

Detailed Conceptual Study of Nasya and its beneficial in Jatru urdhwagata rogas – a review study.

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ABSTRACT -

Ayurveda is an eternal science and deep ocean of knowledge which help to achieve longevity. It is the science of life and its main aim is to protect the health of the healthy and cure the disease of the diseased. When medicines are administered through nose is called “*Nasya*”. The word ‘*Nasya*’ is derived from ‘*Nas dhatu*’ which indicates nose or things useful to nose. *Nasya* is administered in many diseases and specifically *Jatru urdhwagata rogas*. *Nasa* is one among the *panch gyanendriya* and its functions are not only limited to Respiration and Olfaction but also considered as a channel way for administration of drugs. Nose is the entrance way for the *shira*. The medicine that is put into nasal orifice moves in the pathway and shows influence on *shira* by removing out the accumulated *doshas* through this channel way. When drugs administered through nostril reaches *Shringataka (siramarma)* and spreads in *Murdha* (head) taking route of *Netra* (eyes), *Karna* (ears), *Kantha* (throat) stretches the pathological *doshas* from *Jatru urdhwa* and removes them from *Uttamanga*.

KEYWORDS - *Nasya, Jatru urdhwa, Sringataka, Murdha.*

INTRODUCTION -

Ayurveda is a pervasive medical science of Mind, Body and Spirit. *Shalaky tantra* is one of the bough among the eight boughs of *Ashtanga Ayurveda* this is the most important bough of *Ashtang Ayurveda* because it includes such organs like *Shira*, which conduct the work of whole body. Administration of medicines through nasal route is called *Nasya*. *Acharya Vagbhatta* has described in *Sutrasthan Nasya vidhi* chapter 20/1, the Nose consider nearest root for head, so the diseases of *jatru urdhwa* is best treated by the *Nasya karma (Nasa Hi Shiraso Dwaram Ten Tadvyaptam Hanti Taan)*. *Nasya* is used in various diseases like *Pratishyaaya, Shirashula, Khalitya, Palitya, Nasagata raktapitta, Shushkakshipaka, Ardhavbhedak, Ardit, Pakshaghat* etc. As a procedure *nasya* is used in all branches of *Ayurveda* but mainly seen in *Shalaky tantra*. The word *Nasya* is derived from *Nas dhatu* which indicates nose or things useful to nose. In our day today life due to medicines, tobacco, alcohol, cigarettes, irregular food habits, junk food, cooldrinks, sleeping disturbance, night awaking, day sleeping, mental stress, depression mankind’s get various diseases.

Aims and Objectives:

1. To detailed study the concept of *Nasya karma*.
2. To gain knowledge about the *Nasa, Shira* and *Urdhwaang*.
3. Relationship between the *Nasa* and *Shira*.

Material and Methods:

Material - Different *Ayurvedic* scriptures like *Sushruta Samhita, Charak Samhita, Ashtang* etc, Medical journals, Published research paper and Articles.

Method – Study type – Review. Literature related to the title is searched from all authentic *Ayurvedic* scriptures, *Ayurvedic* journals and internet.

Synonyms of *Nasya*:

Navana, Nastah Karma, Shirovirechana, Murdhavirechana, Shirovireka, Nasta Prachardana.

Classification of *Nasya karma*:

Nasya have been classified in various ways by different *Acharyas*.

Table 1: Classification of *Nasya* is shown in table.

S.No	Name of Acharyas	No.	Reference	Classification
1	<i>Charaka</i>	7 5 3	Ch.Vi.8/151 Ch.Si.9/89 Ch.Si.9/92	According to various parts of drugs- Phala, patra, Mula, Kanda, Pushpa, Niriyasa, Twaka ^[1] According to the method of administration- <i>Navana, Avapidana, Dhmapana, Dhuma, Pratimarsha</i> ^[2] According to mode of action- <i>Rechana, Tarpana, Shamana</i> ^[3]
2	<i>Sushruta</i>	2	Su.ch.40/21	<i>Shirovirechan, Snehana</i> ^[4]
3	<i>Vagbhata</i>	3	As.Su.29/4 As. H.20/1-2	<i>Virechana, Brimhana, Shamana</i> ^[5,6]
4	<i>Sharangdhara</i>	2	Sha.Utta.8/2	<i>Rechana, Snehana</i> ^[7]
5	<i>Kashyapa</i>	2	Ka.Si.2	<i>Brimhana, Karshana</i> ^[8]
6	<i>Videha</i>	2		<i>Sangya Prabodhaka, Stambhana.</i>

According to Acharya Charaka Ayogya and Yogya for *Nasya karma*:

1. *Ayogya for Nasya karma*^[9]

Ajeerna

Intake of food

Intake of *Sneha dravya*

Intake of alcohol

Intake of water

Desire to take it

Bathed in head

Hungry

Thirsty

Suffering from labor

Exercised

Feverish

Pregnant Lady

After Purgation

New catarrh

Durdina

2. *Yogya for Nasya karma*^[10]

Head disorders

Dental disorders

Neck rigidity
 Rhinitis
 Throat irritation
Timira roga
 Eyelid disorders
 Migraine
 Nasal disorders
 Ear disorders
 Eye disorders
 Difficulty in speech and Torticollis.

