



The Knowledge of Menopause and its Treatment among Orang Asli in Gombak

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Abstract

Menopause is a time of life where women make the transition from a reproductive stage to a non-reproductive stage. Although it is biologically universal, menopausal experiences are not homogeneous in nature and there have been significant differences reported by women within and across cultures. The objective of this study is two-fold: to investigate the prevalence of menopausal symptoms among Orang Asli and to identify ways how they treat their menopausal symptoms. This is an exploratory study conducted among Orang Asli women at Batu 12, Gombak, Kuala Lumpur, Malaysia. A group of twenty Orang Asli menopausal women between the ages of 50-56 participated in this study. These women were from different clans - Semai, Temiar, Temuan and Semelai. The respondents were chosen using the snowball sampling due to the sensitivity of the topic. Unstructured interviews and participant observations were used to assess their understanding about menopausal symptoms and how the symptoms are being treated. Data analysis was performed using the qualitative process. Analysis reveals that Orang Asli women viewed menopause as a positive and natural biological change. Knowledge about menopause is obtained from friends and siblings who are already in their menopausal stage. Decrease in sexual feeling is a common menopausal symptom followed by muscle aches, joint pains, sleeplessness and more trouble remembering things. Very little is known about the knowledge and use of medicinal plants in treating menopausal symptoms among these Orang Asli women. However, among the common plants used to treat their menopausal symptoms are paku sendap, kacip Fatimah, bunga palma, tongkat Ali and cendawan hutan. These plants are easily found in their backyards. They expressed strong belief in the effectiveness of these plants to help alleviate their menopausal symptoms. Briefly, menopausal symptoms among Orang Asli women are common and are apparently untreated through biomedical intervention.

Keywords: Menopause, Orang Asli, medicinal plants, symptoms, sensitive topic.

Introduction

Menopause is a time of life where women make the transition from a reproductive stage to a non-reproductive stage. Although it is biologically universal, menopausal experiences are not homogeneous in nature and there have been significant differences reported by women within and across cultures. The study of menopause is pertinent in anthropology because how menopause is seen, experienced and managed, rests upon social and cultural factors¹. Our understanding of menopausal experiences is primarily derived from studies conducted among Western women. Little is known about the menopausal experiences of the Orang Asli in Malaysia.

In general, menopause is a subject which gains relatively little attention in anthropology. The rareness of anthropological research on menopause is best explained through the relative importance placed on menstruation and pregnancy as significant events in the life cycle of a woman compared to menopause². In the anthropological literature on menopause, there has been a general agreement that social and cultural factors have strongly shaped women's menopausal experience³. Menopause is a process of ageing that comes with emotional, psychological and

physiological changes similar to menstruation and pregnancy⁴. These events are associated with hormonal and bodily changes coupled with a range of emotional and psychological factors that vary across cultures.

There have been relatively few anthropological studies on menopause conducted among the indigenous people. In fact, little baseline information exists from which to understand what constitutes menopausal experience among Orang Asli women in Malaysia. Among the Mowanjum indigenous people of Western Australia, they are reported to have minimal knowledge about the etiology of their menopausal symptoms and do not seek any medical assistance or use bush medicine to alleviate their symptoms⁵. This is one of the reasons the researcher has chosen to focus on the menopausal experience of Orang Asli women in Malaysia.

It is clear that menopausal experiences and symptoms vary across and within cultures. It appears that some women exhibit severe symptoms, others encounter only mild symptoms and some women report no symptoms at all⁶⁻⁷. The existing anthropological literature reviewed does not discuss how Orang Asli women in Malaysia experience menopause. Issues like the

The Knowledge Of Menopause And Its Treatment Among Orang

Mary Breheny



The Knowledge Of Menopause And Its Treatment Among Orang:

