



Role of Shatavari Ghrita Nasya in Menopausal Symptoms: A Review

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Abstract

Menopause is a stage of Physical and mental transformation in women. The menstrual cycle stops and sex hormone level decreases, including that of estrogen, resulting in the condition called as menopause. It is not a disease. It is an exciting transition in a women's life occurs at the age of 45-55 years. The extent and severity of symptoms varies significantly among women. Menopausal symptoms are vaginal symptoms, urinary symptoms, emotional and cognitive symptoms and other physical symptoms such as obesity, wrinkles, acne etc. According to modern science its treatment includes hormone replacement therapy, anti-depressants drugs etc and they have their own side effects, so here comes the role of ayurveda. According to Ayurveda it is a natural phenomenon, its symptoms are due to imbalance of *dosha*. So, by correcting *Dosha* imbalance with appropriate diet, *sanshaman* therapy, *panchakarma* therapy like Nasya will be more useful. Shatavarighrita Nasya will be helpful to extinguish the symptoms of Menopause.

Keywords

Menopause, menopausal symptoms, Ayurveda, Shatavarighrita Nasya

INTRODUCTION

Menopause is the permanent cessation of menstruation for 12 consecutive months, due to loss of ovarian activity^[1]. Process of menopause does not occur overnight, rather it is a gradual process. This is called perimenopausal transition period. It is a natural phenomenon but when get disturbed due to

changed life style it may produce symptoms of psychological, vasomotor, urogenital, skeletal and cardiovascular system^[2]. The use of hormone replacement therapy and selective oestrogen receptor modulators may have beneficial short-term use; however, HRT has been associated with increased risk of breast cancer, Coronary heart

disease, venous thromboembolic disease, Lipid metabolism, dementia and Alzheimer disease [3]. In Ayurveda Menopause is termed as *Rajonivrutti*. Menopause is linked with aging, which is *vata* dominant stage of life. Therefore, symptoms of menopause experienced by some women are similar to the *vidhi lakshans* of *vata dosha*. Ayurvedic treatment of menopause focuses on strengthening and rejuvenating the reproductive system. It includes *samshana* therapy like *agnideepaan*, *amapachana*, *anulomana* and *balya*. *Satvavjya chikitsa* and *panchakarma* therapy, *yoga* therapy. *Nasya karma* (transmucosal nasal insufflations) is part of *Panchakarma* and is a natural route for delivering rejuvenating substances to the brain. This *Nasya* therapy may be helpful to woman to enter in menopausal phase with graceful preparation.

MATERIAL AND METHODS-

Rajonivrutti is made up of two words *Rajah* means *aartava* (menstrual blood) and *streebija* (ovum); and *nivrutti* means end or cessation. According to Acharya Sushruta menstruation starts at the age of 12 years of age and continues up to the age of 50 years when the body is fully in grip of senility [4].

Menopause is the *sandhikala* of *pitta* phase of life to *vata* phase. If a woman already has a significant *pitta* or *vata* imbalance in the year before menopause. Things are likely to get worse during menopause. The range of symptoms in menopause are wide, and this symptom vary with each *dosha*.

Vata-vata imbalance disturbs the nervous system by virtue of its mainly of *ruksha guna*. Hence *vata* dominated menopausal women's are suffering from dryness of vagina, loss of skin elasticity, constipation, joint pain, feeling of cold, palpitations, insomnia, lack of concentration, restlessness, fear, depression, confusion, mood swings, anxiety, memory loss.

Pitta-Pitta imbalance is due to mainly its *ushna guna*. Hence *pitta* dominated menopausal women are suffering from Urinary tract infections, skin rashes, acne, anger, irritability, feeling hot, or hot flashes, night sweats.

Kapha- imbalance is due to mainly its *guru guna*. Hence *kapha* dominated menopausal women are suffering from weight gain, *agnimandya*, hyperlipidemia, heaviness in the body, lethargy, lazy, sleepiness, sluggishness, depressed, lacking motivation [5].

