



Role Of *Nasya Karma* In *Stree Roga* (Gynaecological Disorders)

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ABSTRACT

Introduction: Hormonal imbalance is a major contributor to gynaecological disorders such as polycystic ovarian syndrome (PCOS), dysmenorrhoea, menorrhagia, infertility, endometriosis, and menopausal symptoms. Conventional management largely depends on hormonal therapies, which may lead to adverse effects with long-term use. Ayurveda describes these conditions under *Stree Roga*, attributing them to imbalance of *Doshas*, impaired *Agni*, and disturbed *Apana Vayu*. *Nasya Karma*, an important *Panchakarma* therapy, is traditionally indicated for disorders involving the head and neuroendocrine regulation and is believed to influence the hypothalamo–pituitary–ovarian (HPO) axis. **Methods:** A comprehensive literature review was conducted using classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*. Relevant modern scientific studies on intranasal drug delivery, neuroendocrine regulation, and gynaecological disorders were also reviewed. Available clinical observations and conceptual studies highlighting the role of *Nasya* in hormonal imbalance were analysed. **Results:** *Nasya Karma* demonstrates a regulatory effect on the neuroendocrine system by stimulating olfactory and trigeminal pathways connected to the hypothalamus. This stimulation supports GnRH secretion and balances FSH and LH, thereby improving ovarian function and menstrual regularity. *Nasya* also reduces stress and cortisol levels, enhances neurotransmitter function, and corrects *Dosha* imbalance, particularly *Vata* and *Kapha*. Herbs such as *Shatavari*, *Brahmi*, *Jatamansi*, and *Yashtimadhu* used in *Nasya* show adaptogenic, anti-inflammatory, and hormonal-modulating properties. Ayurveda's combination of *Nasya*, lifestyle modifications, dietary adjustments, and stress reduction strategies provides a natural solution for hormonal imbalances.

Keywords: *Nasya*, Gynaecological disorders, Hypothalamo-pituitary-ovarian Axis.

INTRODUCTION

Hormonal imbalances are a major concern in women's health, leading to various gynaecological diseases. Women often struggle with irregular periods, PCOS, endometriosis, infertility, and menopausal.¹ The endocrine system regulates several biological activities, including reproduction, metabolism, and stress response. Disrupting the balance of hormones can cause physical and psychological problems that impact daily living.² Healthcare professionals commonly use hormonal medications, such as oral contraceptives and hormone replacement therapy, to treat gynecological issues. In contemporary medicine, hormonal medications given, such as oral contraceptives and hormone replacement therapy, to treat gynecological

issues. However, these medicines may cause adverse effects such as metabolic disruptions, unexpected weight gain, mood swings, and long-term consequences including cardiovascular disease and osteoporosis. Ayurvedic and holistic traditional treatments are becoming increasingly popular for achieving hormonal balance.³

Ayurvedic teachings suggest that hormonal imbalances can be caused by toxins, poor digestion, emotional stress, and unhealthy lifestyle practices. *Nasya Karma*, a *Panchakarma* method that involves administering therapeutic oils, herbal extracts, or powders through the nose, is a recommended therapy to address these difficulties.

Aim and Objectives

1. To investigate the hormonal imbalance-related gynaecological illnesses.
2. To evaluate the *Stree Roga* mentioned in Ayurveda classics
3. To examine how *Nasya* treatment affects the hypothalamus-pituitary-ovarian axis.
4. To evaluate *Nasya's* detoxifying and stress-reduction advantages for hormonal control.
5. Highlight Ayurvedic formulations and procedures employed in *Nasya* treatment for gynaecological problems.
6. Propose a holistic *Ayurvedic* approach to hormonal balance and reproductive health.

MATERIAL AND METHODS

Literature Review: Classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* were referred to understand the traditional principles of *Nasya Karma*.

Modern Scientific Research: Studies related to intranasal drug administration, hormonal regulation, and Ayurvedic treatments for gynaecological disorders were reviewed. Case Studies & Clinical Evidence. Available clinical data and case reports demonstrating the effects of *Nasya* therapy on hormonal imbalance were analysed.