Suitable age for *Nasya karma*:

According to *Acharya Vagbhatta* ^{[11],[12]}
 Minimum age – 7 years.
 Maximum age – 80 years.

According to *Acharya Sharangdhar* ^[13]
 Minimum age – 8 years.
 Maximum age – 80 years.

Suitable season for *Nasya karma*:

Pravrut ritu, Vasant ritu, Sharada ritu. ^[14]

According to *Dosha* suitable time for *Nasya karma*: ^[15]

Kapha disorders – *Purvahan* (morning time)
Pitta disorders – *Madhyahan* (afternoon time)
Vata disorders – *Aparahan* (evening time)

Procedure of *Nasya karma*:

Procedure of administration of *Nasya karma* may be classified into following three subtitles.

1. *Purvakarma*
2. *Pradhankarma*
3. *Paschatkarma*

1. *Purvakarma* (Before doing *Nasya karma*):

Some specific arrangement of the Material and Equipment should be done. A special room free from direct blow of air and dust. Following article should be collected.

- a. *Nasya Aasan*
- b. *Nasya Aaushadhi*
- c. *Nasya yantra*

Selection of the patient:

Selection of patient according to *yogy* and *ayogy* for *Nasya* described in scriptures.

Preparation of the patient:

According to scriptures before *nasya karma* patient should have passed his/her natural urges like stool and urine. Patient should have completed his/her daily routine activities. After that patient should lie down on *Nasya aasan*. Before doing *Nasya karma*, *mridu Abhyanga* should be done on face, forehead, neck and scalp with medicated oil. After *abhyanga mridu swedana* should be given for liquification and elimination of *Doshas*.

2. Pradhan karma (Nasya therapy):

According to *Ayurvedic* scriptures following procedure should be adopted for doing the *Nasya karma* - Patient should lie down in supine position (*Shira Pralambite*) on *Nasya aasana*. After covering the eyes with clean cloth, *Vaidya* should have raise the tip of patient's nose with his/her left forefinger and with right hand the *sukhoshna* (luke warm) medicine should be dropped in both the nostrils alternately. After taking *Nasya* patient should avoid anger, head tilting, speech, laughing, sneezing. The patient should not swallowing of *Nasya dravya*.

3. Paschat karma (After doing Nasya karma):

According to scriptures following steps should be followed. After administration of *nasya dravya* through nasal orifice patient should lie on supine position and count number up to hundred. The cheek and neck should be again subjected to sudation. *Nasya dravya* that has been dropped in the nasal passage expelled out together with pathological *Doshas*, should be eliminated by the patient by sneezing. Medicated *Dhumpaan* are advocated to expel out the pathological *Doshas* and mucous. Patient should allowed light meal (*Anabhishtyandi bhojan*). Patient should avoid dust, smoke, alcohol, excessive liquid, excessive riding and anger^[16].

Definition of various types of Nasya: [17]

1. *Navana Nasya* –
Navan Nasya is administered by instilling the medicated oil/*ghrita* drops. It is 2 types –
Snehana
Shodhana.
2. *Avapida Nasya* –
Paste(*kalka*) of the drug is squeezed into the nasal orifice. It is 2 types –
Shodhana
Stambhana.
3. *Pradhaman Nasya* –
Pradhaman Nasya is administered by the fine powder (*churna*) in the nasal orifice with the help of *Nadiyanta*.
4. *Marsha Nasya/ Pratimarsha Nasya* –
Main difference between *Marsha* and *Pratimarsha nasya* is of dose. *Marsha /Pratimarsha nasya* is administered by medicated oil/*ghrita* in the nasal orifice.
5. *Dhuma Nasya* – *Dhuma Nasya* is administered by medicated fume. It is 3 types –
Prayogik
Snehika
Vairechanika

Doses of Nasya karma:

Table 2: Doses of *Nasya karma* is shown in table.

Types of Nasya	Doses (<i>Matra</i> - each nasal orifice)		
	<i>Hina matra</i>	<i>Madhyama matra</i>	<i>Uttama matra</i>
<i>Snehana Nasya</i>	8 drops	<i>Shukti pramana</i> (16 drops)	<i>Panishukti pramana</i> (32 drops)
<i>Shodhana Nasya</i>	4 drops	6 drops	8 drops
<i>Avapida Nasya</i>	4 drops	6 drops	8 drops

<i>Dhuma Nasya</i>	<i>Snehika dhuma</i> (One time)	<i>Prayogika dhuma</i> (two times)	<i>Vairechanika dhuma</i> (three to four times)
<i>Marsh Nasya</i>	6 drops	8 drops	10 drops
<i>Pradhamana Nasya</i>	Three <i>Muchunti</i>		
<i>Pratimarsha Nasya</i>	One to two drops		

According to Dosha, Sneha dravya for Nasya karma: ^[18]

Vatayukta kapha Dosha – Taila.