British Medical Journal ,1912 *Women's Knowledge Level about Menopause and Its Treatment* Kerianne Anastasia,Angela A. McMahon,2000 **Index to American Doctoral Dissertations** ,1986 **Forthcoming Books** Rose Army,1996-06 **Menopause** Amresh Mohan, The aim of this book is to discuss the issues relevant to the Physical Therapy on health standards for menopausal conditions and its stages effect on nutrition and physical fitness The primary objectives of this book is to enable a Physical Therapist to 1 Understand proper symptoms treatments proper nutrition fitness and weight management guidelines for menopausal condition relevant groups 2 Explore how physical workouts and exercise can benefit to the patient 3 Understand effect of exercise programme on menopausal condition and get the foundational knowledge from the professional certified fitness trainers Menopause is condition of middle age i e 43 48 in females in menopausal condition the physical workout and diet planning is most important concern This book provide complete knowledge of Menopause its symptoms risk factor of menopause in female and its treatment methods This book provides nutrition fitness guidelines and weight management strategies physical training modules to help patients improve their overall emotional and physical health **From Taboo to Wellness: The Facts behind Menopause** Peter Hollands,2023-03-24 Menopause is a significant milestone in a woman s life marking the end of fertility and the start of a new phase However it can also bring many physical and emotional symptoms such as hot flashes mood changes and a higher risk of osteoporosis and heart disease Because of these issues dealing with menopause can be a challenge From Taboo to Wellness The Facts behind Menopause is an informative guide to menopause It provides clarity and accessibility for anyone interested in understanding the topic and wants to deconstruct any myths that surround it with facts From symptoms to treatments this book covers everything you need to know about menopause in an engaging and easy to understand way Written with the general reader in mind this book explores the science behind menopause as well as the male andropause and how it differs from the female experience With insights into Hormone Replacement Therapy HRT and future treatments using stem cells it gives a comprehensive understanding of the options for managing menopause But that s not all the book also delves into the fascinating world of menopause in the animal kingdom offering a unique perspective on how different species experience hormonal changes caused by this life changing event **A Study of the Knowledge, Attitudes and Beliefs Related to Menopause and Hormone Replacement Therapy in African American Women** Nancy H. Frizzell,2001 **Understanding the Menopause** Nancy C. Doyle,1987 The American Medical Association Essential Guide to Menopause American Medical Association,2000-04 The American Medical Association sorts through a wide array of professional views to compile solid clear cut information on menopause in one comprehensive volume Now every woman can make informed health care decisions with her doctor during this life changing condition and weigh individual needs and health risks in choosing the best treatments From recognizing its earliest symptoms to reducing the potential of menopause

related health problems here is everything you need to know about Physical symptoms throughout all phases of menopause Feeling good emotionally Early detection of heart disease breast cancer and other health risks Osteoporosis prevention how to maintain strong healthy bones Treatments including hormone replacement therapy other prescription medications and complementary therapies Gynecological problems and procedures Lifestyle recommendations for fitness nutrition and stress management Staying sexually active during menopause The American Medical Association Essential Guide to Menopause includes a listing of brief touchstones to good health Your Menopause Health Priorities Checklist as well as a detailed glossary of medical terms made easy Now you can be prepared for the changes that come with menopause and feel assured and empowered with this authoritative indispensable guide

Summary of The New Menopause Fortune

Press,2025-07-26 Book Summary The New Menopause by Dr Mary Claire Haver Navigating Your Path Through Hormonal Change with Purpose Power and the Facts Menopause isn't the end of your vitality it's the beginning of a new kind of strength In The New Menopause Dr Mary Claire Haver empowers women to move through perimenopause and beyond with science based clarity practical tools and unapologetic confidence This summary explores Dr Haver's holistic approach to understanding hormonal shifts dispelling outdated myths and navigating treatment options like hormone therapy nutrition and lifestyle changes You'll learn how to advocate for yourself in a system that often overlooks women in midlife and how to take charge of your health Ideal for anyone seeking to make informed decisions during one of life's biggest transitions this guide breaks down the facts and puts power back in your hands Disclaimer This is an unofficial summary and analysis of The New Menopause by Dr Mary Claire Haver It is designed solely to enhance understanding and aid in the comprehension of the original work *The Menopause, Hormone Therapy, and Women's Health*, 1992 An information guide to information on the subject of menopause *The Menopause Metamorphosis* Evelyn Marsh,2024-04-17 Embark on a Journey of Transformation and Empowerment Through Menopause Menopause marks a significant chapter in the lives of all women a period brimming with transformation and new beginnings The Menopause Metamorphosis Transforming with Grace is an essential guide illuminating the path to navigate this change with wisdom understanding and a touch of elegance This book is more than just a guide it's a companion through the journey of menopause designed to empower you to embrace this transition with confidence and grace Commencing with a warm introduction to the winds of change the book delves deep into the heart of menopause starting with the fundamental understanding of the biological shifts It gracefully debunks the myriad myths that shroud menopause setting the stage for a journey informed by truth and understanding Recognizing the early signs and symptoms equips you with the knowledge to gracefully steer through the initial waves of change understanding the physical and emotional signals that herald this new era The journey continues through the nuanced exploration of the physical emotional and psychological passages of menopause From managing hot flashes to navigating the complex landscape of libido each chapter is meticulously crafted to address every facet of the menopausal transition The exploration deepens into

the spiritual dimension offering insights into finding meaning cultivating inner peace and embracing change The practical discourse extends into the realms of nutrition exercise and even alternative therapies and supplements presenting a holistic approach to navigating menopause The book does not shy away from the medical aspects offering comprehensive guidance on treatments hormone replacement therapy and preventative strategies for long term health concerns such as cardiovascular health and osteoporosis With a compassionate approach The Menopause Metamorphosis extends beyond the individual experience exploring the power of community relationships and the importance of a supportive environment at work It encourages exploring creativity financial health and even offers a global perspective on menopause reminding you that you are not alone on this journey As you approach the conclusion you re invited to look toward post menopause with joy and anticipation equipped with the knowledge and strategies to ensure long term wellbeing With a trove of resources and support networks listed this book ensures you are fully supported every step of the way Embrace your menopause metamorphosis with confidence grace and the power of informed choice

