

An Observational Study on Asthimajjākshya Lakshana (Osteoporosis) in Menopausal and Menstruating Women

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Abstract: Menopause is a natural physiological transition associated with hormonal changes that significantly influence bone health. Osteoporosis is one of the most common and disabling long-term consequences of menopause. In Ayurveda, Asthi–Majjā Kṣaya is described as a degenerative condition occurring due to Vāta predominance and Dhātu depletion, especially during aging and menopausal transition.

The present observational analytical study was conducted to evaluate Asthi–Majjā Kṣaya Lakṣaṇa in menstruating and menopausal women and to assess its correlation with Bone Mineral Density. Sixty female subjects were divided into two groups of 30 each. Clinical features and BMD findings were analyzed using percentage distribution and Chi-square test.

The study revealed a significantly higher prevalence of Asthi–Majjā Kṣaya Lakṣaṇa and reduced Bone Mineral Density in menopausal women compared to menstruating women. The findings support the correlation between Ayurvedic concepts of Asthi–Majjā Kṣaya and modern understanding of osteoporosis..

Keywords: Asthi–Majjā Kṣaya, Bone Mineral Density, Menopause, Osteoporosis