



“Study of Nashya chikitsa WSR to Samhita – A Literature Review”

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Abstract: In Ayurveda- “Nasya” refers to the nose and the treatment involves the use of medicated oils, ghee, powders, juices of raw herbs, honey, milk, salts, water etc. Nasya, Ayurvedic Nasal Therapy, is a very powerful treatment used for removing excess accumulated toxins from the head and the neck. It is extremely helpful in Vata and Kapha diseases affecting the scalp, hair, sense organs, facial skin, jaw, gums, teeth, throat, sinuses, brain, the mind and the brain.

It is important to study the type of Nashya used in different as references in Samhita of Ayurved.

In this article the Nasya treatment according to types wsr to samhita and also its uses in Ayurveda are focused.

Keywords: Nasya, Samhita.

Introduction:

Nasya Karma is a type of Panchakarma treatment in Ayurveda that aims to cleanse and rejuvenate the head and neck region. Urdhvanga Chikitsa is one of the important branch of Ashtanga Ayurveda and **Nasya Karma** is the main therapeutic measure of Urdhvajatrugata Roga.

Administration of the medicine through Nasal route is known as Nasya. It involves the administration of medicated oils or powders into the nasal cavity, which helps to remove toxins and excess mucus from the sinuses, throat, and head.

Nasya is divided into five types according to method of administration i.e. Navana, Avapidana, Dhmapana, Dhuma, Pratimarsha. Ashtanga Sangraha and Ashtanga Hridaya has classified nasya, mainly into three varieties based on its effects- Virechana, Brimhana and Shamana.

Nasya, Ayurvedic Nasal Therapy, is a very powerful treatment used for removing excess accumulated toxins from the head and the neck. It is extremely helpful in Vata and Kapha diseases affecting the scalp, hair, sense organs, facial skin, jaw, gums, teeth, throat, sinuses, brain, the mind and the brain.¹

So it is necessary to study the type of nasya used for different diseases as per references in samhita.

Material and Methods:

Manual searching & Collection.

Following are the Nasya references mentioned in different classics of Ayurveda.²

SN	Disease	Type of Nasya	References
1	Adhonabhigata vata	Avpidak Nasya	Charak Samhita
2	Suryavarta	Bruhan	Charak Samhita
3	Avbahuk , Manyasthambha	Shital jal Nasya	Charak Samhita
4	Unmad	Avpida – Sarsap Sneha	Charak Samhita
5	Manyasthambha, Hanugrah & Ardit	Anu tila- Nasya.	Charak Samhita
6	Apsmar & Kushtha	Rechan	Cha. / A.S. /A.H.
7	shirashula, shirojadya, syanda, gala amaya, spoha, ganda, krimigranthi, kushta, apasmara and pinasa.	Virechana nasya	Ashtanga Sangraha and Ashtanga Hridaya

Though the Nasya chikitsa and its types are very vast ie 2 types/3 types/5 types etc. we concentrate on the type of nasya in some specific diseases with special references to samhita.

Avapidak nasya is mentioned in adhonabhigat vata & unmad. Bruhan Nasya is mentioned in suryavart. Anu taila nasya is mentioned in Manyasthambha, Hanugrah & Ardit.

Properties of Nasya:

Time of administration:³

The best time to practice nasya to relieve Kapha disorders is in the morning. Practicing nasya in the afternoons is beneficial for pitta related problems and practicing this in the evening can help treat vata disorders. To practice nasya, lie down on your back and tip your head backwards.

Benefits: ⁴

Nasya Karma is a powerful Ayurvedic treatment that offers a range of benefits for both physical and mental health. Some of the key benefits of Nasya Karma include:

Relief from respiratory disorders: Nasya Karma is a highly effective treatment for respiratory disorders such as sinusitis, allergies, and asthma. It helps to remove excess mucus from the nasal passages and sinuses, which can relieve congestion and improve breathing.

Discussion:

Avapeeda Nasya acts as *Shodhana* and *Shamana*. When abundance of *Doshas* are present *Tikshna dravyas* are used to clear the channels (*Sroto-Shodhana*), when *Doshas* are mild or moderate *Shamana dravyas* are used. To expel *Doshas* from upper body, *Nasa* is the portal to *Shiras*. The active principle of the medicine used in *Nasya* reaches *Shringataka marma (Sira marma)* and is distributed to *Moordha- Netra – Shrotra – Kantha* and thereby expel morbid *Doshas*. Drug reaches the target area by crossing nasal mucosa, thereafter transported via nerve tract, systemic circulation or by lymphatics. Intra-nasally administered drug has higher bioavailability as it avoid first pass mechanism at liver and evade BBB.⁵

Bruhana (nutritive) nasya:

Especially good for vata dosha. Strengthening and tonifying substances are administered through the nose. Commonly used substances are ghee, salt, shatavari ghee, ashwagandha ghee, medicated milk, and various oils.⁶

Rechan Nasya: Sushruta's Shirovirechana type is included in Shodhana type of Navana Nasya. It eliminates the vitiated *Doshas*.

Conclusion:

1. Administration of the nasya as per classical text of samhita- ayurveda is essential for the success of treatment.
2. Principles and mode of action of Nasya is important as practical purpose.

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