

ROLE OF NASYA KARMA IN STREE VANDHYATVA (FEMALE INFERTILITY) – A REVIEW

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ABSTRACT

According to *Ayurveda* Having no Baby is described as *Vandhyatva* and Infertility in Modern science. Infertility is a main issue in today's era. Many couples go for IVF, Surrogacy and many more with very little benefits. Nearly 10-14% of individuals are belonging to the reproductive age group are affected by Infertility. Its rate is constantly increasing due to change in lifestyle, High pollution, Socio-economic cause and enormous amount of stress. *Ayurveda* explained wide range of protocols and medicines for the management of *Vandhyatva*. In *Ayurveda* four factors are mentioned *Rutu*, *Kshetra*, *Ambu*, *Beeja* should be in proper state in order to achieve conception and complete the pregnancy successfully. Fertility is an occurring necessity and is assumed over whelming importance from time immemorial. Also, not all couples who desire a pregnancy will achieve one spontaneously and a proportion of couples will need medical help to resolve underlying fertility problems. The main causes of Infertility are Tubal block, PCOD, PID and endometriosis. Infertility is considered as a public health issue world wise by world health organisation. *Ayurveda* is a branch of Medicine which has been serving for humanity since ancient time by both preventive and curative aspects. *Nasya* an *ayurvedic* procedure helps in Infertility by acting on hormones thus producing **Aim and Objective:** To understand Female Infertility in both *Ayurvedic* and Allopathic perspectives., To understand *Nasya* role in Stree Vandhyatva (Female Infertility). **Methodology:** Reviewing the Female Infertility and Role of *Nasya* in it through *Ayurvedic* classics, commentaries also recently published books and Research journals and modern science literature, the collection done and attempt to get co-relation between *Ayurveda* and Modern literature. **Conclusion:** - Motherhood is the biggest gable in the world. There is an ancient saying 'Apu-tryasya'. *Nasya* is the best treatment modality to treat the infertility which is mainly produced by the hormonal imbalance. Administration of *Nasya* during menstrual period causes *Yoni Shoshana*, it means that *nasya* is having the capacity to reach up to the *Yoni Bhaga*.

Keywords: *Stree Vandhyatva*, Female Infertility, *Nasya Karma* etc

INTRODUCTION

Infertility is a condition in women's life which indicates inability to procreate. Infertility is generally defined as one year of unprotected intercourse without conception. Sub-infertility is described as Women or Couples who are not sterile, but exhibit decreased reproductive efficiency^[1] Conception depends on the fertility potential of both the Female and Male partner. The major cause in Infertility is Female factor which is 40-55%^[2]. Female factors are Ovarian, Tubal, Cervical, Uterine and Endometrial factors (FIGO). Female Infertility due to tubal blockage is the second most furnishing factors (FIGO). The only option left for Couples suffering from tubal infertility are Reconstructive Tubal Surgery, In Vitro Fertilization and Embryo transfer (IVF-ET). Both procedures are time consuming, invader and not always under the financial manageable of the majority of population in India. It is a social stigma where the female partner is blamed to marital disharmony^[3]. In the present scenario of the rapid advancement in technology, Infertility is still a problem which been present since many years and years. Many factors are responsible for Female Infertility which are Tubal Factors about 40%^[4], Ovarian factor 0.5%,

Cervical factor 20% And Uterine factor 10%. Also 30-40% in female^[5] and 10-30% in male are the causative factors seen. According to *Shabdakalpataru* a woman who has hindrance of any kind in normal process of conception is termed as *Vandhya*. For healthy progeny Pumbeeja (Shukra) and *Streebeeja* (Artava) are important^[6] *Artavanasha* is due to *Avarana* in *Artavavaha Srotasa*^[7]. According to ancient scholars, *Nasya* is said to be one of the effective therapeutic regimens to overcome Infertility.