Nasya in Menopause-

The procedure in which medicine like *kwatha*, *swarasa*, *kalka*, *sneha* etc like administered through nasal route is known as *nasya karma* [6].

नासा हि शिरसो द्वारं [7]

There is connection between *nasa* and *shira*. *Nasa* is considered as a gate way for the *shira*. When we administered the drugs through nasal route, through the *sukshmasrotas* in nasal route it reaches the *shiragata marma* and spreads throughout the *mastishka* and takes out *doshas* from *urdhvajatrugata* region.

Role of *ghrita*-

The drugs given in the form of *Ghrita*, a form of lipid, is likely to be rapidly absorbed and distributed in the target areas of the body such as the nervous system. The molecular structure of the blood brain barrier, i. e. the membrane separating the CNS tissue and the circulating blood is lipophilic in nature *ghrita*, having *Rasayan*, *Balya*, *Medhya*, *Indriya Tarpaka* etc. properties. when administered through nasal route, it reaches the *Shirah* (which is a *pradhana indriya*) and acts mainly on *Tarpaka Kapha*, *Prana Vayu* and *Manovaha Srotas*. And Gives benefits like Mental ability, Will power, Intellect, Strength, Immunity, Longevity, Vitality, Luster, Youthfulness, Vigor-competence etc., which will be helpful to extinguish the symptoms of *Rajonivrutti* mainly in psychological background [8].

EFFECT OF SHATAVARI GHITA NASYA

Thermoregulatory center of the brain – Regulation of body temperature by which it could be able to pacify the Hot flushes, Excessive sweating, etc. symptoms of menopause.

Hypothalamo-Pituitary-Ovarian axis –The action on HPO axis may also seem to be beneficial in the symptoms like Palpitations, tingling sensation in palms and soles like symptoms.

The tranquilizing and antistress property - Help to allay the symptoms related to *Manovaha Srotas* like Sleep Disturbances, Irritability, Depression, Mood Swings, etc.

Regulation of circadian rhythm and state of consciousness.

Probable mode of action of *shatavari ghrita* on oestradiol level-

- *Shatavari ghrita nasya* with its phytoestrogenic property stimulate olfactory nerves and limbic system, which in turn stimulates hypothalamus leading to stimulations of gonadotrophin Releasing hormone neurons, thus regularizing GnRH pulsatile secretion. Intern regulate oestrogen level.
- The plant phytoestrogens are estimated to be 100-500 times less potent in their estrogenic effect than human estrogen and maintain a

hormonal balance by acting on anti-estrogen when the body's natural level is high, and they act as human estrogen when levels are low.

- The estrogen spread in to the nose; it is rapidly absorbed in the blood stream, creating a pulse of estrogen. This switches on the estrogen receptors in sensitive cells, which results in relief of menopausal symptoms^[9].

Time schedule for *nasya* Karma^[10]

1. *Vata* Dominant menopausal symptoms- Evening
2. *Pitta* Dominant menopausal symptoms – Noon
3. *Kapha* Dominant menopausal symptoms – Morning

Duration of *Nasya Karma* –

According to Acharya Charaka *nasya* should be given according to severity of disease.^[11] Acharya Sushruta told it for 1,2,7,21days^[12]. According to Acharya Vagbhata it is for 3, 5, 7, 8 days^[13].

Dose of *Nasya Karma* – 10 drops in each nostril.^[14]

When to start *Nasya karma*-

As menopause not happen in a single day or night. Since from perimenopausal period every woman should be taken *nasya*.

CONCLUSION

Each phase of women's life is beautiful and should be considered as gracious. Ayurveda has excellent solution for safe and happy transition in to the menopause by modification of diet and life style, utilizing various herbs and minerals, Panchakarma therapy, like *nasya*. With the help of shatavari ghita *nasya* in menopause women can successful approach to achieving a graceful menopause. And a woman can say "me-not-pause" in menopause.

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