

Abstract

In developing countries like India the number of women with osteoporosis, i.e., with reduced bone mass and the disruption of bone architecture, is increasing. While data on prevalence of osteoporosis among women in India come from studies conducted in small groups spread across the country, estimates suggest that of the 230 million Indians expected to be over the age of 50 years in 2015, 20%, i.e., ~46 million, are with osteoporosis. Thus, osteoporosis is a major public health problem in Indian women. In *Ayurveda* Menopause deals with *jarapakvaavasta* of the body. *Jara* and *Rajonivritti* are manifested due to progressive reduction in the functional ability of *agnis*, which results into an inadequate tissue nutrition which metabolism of *Asthi Dhatu* is disturbed. The present therapeutic scenario is calcium and vitamin D supplementation, use of calcitonin, hormone replacement therapy (HRT) in case of post-menopausal Osteoporosis. Women in menopausal stage are in declining age and required increased nutritional demand and also should be treated with the safe and pleasing drug. *Lashuna* is such a drug that correct metabolism by its properties.

Aim:

- To study the disease postmenopausal osteoporosis – as per *Ayurveda* and modern concept.
- To assess the effect of *lashuna* in minimizing bone loss.
- To compare the efficacy of *lashuna* with *shatavari*.

Study design:

- Open random control trail

Material and method:

The study was conducted on 40 women of menopausal age for a period of 12 weeks. Clinical features and objective parameters were documented before and after treatment.

Statistical analysis:

Observations of the study were analyzed and findings were evaluated by using statistical methods (Student's *t* test and unpaired *t* test)

Results :

The present study shows that the trial drug *lashuna* is effective than standard group *shatavari* group .But interstatistical analysis shows insignificant results . No adverse effect of the trial drug was observed during the study.

Conclusion:

The results suggest that *Lashuna* is significantly effective in the management of postmenopausal osteoporosis

Keywords: *rajonivritti, asthi kshaya*, postmenopausal osteoporosis.