Stree Vandhyatva: -

According to *Sushruta*, *Vandhya* is a woman who has lost her *Artava* i.e. menstruation. *Vagbhata* explains that the congenital under development or deformity of female genital tract is the cause of *Vandhya* *Bhela* stated that *Vata* is responsible for *Vandya*^[8]. In *Ayurveda* four *Garbha sambhava samagri* (Essential components) are given as *Rutu* (Period near to ovulation or healthy menstrual cycle), *Kshetra* (Healthy Uterus), *Ambu* (Healthy *rasa dhatu* i.e. healthy food) and *Beeja* (Ovum and sperm), their abnormalities affect the formation and development of *Garbha*^[9]. Failure of these causes *Vandhyatva*,

<i>Abhighata</i>	<i>Doshabhighata</i> to <i>Artavahasrotasa</i> produces <i>Vandhyatva</i> along with <i>Dyspareunia</i> , <i>Amenorrhoea</i> .
<i>Sadbhavas</i>	Any <i>Vikriti</i> in <i>Shadbhavas</i> – <i>Matrija</i> , <i>Pitrija</i> , <i>Atmaja</i> , <i>Satmyaja</i> , <i>Rasaja</i> and <i>Sattwaja</i> causes <i>Vandhyatva</i> .
<i>Artavadosha</i>	<i>Dushtarva</i> leads to <i>Anovulation</i> .
<i>Shodhana Karma</i>	As a complication of <i>Shodhankarma</i> destruction of <i>Beeja</i> and <i>Pushpa</i> in female occur and causes <i>Vandhyatva</i> .

Types –

<i>Charaka</i>	<ol style="list-style-type: none"> 1. <i>Vandhya</i> 2. <i>Apraja</i> 3. <i>Sapraja</i>
<i>Harita</i>	<ol style="list-style-type: none"> 4. <i>Kakavandhya</i> (1 child) 5. <i>Anapatya</i> (No child) 6. <i>Garbhasravi</i> (Repeated abortion) 7. <i>Mritavatsa</i> (Repeated stillbirth) 8. <i>Balakshaya</i> (Loss of strength) 9. <i>Vandhya</i> due to <i>Balabastha</i>, <i>Garbhakoshabhanga</i> and <i>Dhatukshaya</i>.

Harita has mentioned *Mrutavatsa* means still birth and *Garbhastravi* i.e. miscarriage or spontaneous abortion as a type of *Vandhyatva*^[10]. *Chikitsa* of Infertility is done by *Sanshodhana Karma* (*vamana, virechana, Basti* etc) and use of various *Artavajanana* drugs such as *Phalaghrita, Phalakalyanaghrita, Chandraprabha vati, Shatapushpa, Shatavari* and *Lashuna* etc. *Virechana* helps in *Strotasashuddhi* (Cleaning of *doshas*) and *Shamanakarma* by giving *Kanchanar Guggula, VarunadiKashaya* and *Pushpadhanva Rasa* which are *Garanthihara, Bhedaniya, Lekshaniya, Vrushya* and *Deepaniya* etc.

Samprapti :-

Dosha –*Tridosha with Vata (Apana and Vyana), Dhatu* –*Rasa, Rakta, Upadhatu* –*Artava, Agni* –*Sthanika (Local) Agnimandya, Strotasa* –*Artavavaha, Srotodushti* –

Sanga, Udbhavasthana –*Pakvashaya, Adhithana* –*Tryavartava Yoni, Vyaktisthana* – *Beejagranthi, Marga* –*Abhyantara*

Infertility

Infertility is defined as a diseases of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse^[11]. If a couple fails to conceive following a previous pregnancy despite cohabitation and exposure to pregnancy (In the absence of contraception, breastfeeding or postpartum amenorrhoea) for a period two years it is Secondary Infertility this is also known as Secondary Sterility^[12]. In India prevalence of Primary infertility was estimated to be approximately 3% whereas Secondary Infertility is 8%^[13].