Hormonal imbalance in gynaecological disorders

Polycystic Ovarian Syndrome (PCOS) is a common female endocrine illness that causes irregular menstrual periods, ovarian cysts, insulin resistance, and high testosterone levels. Dysmenorrhea is characterized by severe menstrual cramps produced by abnormalities in prostaglandins and hormones, leading to substantial pain and suffering during oligomenorrhea. Menorrhagia refers to abnormal monthly bleeding patterns, such as excessive or limited bleeding, caused by hormonal imbalances, which can impact fertility and overall health.⁴ Endometriosis is a syndrome where tissue resembling the uterine lining develops outside the uterus. It is typically associated with oestrogen dominance and hormonal abnormalities. Hormonal abnormalities can cause infertility by disrupting ovulation, affecting endometrial receptivity, and impairing reproduction.⁵ Menopausal symptoms, including hot flashes, mood swings, osteoporosis, and sleeplessness, can develop as estrogen and progesterone levels decrease. Thyroid problems, such as hypothyroidism and hyperthyroidism, can alter menstrual periods and reduce fertility.⁶

Understanding *Stree Roga*

Ayurveda believes that hormonal health depends on the balance of three energies: *Vata*, *Pitta*, and *Kapha*. These bio-energies regulate several biological activities, including the endocrine system. Equilibrium between the *Doshas* promotes optimal hormone function, supporting reproductive health, metabolic stability, and emotional well-being.⁷ Unhealthy nutrition, stress, lack of physical exercise, exposure to chemicals, and genetics may all disrupt this delicate equilibrium. Disruptions in hormone levels can cause imbalances and negatively impact health.⁸

The *Vata Dosha* is associated with the body's mobility and communication activities, including neurological and hormonal signals. *Vata* imbalance can cause irregular periods, anxiety, and infertility. The *Pitta Dosha*, responsible for metabolism and transformation, regulates reproductive hormones including estrogen and progesterone.⁹ Excess *Pitta* can cause excessive menstrual flow, irritation, and hot flashes. The *Kapha Dosha* promotes stability and structure, which affects hormone storage and feeding. *Kapha* imbalances can cause weight gain, sluggish metabolism, and disorders such as polycystic ovary syndrome (PCOS), which can cause ovarian cysts.¹⁰ *Agni*, also known as digestive fire, is vital for maintaining hormonal balance. Impaired digestion can cause the accumulation of *Ama*, or toxins, which can alter hormone activity in the endocrine system.¹¹ Toxic build-up can cause metabolic abnormalities, irregular menstrual periods, and reproductive concerns. Ayurveda emphasizes cleansing, proper digestion, and stress management to promote hormonal balance.¹²

Treatment principle of Ayurveda

Ayurveda is the science of life. It covers topics related to healthy living and disease treatment options. Ayurveda offers several illness treatments and preventative measures to promote good health. These techniques fall into two categories: *Shodhana* and *Shamana* treatment.

Shodhana treatment aims to cleanse all bodily tissues and balance *Tridosha*. *Shodhana* treatment involves managing an individual's health for a lengthy period of time, rather than only treating specific symptoms. *Shamana* treatment is mostly used for palliative care. *Shodhana Karma* also termed as *Panchkarma*. *Panchkarma* therapy is a significant Ayurvedic treatment. *Panchakarma* refers to a set of specific techniques that eliminate imbalance *Dosha* and promote balance. Classical *Panchakarma* treatment includes *Purvakarma*, *Pradhana Karma*, and *Paschat Karma*.

1. **Purva Karma** primarily includes *Deepana*, *Pachana*, *Snehana*, and *Swedana*.
2. **Pradhana Karma** involves five purification methods:- *Vamana*, *Virechana*, *Anuvasana*, *Niruha* and *Nasya Karma* or *Shiro Virechana*.

