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## A ROLE OF NASYA IN THE MANAGEMENT OF ANOVULATORY CYCLES

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Article History	Abstract
Received on: 19-05-2023 Revised on: 03-06-2023 Accepted on: 20-07-2023	Infertility ( <i>Stree Vandhyatva</i> ) is defined as not being able to get pregnant despite having frequent, unprotected coitus for at least a year for most couples. Among the three <i>eshanas</i> that are described in our context, <i>Putraishana</i> -aspiration for the child is the strongest desire of all the married couple. <i>Beeja</i> especially <i>streebeeja</i> is the only entity which don't have any alternative as it is the principle component which resembles a family in future as their own being. The <i>beejdushti</i> is related with anovulation. Ovarian factor contribute 15-25% and is the second common cause of infertility. As compared to modern science, this <i>beejdushti</i> can be well treated with <i>Nasya</i> karma explained in Ayurveda. <i>Nasya</i> means nothing but administration of medicine through nose. Hypothalamus plays an important role in infertility due to anovulation. <i>Nasya</i> acts on hypothalamus as well as pituitary gland. <b>Keywords:</b> <i>Nasya</i> , Anovulation, <i>Vandhyatva</i> .

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### Introduction

According to Acharya Sushruta, *Garbhasambhav samigri* explained in the ayurvedic texts i.e. *Rutu*, *Kshetra*, *Ambu* & *Beeja* [1, 2] are of prime importance for conception. Here, the term *Beeja* is considered as *Antahpushpa* [3] which is ovum. Ovulatory cause is an important subset in infertility among women, accounting about 40% of cases. *Kapha* and *Aama* form the *avarana* in the path of *vata* to bring out *bhedan* i.e. ovulation which is one of the karma of *vata*. *Prakruta Vata* is responsible for the *Beejotsarga*. *Vata* predominance *tridosha dushti* is responsible for *Abbeejotsarga*. *Pitta* also contributes to ovulation in which it is essential for transformatory changes (*Pachana*) ... (तेज एन पचति) and hence maturation of follicle.

*Nasya* is considered as a gateway of *Shira* (head). The procedure in which, medicines like *Kwatha*, *Swarasa*, *Kalka*, *Sneha* etc. are administered through nasal route is known as *Nasya Karma*.

In Ayurveda various treatment modalities including *Nasya* is mentioned for the treatment of infertility due to *Abbeejotsarga*. *Nasya* stimulates olfactory nerves and limbic system which in turn stimulates hypothalamus leading to stimulation of GnRH

neurons. This may regularize GnRH pulsatile secretion which in turn triggers proper gonadotrophin secretion leading to Ovulation.

### Concept of Ovulation

Ovulation- The rupture of mature follicle and the release of the secondary oocyte into the pelvic cavity usually occurs on day 14 in a 28 day cycle.

Gonadotropin releasing hormone (GnRH) secreted by the hypothalamus



Controls the ovarian and uterine cycles



Stimulates the release of FSH and (LH) from anterior pituitary.



FSH stimulates development of ovarian follicles secretion of estrogens.



At midcycle, LH triggers ovulation.

The high levels of estrogens during the last part of the e-ovulatory phase exert a positive effect on the cells that secret LH & gonadotropin-releasing hormone (GnRH) and cause ovulation.

Olfactory stimuli denoting pleasant or unpleasant smells transmit strong signal components directly and through amygdaloidal nuclei into hypothalamus [4]. Olfactory nerves are connected with the

higher centers of brain i.e. limbic system consisting hypothalamus [5].

Common factors responsible for Anovulation-

1] Hypothalamic-pituitary dysfunction-

Polycystic ovary syndrome- PCOS, CAH [Congenital Adrenal Hyperplasia]

2] Hypothalamic-pituitary failure-

Sheehan.s syndrome (panhypopituitarism),Kallman.s syndrome

3] Hyperprolactinaemia without SOL in the hypothalamic-pituitary region

4] Ovarian Failure

4] Hyperprolactinaemia with a space occupying lesion (SOL) in the hypothalamic- pituitary region

5] Congenital or acquired genital tract disorders

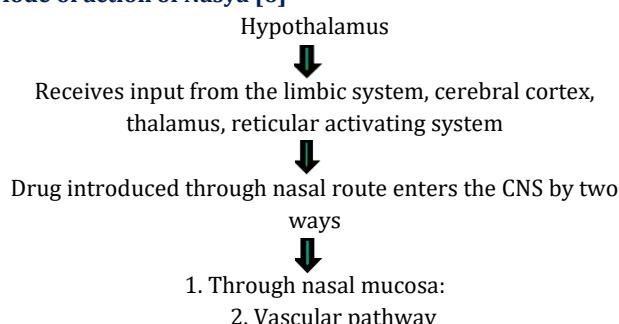
*Nasya Karma-*

*Nasikaye hitam tatra bhavo va yata Nasadeshaha / -(Vachaspati)*

*Nasya* also known as-

1. *Shirovirechana*
2. *Nasya*
3. *Sheersha Virechana*
4. *Nastaha Karma*
5. *Nasta Prachchardana*
6. *Moordhavirechana*
7. *Navana*
8. *Shirovireka*

#### Mode of action of Nasya [6]



#### Nasya preparations in Anovulatory cycles

1. *Aguruvadi tail* [7]
2. *Atibala taila*
3. *Amrutadya tail*
4. *Asthaydi tail*
5. *Narayan tail* [8]
6. *Prasarini tail*
7. *Phaltrikadi tail*
8. *Bala tail* [9]
9. *Mahanarayan tail*
10. *Mahalaxminarayan tail*
11. *Yevadi tail* [10]
12. *Rasna tail*
13. *Shatpak sukumar tail*
14. *Sahachradi tail*

#### Conclusion

Pituitary and Hypothalamus have their anatomical positions in the caput which is functional area of *nasya*. *Nasya* develops stimulus to the GnRh neurons and also gives strength to the

constituents present in the brain for their normal functioning. For normal ovulatory cycle, proper functioning of hypothalamo- pituitary-gonadal(ovarian) axis is must. So, to treat infertility due to anovulation, the important factors responsible are FSH & LH deficiency., Hypothalamus and anterior pituitary gland are essential for FSH & LH secretion and stimulators effect to neuro-secretary cell, this is possible through *nasya*. So *nasya* will have great therapeutic effect on infertility due to anovulatory cycle.

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#### Conflict of Interest

Authors are declared that no conflict of interest

#### Informed Consent & Ethical Statement

Not applicable

#### Author Contribution

All authors are contributed equally.

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