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 overwhelming 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 ‘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.

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 Vandy[8]. In Ayurveda four Garbha sambhava samgrahi (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,

<table>
<thead>
<tr>
<th>Abhighata</th>
<th>Doshabhigghta to Artavahasrotasa produces Vandhyatva along with Dyspareunia, Amenorrhea.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saddhavas</td>
<td>Any Vikriti in Shadhavas – Matrija, Pitrija, Atmaja, Satmyija, Rasaja and Sattwaja causes Vandhyatva.</td>
</tr>
<tr>
<td>Artavadosha</td>
<td>Dushtarva leads to Anovulation.</td>
</tr>
<tr>
<td>Shodhana Karma</td>
<td>As a complication of Shodhankarma destruction of Beeja and Pushpa in female occur and causes Vandhyatva.</td>
</tr>
</tbody>
</table>

Types –

| Charaka | 1. Vandhya  
2. Apraja  
3. Sapraja |
|---------|---------------------------------------------------------------|
| Harita  | 4. Kakavandhya (1 child)  
5. Anapatya (No child)  
6. Garbhasravi (Repeated abortion)  
7. Mritavatsa (Repeated stillbirth)  
8. Balakashaya (Lossof strength)  
9. Vandhya due to Balabastha, Garbhakoshhabhanga and Dhatukshaya. |
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 SanshodhanaKarma (vamana, virechana, Basti etc) and use of various Artavajanana drugs such as Phalagrita, Phalakalyanagriti, Chandraprabha vati, Shatpushpa, 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 :-


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>
<thead>
<tr>
<th>TABLE 15.2</th>
<th>Female infertility: Causes, Investigations and management</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aetiology</td>
<td>Investigations</td>
</tr>
<tr>
<td>Tubal cause</td>
<td>• Hysterosalpingography or sonosalpingography</td>
</tr>
<tr>
<td></td>
<td>• Fallowscopy</td>
</tr>
<tr>
<td></td>
<td>• Salpingography</td>
</tr>
<tr>
<td></td>
<td>• Laparoscopic chemotubation</td>
</tr>
<tr>
<td>Ovulation</td>
<td>• Ovulation monitoring by ultrasound (BBT, BBI)</td>
</tr>
<tr>
<td></td>
<td>• Abnormal</td>
</tr>
<tr>
<td></td>
<td>• Hormonal study</td>
</tr>
<tr>
<td></td>
<td>• E2, P level</td>
</tr>
<tr>
<td>Other causes</td>
<td>• Thyroid and diabetes</td>
</tr>
<tr>
<td></td>
<td>Ultrasound, MRI, 5%G, hysteroscopy</td>
</tr>
<tr>
<td>Nasya</td>
<td>Ultrasound, MRI, 5%G, hysteroscopy</td>
</tr>
<tr>
<td>Nasikaye hitam tatra bhavo va yata Nasadeshaha</td>
<td>Management</td>
</tr>
<tr>
<td>(Vachaspati)</td>
<td></td>
</tr>
</tbody>
</table>

Nasya

Nasikaye hitam tatra bhavo va yata Nasadeshaha | (Vachaspati)

According to Vachaspati the word Nasya 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 Antarmadhyan’. Acharya Sushruta states that excessive eliminative might cause Mastulunga Strava (Flow of CSF out of the Nose)[17]

Pathway[18]:

Drug Through nasal route (gateway of Head)

Reaches the Shringataka marm (Siro Antarmadhyan)

Spread thought the siras of nose, ear, eyes and tongue.

Reaches in Shira (Head)
**DISCUSSION**

Female infertility is a complex condition that can arise from various causes. Administration modality to treat the infertility which is mainly an ancient saying ‘Motherhood is the biggest gable in the world. There is no medicine for it. It is the biggest gable in the world. it means that a mother is the greatest gable in the world’.

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