Understanding Nasya Karma

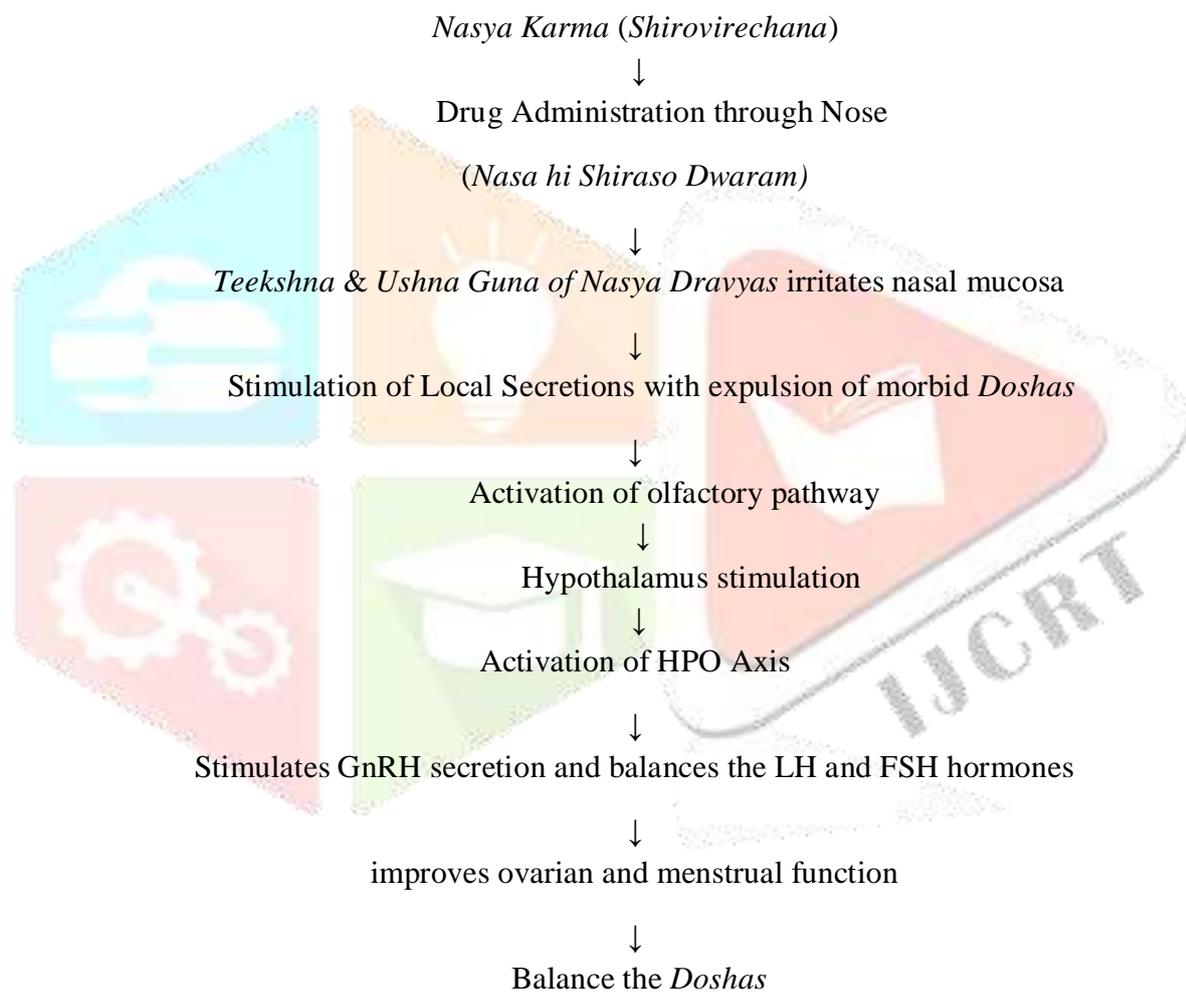
Nasya Karma is a key component of the five *Panchakarma* treatments in Ayurvedic medicine. This therapy includes administering herbal oils, powders, or decoctions through the nasal passages. According to Ayurveda, the nose connects to the brain and nerve system, making *Nasya* more effective for treating hormonal imbalances. *Nasya* balances *Vata Dosha*, especially *Apana* and *Prana Vayu*, plays a crucial role in menstruation, ovulation, and conception. *Nasya* regulates *Prana Vayu*, which in turn normalizes *Apana Vayu*, responsible for reproductive functions and act on *Manovaha Srotas*, improving stress-related gynaecological disorders.

Types of Nasya Karma for Stree Roga

- **Navana Nasya** (Medicated oil/ghee drops) can effectively cure PCOS, infertility, and menopausal symptoms by replenishing the endocrine glands.
- **Pratimarsha Nasya** (daily oil application) promotes hormonal balance and general health, making it a recommended preventative treatment.
- **Dhumapana** (Medicated smoke inhalation) promotes hormonal health, reduces oxidative stress, and improves brain function.
- **Shamana Nasya** (Palliative treatment) helps with menstrual irregularities, dysmenorrhea, and other reproductive diseases.
- **Virechana Nasya** (Detoxifying *Nasya*) is used to treat chronic hormonal imbalances and eliminate deep-seated poisons (*Ama*).

Nasya treatment regulates endocrine processes and promotes reproductive health by gently stimulating the hypothalamus-pituitary-ovarian (HPO) axis.¹³ *Nasya* formulations with *Teekshna* and *Ushna Guna* can irritate the nose's mucous membrane, stimulate local secretions, and expel morbid *Doshas* from the cranium. Expulsion of secretions from the paranasal sinuses is the most crucial process. Drugs excite olfactory neurons in the mucous membrane, as well as the trigeminal ganglion. The olfactory bulb's fibers provide essential information to the hypothalamus. *Nasya Karma* can help with hypogonadotropic disorders in situations of *Stree Roga*. It effectively stimulates the GnRH factor. Reducing Stress and Anxiety: Psychological stress can alter hormone homeostasis. *Nasya* uses medicinal oils to soothe the nervous system, reducing cortisol levels and increasing hormonal stability.¹⁴ *Nasya* plants can act as adaptogens and nootropics, improving neurotransmitter function and promoting hormonal homeostasis. These plants interact with the brain's neurotransmitters, enabling a healthy flow of biochemical impulses and mental stability.¹⁵

Fig No 1 Showing the Key process of *Nasya Karma* in Hormonal imbalance



Effect of *Nasya* at Neuro-Endocrinal Level

Effect at neuro-endocrinal level can be explained by considering certain basic understanding like

- The peripheral olfactory nerves, which are chemo-receptor in nature, differs from other cranial nerves (except optic nerve in it's nature) and it is phylogenetically closely related to brain. It can be considered as the fibre tract of brain. (Brobeck 1980)
- It is well known that the terminal adjacent nerves, which run along the olfactory nerve, are connected with limbic system of brain including hypothalamus -Hamilton 1966.

- Hypothalamus is responsible for integrating the function of the endocrine system and nervous system.
- The experimental stimulation of olfactory nerves causing the stimulation in certain cells of hypothalamus.

Nasya Effect at neuro-psychological level

- Effect of *Nasya* at neuro-psychological levels stand upon the facts discussed previously that the terminal adjacent nerves running along with the olfactory nerves are connected with limbic system of brain including hypothalamus.
- Certain drug administered through nose may have an impact on immediate psychological behaviour by acting on limbic system through olfactory nerves as the limbic system is also concerned with behavioural aspects of human beings, besides control over endocrine secretions. These things certainly support the recommendation of *Nasya* by *Acharyas* for mental disorders like *Apasmara* and *unmada*.

Table No 1 Showing the role of *Nasya* in various *Stree Rogas*

<i>Stree Roga</i>	Role of <i>Nasya</i>
<i>Artava Kshaya / Anartava</i>	Stimulates hypothalamic-pituitary function
<i>Artava Dushiti</i>	Regulates <i>Dosha</i> imbalance
<i>Vandhyatva</i>	Improves ovulation and uterine receptivity
<i>Yonivyapad</i>	Supports systemic <i>Dosha</i> correction
PMS & Dysmenorrhea	Relieves <i>Vata</i> -induced pain
PCOS	Corrects <i>Kapha-Vata</i> imbalance
Menopausal symptoms	Balances <i>Vata</i> and <i>Mana</i>

Way of absorption of drug through *Nasya*

Vascular path: Vascular path transportation is possible through the pooling of nasal veinal blood to the facial vein, which naturally occurs. At the opposite entrance, the inferior ophthalmic veins also pool into the facial vein. *Shringataka Marma*, mentioned by *Acharya Vagbhatta*.

Lymphatic path: Drug can reach directly into the C.S.F. through lymphatic pathway. On this basis, it can be stated that *Acharyas* of Ayurveda were aware of the role of lymphatic path in direct absorption into brain from nose.

Common herbs and oils use for *Nasya* in *Stree Roga*

In the realm of gynaecological health, a selection of common herbs and oils are utilized in the practice of *Nasya*, each playing a vital role. *Shatavari*, known scientifically as *Asparagus racemosus*, is revered for its ability to balance estrogen levels, enhance fertility, and support lactation. Meanwhile, *Bala*, or *Sida cordifolia*, serves to strengthen reproductive tissues and regulate menstruation, contributing significantly to uterine health¹⁶. Another noteworthy herb is *Yashtimadhu*, also called *Glycyrrhiza glabra*, which helps modulate cortisol levels, thereby supporting adrenal function. This makes it particularly beneficial for addressing stress-induced hormonal imbalances. Adding to this array is *Jatamansi*, or *Nardostachys jatamansi*, celebrated for its ability to reduce stress, stabilize hormones, and improve sleep patterns, creating a calming effect on the body¹⁷. Medicated oils, such as *Anu Taila*¹⁷ and *Ksheerabala Taila*, are commonly employed in *Nasya* for gynaecological disorders. These oils work to enhance circulation and restore hormonal equilibrium. Lastly, *Brahmi*, known as *Bacopa monnieri*, plays an essential role in supporting cognitive function and neuroendocrine balance, which indirectly promotes hormonal health. Together, these herbs and oils a comprehensive approach to nurturing women's health through the therapeutic practice of *Nasya*^{18,19}. Various medicated oil such as, *Aguruvadi Taila*²⁰, *Atibala Taila*, *Amrutadya Taila*, *Asthaydi Taila*, *Narayan Taila*²¹, *Prasarini Taila*, *Phaltrikadi Taila*, *Bala Taila*²², *Mahanarayan Taila*,

