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Nasya Karma and its type - A Review

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ABSTRACT

Shalaky Tantra is one of the branches among *Ashtanga Ayurveda* dealing with *Urdhwajatrugata Roga*. *Nasya Karma* is one of the important therapeutic modality for *Urdhwajatrugata Roga*. It is the process of administering the medicated oils or *Dravyas* through nasal route. *Urdhwajatrugata Roga* is caused by poor and sedentary lifestyle, such as lack of physical activity, chronic stress due to stressful work culture, smoking, overuse of alcohol and imbalanced diet. Many diverse conditions like *Ardita*, *Pakshaghata*, *Shirasoola* and *Dustapratishyaya* are effectively treated with *Nasya Karma*.

Key words: *Nasya, Nasa, Navana, Urdhwajatrugata Roga.*

INTRODUCTION

The word *Nasya* is derived from 'Nasa' *Dhatu* which indicates nose or things beneficial to nose.^[1] *Nasya* as a procedure is used in different branches of *Ayurveda* but mainly seen in *Panchakarma* and *Shalaky Tantra* practices. Administration of drugs through nasal route is called as *Nasya*, which are in the form of *Kwatha*, *Swarasa*, *Kalka*, *Sneha* etc. *Nasya* is considered as the best procedure because *Nasa* (nose) is considered as a direct gateway of *Shira*. It is used in the treatment of *Urdhwajatrugata Roga* largely. All the disorders pertaining to eyes, ears, nose, or head i.e. regions above the clavicle are considered as *Urdhwajatrugata Roga*. Many diverse conditions like *Ardita*, *Pakshaghata*, *Shirasoola* and *Dustapratishyaya* are effectively treated with *Nasya Karma*. Different types of *Nasya Karma* are described in *Ayurveda* and in

different contexts. As per the *Acharyas*, *Shira* is considered as the master of all *Indriyas*. *Tarpak Kapha* resides in *Shira*. The medications administered via nasal route reaches the head, nourishes the *Kapha* and act on the *Shringatak Marma*^[2] - a vital point situated in head and expels the *Doshas* from the head. *Shringatak Marma* is the point of anastomosis of four *Siras* in connection with eyes, ears, nose and tongue. *Acharya Indu* has described the *Sthana* of *Shringatak Marma* as *Shiraso Antarmadhy Murdha*.

AIMS AND OBJECTIVES

To study about the detailed concept of *Nasya Karma* and its importance mentioned in classical text of *Ayurveda*.

METHODOLOGY

Classical text of *Ayurveda* having references regarding *Nasya*, Modern literature, published articles in peer-reviewed journals, published books and subject-related material available online have been screened, compiled, organized and described in a systematic manner. Regarding published research works, studies conducted with reference to *Nasya Karma* and in different diseases were considered for this study.

Importance of Nasya Karma

Instillation of medications through nasal route into the region of head is known as *Nasya*. It is the best method to eliminate and alleviate the vitiated *Doshas*

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of *Urdhvanga*. It is the only procedure that nourishes the *Indriyas* directly. Medicines administered through nasal route absorbs directly through blood vessels thereby, bypasses the digestion mechanism and act quickly. Age mentioned for performing *Nasya Karma* by *Acharya Sharangdhara* is 7 years to 80 years.^[3]

Table 1: Classification of Nasya Karma.

| SN | Classification | Number |
|----|--|--------|
| 1. | <i>Rechana, Snehana</i> ^[4] | 2 |
| 2. | <i>Brumhana, Karshana</i> ^[5] | 2 |
| 3. | <i>Sangyaprabodaka, Stambhana</i> ^[6] | 2 |
| 4. | <i>Prayogika, Snaihika</i> ^[7] | 2 |
| 5. | <i>Rechana, Tarpana, Shamana</i> ^[8] | 3 |
| 6. | <i>Virechana, Brumhana, Shamana</i> ^[9] | 3 |
| 7. | <i>Shirovirechana, