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Therapeutic Potential of Shathapushpa Taila Nasya in Anarthava: A Case Report

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ABSTRACT

Anartava, referred to as amenorrhea in modern medicine, is described in Ayurveda as the absence of Artava, which includes Antar-artava (ovum) and Bahir-artava (menstrual blood). The normal physiological process of ovulation and menstruation is disrupted in Anartava, leading to anovulation, amenorrhea, or both, though these may not always occur together. In our classics use various terms for this condition, such as Nashtartava by Sushruta, Anartava by Vagbhata, and Raja-Nasha by Bhela and Bhavaprakasha. Anartava is viewed as a symptom of systemic imbalance rather than a standalone disorder, with Ayurveda emphasizing the root causes and focusing on prevention through proper 12shodhana, dietary modifications, and stress management, reflecting Ayurveda's holistic approach to promoting overall health and preventing recurrence. Amenorrhea is the absence of a menstrual period in a during woman's reproductive age. About 3 to 4% of adolescent girls suffer from primary amenorrhea. Secondary amenorrhoea is the absence of menstruation for 6 months or more in a woman in whom normal menstruation has been established. Nasya is one among the shodhana, the drugs administered through the nasal route. Nasya is indirectly work on the entire body by improving the functioning of central nervous system and endocrine glands. The hormones of menstruation are under the control of pituitary. Nasya which is considered as having direct action on HPO axis and normalize the menstruation. According to Acharya Kashyapa in Kalp Stana, Shatapushpa is just like nectar to the women who suffer from menstrual problems. Acharyas mentioned the preparation of Shatapushpa Taila and its Taila should be used in the form of nithya Nasya, Pana, Snehana, Abhyanga and Basti.

Key words: Anartava, Amenorrhoea, Nasya, Shatapushpa taila

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