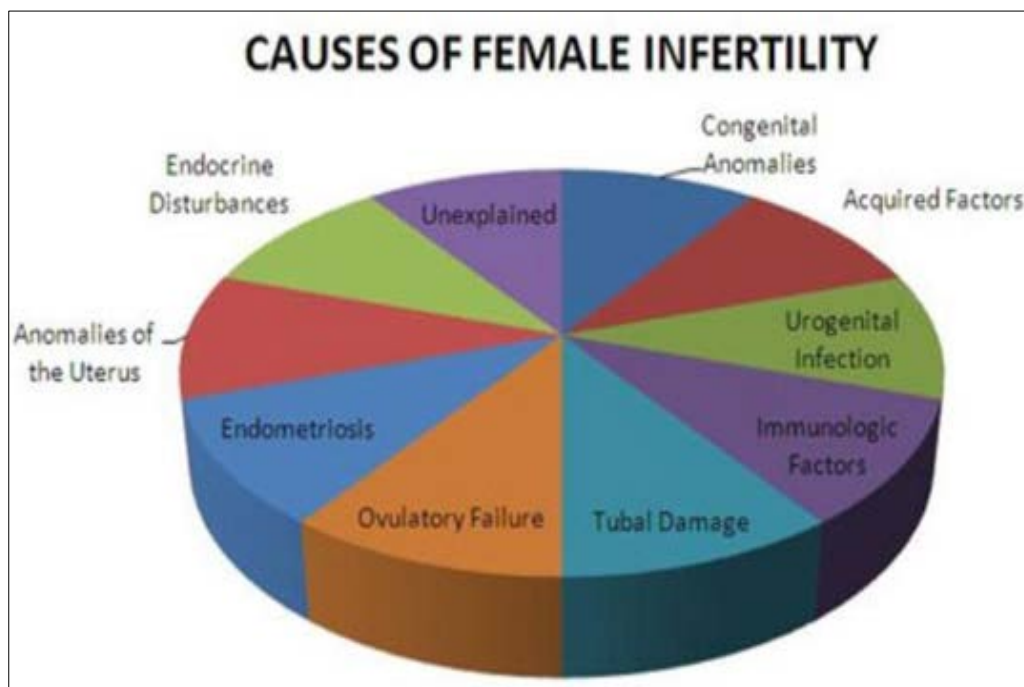


Fig 1

Helps in overcoming fatigue, backache and general weakness. Supporting demands of improving strength & stamina. Helps in providing relief from Gynecological disorders like Leucorrhoea, Hemorrhage, Discharge, Irregular Menstruation. Supports in maintaining body constitution in health-conscious women.

Prophylactic efficacy of rational Ayurveda combination details^[12]

Saraca Indica: Saraca asoca is a plant belonging to the Detarioideae subfamily of the legume family. Ashoka tree is useful to manage female disorders like dysmenorrhea and menorrhagia due to its Vata balancing property. It also helps to control bleeding in piles due to its Sita (cold) property. Ashoka powder is also an effective remedy for managing worm infestation due to its Krimighna (anti-worm) property.

Asparagus Recemosus: Asparagus racemosus is a species of asparagus common throughout India and the Himalayas. and northern Australia. It is used asparagus racemosus for upset stomach (dyspepsia), constipation, stomach spasms, and stomach ulcers. It is also used for fluid retention, pain, anxiety, cancer, diarrhea, bronchitis, tuberculosis, dementia, and diabetes. Some people use it to ease alcohol withdrawal.

Emblica officinals: Symplocos is a genus of flowering plants in the order Ericales. It contains about 300 species distributed in Asia and the Americas. Many species grow in humid tropical regions. This is sometimes considered to be the only genus in family Symplocaceae. Lodhra serves for several health benefits, such as; cures acne, blemishes, white and black heads; Beneficial in gynaecological or female disorders, Cures eye disorders, Cures dental problems, Treat Ulcers, Heals wound, Stop haemorrhage, Reduces heaviness in the body.

Withania somnifera: Withania somnifera, known commonly as ashwagandha, Indian ginseng, poison gooseberry, or winter cherry, is a plant in the Solanaceae or nightshade family. Several other species in the genus Withania are morphologically similar. Withania somnifera, commonly called ashwagandha, is a winter cherry tropical to the Solanaceae family that is used in treating a wide variety of illnesses including asthma, diabetes, hypertension, stress, arthritic diseases, and cancer.