Mahalaxminarayan Taila, *Yevadi Taila*²³, *Rasna Taila*, *Shatpak Sukumar Taila*, *Sahachradi Taila* can be used as *Nasya* in *Stree Roga*. *Shatapushpa* (*Anethum sowa*) *Taila* is described as *Ritupravartani* (initiator of menstruation) and *Yoni Vishodhani* (uterine cleanser). Its role in gynecological disorders such as amenorrhea, infertility, oligomenorrhea, menometrorrhagia, premature menopause, delayed menarche, and cases with scanty or clot-like menstrual flow²⁴.

DISCUSSION

The present article highlights the role of *Nasya Karma* as an important *Panchakarma* modality in the management of *Stree Roga*, particularly those arising from hormonal imbalance, it attempts to correlate classical Ayurvedic concepts with the modern understanding of the hypothalamo–pituitary–ovarian (HPO) axis. Disorders such as PCOS, dysmenorrhoea, menorrhagia, infertility, endometriosis, and menopausal syndrome are largely explained through disturbances in endocrine regulation. Management predominantly relies on hormonal therapies like oral contraceptive pills, ovulation induction agents, and hormone replacement therapy. While these provide symptomatic relief, their long-term use is associated with adverse metabolic, cardiovascular, and psychological effects. This limitation necessitates exploration of holistic and regulatory approaches, where Ayurveda offers valuable insights. Ayurveda conceptualizes gynaecological disorders under *Stree Roga*, primarily resulting from *Tridosha* imbalance, derangement of *Agni*, accumulation of *Ama*, and vitiation of *Apana Vayu*. The article emphasizes that *Nasya Karma* acts directly on *Prana Vayu*, which in turn normalizes *Apana Vayu*, thereby regulating menstruation, ovulation, and fertility. This aligns well with the modern concept that central neuroendocrine control governs reproductive function.

Nasya influencing the HPO axis is particularly significant. Classical references stating “*Nasa hi Shiraso Dwaram*” support the nasal route as a gateway to the brain. Neurophysiology validates this through the olfactory and trigeminal pathways, which connect the nasal mucosa to the limbic system and hypothalamus. The stimulation of hypothalamic centers following *Nasya* can be logically correlated with the regulation of GnRH secretion, subsequently balancing FSH and LH, which is crucial in conditions like PCOS, anovulation, and hypogonadotropic infertility. Stress is a well-established contributor to hormonal dysregulation in modern medicine, mediated through elevated cortisol levels. The article rightly discusses the neuro-psychological effects of *Nasya*, where medicated oils possessing *Medhya*, *Adaptogenic*, and *Vata-shamaka* properties reduce stress, anxiety, and sympathetic overactivity. Herbs such as *Brahmi*, *Jatamansi*, and *Yashtimadhu* used in *Nasya* formulations may help stabilize neuroendocrine feedback mechanisms, offering benefit in PMS, dysmenorrhoea, and menopausal symptoms. *Shodhana* through *Nasya*, especially *Virechana* and *Teekshna Nasya*, which helps eliminate morbid *Doshas* accumulated in the *Urdhva Jatrugata* region. From a modern perspective, this can be interpreted as detoxification, improved circulation, and enhanced neurovascular functioning. The absorption of drugs through vascular and lymphatic pathways further supports the rapid and targeted action of *Nasya* at the central level.

CONCLUSION

Nasya Karma is not merely a symptomatic therapy but a regulatory intervention addressing the root cause of hormonal imbalance. Understanding *Nasya* in the context of both Ayurveda and modern neuroendocrinology broadens the scope of integrative gynaecological practice. *Nasya Karma* plays a significant role in the Ayurvedic management of *Stree Roga* by addressing hormonal imbalance through regulation of the hypothalamo–pituitary–ovarian axis. By acting directly on the central nervous system, *Nasya* helps normalize neuroendocrine function, balance *Doshas*, reduce stress, and improve reproductive health. Its holistic approach offers benefits in conditions such as PCOS, menstrual disorders, infertility, and menopausal symptoms without the adverse effects commonly associated with long-term hormonal therapy. Integrating *Nasya Karma* with lifestyle and dietary modifications provides a safe, effective management of *Stree Roga*.

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