Vata Dosha – Vasa.

Pitta Dosha – Sarpi.

Vatayukta pitta Dosha – Majja.

Action of Nasya Aushadhi:

Putting the nasya aushadhi in to nasa.



Nasya aushadhi going to head.



Absorption of nasya aushadhi.



Stimulation of hypothalamus.



Release of certain neurological transmitters.



Alleviation of sign and symptoms of disease.

Fig.1- Action of nasya aushadhi.

Samyoga of Nasya karma: ^[19]

Lightness in the head.

Sleep well.

Curing diseases.

Purification of sense organs.

Lightness in the eyes.

Atiyoga of Nasya karma: ^[20]

Heaviness in the head.

Itching.

Anorexia.

Cough disorders.

CSF and excessive mucous discharge.

Rhinitis.

Heaviness in the body.

Hinyoga of Nasya karma: ^[21]

Dryness in sense organs
 Disease is not cure
 Dryness in mouth and nose
 Dryness in eyes
 Stiffness in eyes
 Heaviness in the head
Vata vaigunya.
 Itching in head, nose
 Heaviness in nose

Vyapad (Complication) of Nasya karma: ^[22]

Complication of *Nasya karma* is two types – 1. *Doshaprakopajanya*
 2. *Doshkshayajanya*

Treatment of Nasya Vyapat:

1. Treatment of *Doshaprakopajanya* complication is *Shamana* (Alleviation) and *Shodhana* (Elimination) therapy.
2. Treatment of *Doshakshayajanya* complication is *Brimhana* (Increasing) therapy.

Uses of nasya karma:

To prevent untimely aging, in doing normal function of all sense organ, to prevent untimely hair loss and whitening and prevent many diseases like-headache, migraine, eye and ear disorders, acne, dark circles, melasma and all nervous disorders.

Some Important drugs for Nasya karma:

Apamarga, Pippali, Maricha, Vidanga, Shigru, Shirisha, Pilu, Ajamoda, Vartaki, Ela, Harenuka, Hridra, Shringver, Mulaka, Lahasuna, Sarshapa, Arka, Alarka, Kushtha, Vacha, Jyotishmati, Ativisha, Lodhra, Madanaphala, Saptaparna, Nimba, Devadaru, Agarar, Hinguniryas, Tejovati, Ingudi, Brihati, Kantakari.

Useful parts of drugs for Nasya karma:

Phala (fruits), *Patra* (leaves), *Mula* (root), *Kanda* (rhizome), *Pushpa*(flowers), *Niryasa* (resin), *twak* (bark).^[23]

DISCUSSION –

A detailed description of the *nasya* is found in various *Ayurvedic* scriptures. *Nasya* is one of the important *karmas* of *Panchakarma* which is used for all diseases of the *Urdhwajatrugata*. The procedure of *nasya* is that it can be used for *Shaman* as well as for *Shodhan* of *Doshas*. It is capable of eliminating neurological and psychological problems when used independently or with any other *Karmas*. As stated, “*Nasa hi shirso dwaram*” according to this, *nasya aaushadhi* stimulates the *Shringataka marma*, brain and nervous system by going to nostril and at the same time, the *nasya* is absorbed in the entire *Urdhwaang* and provides nutrition to the head, brain, nose, ears, eyes, mouth etc. *Nasya karma* of *Ayurveda* prove to be beneficial from the history of treatment and prevention measures given to the persons suffering from *Urdhwajatrugata* diseases. According to the health and disease of each person, if the *Nasya karma* is done keeping in mind the type, quantity, method and qualification disqualification mentioned above, it can be maintaining the health and prevention the all *Urdhwaang* diseases and future diseases.

CONCLUSION –

As told, “*Nasa Hi Shirso Dwaram Ten Tadvyaptam Hanti Taan*”, meaning nose is the gateway of head. Among *panchakarma*, *Nasya* is the main *karma* which for the treating entire diseases of *Jatruurdhwagata*. In *Ayurvedic* Scriptures by knowing the full information about the *Nasya*, it shows that the *Nasya* maintains

the health of entire (mainly *Jatru urdhwaga*) body and cures the diseases like-*Shiroshula*, *Nasastrav*, *Nasaparidah*, *Nasagata raktapitta*, *Nasa parishosh*, *Nasa aanah*, *Kshavathu*, *Bhranshtu*, *Ardit*, *Surryavarta*, Sinusitis, Myopia, Cervical spondylosis, Insomnia, Stress, Anxiety, Allergies, *Pratishyaaya*, *Khalitya*, *Palitya* etc.

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