Glycyrrhiza glabra: Liquorice or licorice is the common name of Glycyrrhiza glabra, a flowering plant of the bean family Fabaceae, from the root of which a sweet, aromatic flavouring can be extracted. The liquorice plant is a herbaceous perennial legume native to Western Asia, North Africa and southern Europe. Glycyrrhiza glabra L. (Licorice) is a small perennial herb that has been traditionally used to treat many diseases, such as respiratory disorders, hyperdipsia, epilepsy, fever, sexual debility, paralysis, stomach ulcers, rheumatism, skin diseases, hemorrhagic diseases, and jaundice.

Valeriana wallichii: Valeriana wallichii is a rhizome herb of the genus Valeriana and the family Valerianaceae also called Indian Valerian or Tagar-Ganthoda, not to be confused with ganthoda, the root of Indian long pepper. Valeriana wallichii, the major species of the genus Valeriana, is native to India, Nepal and China. As an important substitute for the European V. officinalis, it has been traditionally used in treatment of sleep problems, obesity, nervous disorders and snake poisoning and skin diseases.

Berberis aristata: Berberis aristata, also known as Indian barberry, "daru haldi" or tree turmeric, is a shrub belonging to the family Berberidaceae and the genus Berberis. Paste of this herb is used externally to reduce pain and inflammation. Best use of this herb is in eye related disorders. It is also used for quick healing of wounds and paste of this herb is also useful in syphilis, ulcers and anal fistula.

The arjuna grows to about 20–25 metres tall; usually has a buttressed trunk, and forms a wide canopy at the crown, from which branches drop downwards. It has oblong, conical leaves which are green on the top and brown below; smooth, grey bark; it has pale yellow flowers which appear between March and June; its glabrous, 2.5 to 5 cm fibrous woody fruit, divided into five wings, appears between September and November. Terminalia arjuna has been used to balance the three "humors": kapha, pitta, and vata. It has also been used for asthma, bile duct disorders, scorpion stings, and poisonings. The bark of Terminalia arjuna has been used in India for more than 3000 years, primarily as a heart remedy.

Aloe vera is a succulent plant species of the genus Aloe. The name comes from two root words: "aloe" is an Arabic word meaning bitter, and "vera" is Latin for "truth." An evergreen perennial, it originates from the Arabian Peninsula, but grows wild in tropical, semi-tropical, and arid climates around the world. Heals burns, due to its soothing, moisturizing, and cooling properties, aloe vera is often used to treat burns, improves digestive health, promotes oral health, clears acne relieves anal fissures, antibacterial, antiviral, and antiseptic properties.

Cyperus Rotundus is a species of sedge native to Africa, southern and central Europe, and southern Asia. The word cyperus derives from the Greek, kyperos, and rotundus is from Latin, meaning round. Traditionally used to treat various clinical conditions at home such as diarrhea, diabetes, pyresis, inflammation, malaria, and stomach and bowel disorders.

Table 1

Rational Ayurveda combination	Botanical name
Curwom Beauty Plus	Saraca indica
	Asparagus recemosus
	Symplocos racemosa
	Withania somnifera
	Glycyrrhiza glabra
	Valeriana wallichii
	Berberis aristata
	Terminalia arjuna
	Aloe vera
Cyperus rotundus	



Fig 2

Table 2

Medicine	Disease	Prophylactic efficacy in
Curwom Beauty Plus	Heart Disease	++
	Breast Cancer	++
	Ovarian and Cervical Cancer	+++
	Gynecological Health	+++
	Autoimmune Diseases	+++
	Infertility	+++
	overall stamina for women	+++
	uterine Complication	+++
	complication after menopause	+++
	Exhaustion	++
	Pain and backache	++
	Skin irritation	++
	Vertigo	++
	fatigue	+++
	strength and stamina	+++
	Leucorrhea	+++
	Hemorrhage	++
	Irregular Menstruation	+++
	Weight loss	+++

Conclusion

This ongoing restriction for ages has evolved a strong negativity among women regarding infertility and vigor. So even today the

first healing step is to create a factual awareness among them. There are several sexual disorders specific to females based on a sexual response cycle. However, there are several therapeutic

approaches that can be utilized in effective management of these disorders. While health supplement like CURWOM BEAUTY PLUS play important role in vigour and stamina, general uterine tonic, Hormonal balances, disturbed menstrual, ovarian disorder, leucorrhoea, menorrhoea and anemia The study looks at the physical, biological, psychological, and social changes that occurred throughout this period of transition and further evaluation and research advised for more authentication during clinical practice.

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