The Wholistic Menopause Handbook Well-Being Publishing,2024-01-22 Embark on a Revolutionary Journey Through Menopause Navigate the transformative season of menopause with grace and vitality through the pages of *The Wholistic Menopause Handbook* Merging Hormone Therapy with Natural Remedies This comprehensive guide offers an empowering approach to managing menopause combining the wisdom of traditional medicine with the healing powers of natural remedies It starts by unraveling the complexities of menopause in Chapter 2 Understanding Menopause where symptoms and emotional changes are meticulously explained creating a foundation of knowledge to build upon As you progress through the chapters you will find yourself engaging with the great hormone therapy debate Chapter 3 provides an in depth analysis of benefits and risks assisting you to make an informed personal choice In pursuit of balance Chapter 4 uncovers dietary secrets for hormonal equilibrium offering an array of nutritional strategies and natural supplements Leap into Chapter 5 to unlock the potential of physical activity where various exercise regimens are tailored for symptom relief and overall wellness Feel the weight lift off your shoulders in Chapter 6 as you explore innovative ways to manage stress and improve sleep with natural aids and serenity inducing environments Delve into Chapter 7 to discover alternative therapies that offer additional avenues for comfort and relief Your journey won t stop at managing symptoms the handbook embraces every aspect of health From improving sexual health and maintaining intimate relationships in Chapter 8 to enhancing skin and hair care holistically in Chapter 9 this book touches upon the areas of life most affected by menopause By the time you reach the concluding chapters you will have curated a customized pathway through menopause that aligns with your unique needs and preferences It s more than just about symptom management it s about redefining self care establishing supportive environments and preparing for a post menopausal life filled with vitality and purpose With this handbook as your companion you step into a new phase of life not only prepared but truly empowered

Knowledge Of, and Attitude to Hormone Replacement Therapy and Menopause Among Mid-aged New Zealand Women

Mary Breheny,1999 Balancing Hormones Catarina Rossi,2023-11-15 Menopause is a natural and inevitable process that occurs in a woman s life marking the end of her reproductive years It is a significant stage that every woman will experience at some point and understanding its causes and symptoms is essential for students studying gynecology In this subchapter we will delve into the factors that contribute to menopause and explore the various symptoms associated with this transitional phase The primary cause of menopause is the decline in the production of reproductive hormones primarily estrogen and progesterone As a woman ages her ovaries gradually produce fewer hormones leading to irregular menstrual cycles and eventually the cessation of menstruation altogether While age is the most common factor menopause can also occur prematurely due to certain medical conditions such as autoimmune disorders or surgical interventions like hysterectomy The symptoms of menopause can vary greatly among women and understanding these symptoms is crucial for gynecology students The most commonly reported symptoms include hot flashes night sweats vaginal dryness mood swings sleep disturbances and changes in libido These symptoms can affect a woman s physical emotional and psychological well being and it is important to recognize and address them in a holistic manner Hot flashes perhaps the most well known symptom are sudden sensations of intense heat that spread throughout the body often accompanied by profuse sweating Night sweats are similar occurring predominantly during sleep and leading to disrupted rest patterns Vaginal dryness another common symptom can cause discomfort and pain during intercourse requiring appropriate management and treatment In addition to physical symptoms menopause can also impact a woman s emotional and psychological state Mood swings irritability and feelings of sadness or anxiety are frequently reported during this transitional phase Sleep disturbances such as insomnia or interrupted sleep can further exacerbate these emotional symptoms Understanding the causes and symptoms of menopause is crucial for gynecology students as it enables them to provide comprehensive care and support to women transitioning through this stage of life By recognizing the various symptoms and their impact on a woman s overall well being students can develop effective management strategies that encompass both hormonal and non hormonal approaches

The No-Nonsense Guide to Menopause Barbara Seaman,Laura Eldridge,2024-12-17 The definitive guide to this important life stage Touches on nearly every aspect of women s health and sheds an invaluable light on a long cloudy subject Publishers Weekly starred review The No Nonsense Guide to Menopause offers a radical rethink in the way menopause is treated With an awareness of profit motivated drug companies and the physicians they influence this resource provides unbiased straightforward advice about the true risks of hormone therapy and the effectiveness of alternatives Barbara Seaman a leading advocate in the women s health movement for decades demanded answers and accountability from the pharmaceutical industry with the goal of putting women in control of their bodies and futures Together with Laura Eldridge written in clear and accessible language the two shine a light on just about everything there is to know about menopause and its aftermath medically culturally socially sexually and even financially They provide straight talk on

supplements vitamins and alternative therapies how to listen to your doctor and how to make sure your doctor listens to you From hormone replacement therapy to hysterectomies to guidance on what questions to ask and strategies for assessing the validity of new data this is a complete accessible and easy to use resource that will bring comfort and clarity to women everywhere **The Menopause and Its Disorders [electronic Resource]** A D Leith (Alexander Disney

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