Causes, Investigations And Management ^[14] :-

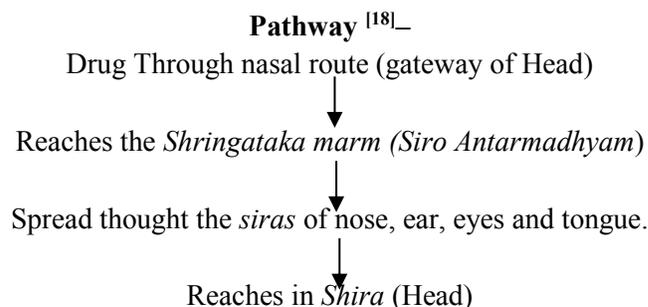
TABLE 19.2 Female infertility: Causes, investigations and management		
Aetiology	Investigations	Management
Tubal cause	<ul style="list-style-type: none"> Hysterosalpingography or sonosalpingography Falloscopy Salpingography Laparoscopic chemotubation 	<ul style="list-style-type: none"> Adhesiolysis (Lap.) Tuboplasty Hysteroscopic cannulation and balloonoplasty
Ovulation	<ul style="list-style-type: none"> Ovulation monitoring by ultrasound (BBT, BBI) EB for tuberculosis 	<ul style="list-style-type: none"> IVF/Gif+ Clomiphene, letrozole
	Abnormal	Failed
	Hormonal study	FSH, LH, GnRH
	<ul style="list-style-type: none"> FSH, LH, Prolactin E₂, P level Thyroid and diabetes 	<ul style="list-style-type: none"> Positive, No response Response if failed IVF Donor egg Adoption Treat the cause
Other causes	Ultrasound, MRI, SSG, hysteroscopy	

Nasya

Nasikaye hitam tatra bhavo va yata Nasadeshaha | (Vachaspati)

According to *Vachaspati* the word *Nasaya* means being in the nose or the things beneficial to the nose. Acharya to *Acharya Sushruta* medicines or medicated oils administered through the nose is known as *Nasya*^[15]. *Nasya* is considered as the gateway of *Sirah*^[16]. *Shringataka marma* formed by the union of *Siras* (Blood vessels) supplying to *Ghrana* (Nose), *Jinhva* (Tongue), *Akshi* (Eye) and injury to this *marma* is fatal. *Indu* has mentioned *Shringataka* as a ‘*Shirasu Antarmadhyam*’. *Acharya Sushruta* states that excessive

eliminative might cause *Mastulunga Strava* (Flow of CSF out of the Nose)^[17]



Nasya works in nervous system, Endocrine system and some psychological disturbances. The morbid *Doshas* of *Urdhwajatrugata*. Thus, *Nasya* works in the disorder of Central regulates hormones from Hypothalamus which minimizes

DISCUSSION

Female infertility is upcoming problem in today's era. Medicines reaches to *Sringataka marma* and from there it spreads to various *strotasa*. It is Best method to eliminate and alleviate the vitiated *Dosha* of *Urdhwajanga*. It enters the general blood circulation after absorption which pooling into venous sinuses of the brain via inferior ophthalmic vein. This absorption gets directly into CSF. It is known that peripheral olfactory nerves are connected with the limbic system of brain including Hypothalamus. Limbic system is concerned with multifunctional capillaries including behavioural aspects of human being and control over endocrine secretions. Experimental stimulation in certain cells of hypothalamus and amyloid complex. Keeping the head in lowered position and retention of medicine in nasopharynx help in providing sufficient time for local drugs. After *Nasya* hand massage enhances drug absorption. It stimulates Hypothalamic-pituitary-ovarian axis. Thus helps in *Stree Vandhyatva* (Female Infertility)^[19].

CONCLUSION

Motherhood is the biggest gable in the world. There is an ancient saying '*Aputryasya*'. *Nasya* is the best treatment modality to treat the infertility which is mainly produced by the hormonal imbalance. Administration of *Nasya* during menstrual period causes *Yoni Shoshana*, it means that *nasya* is having the capacity to reach up to the *Yoni Bhaga*.

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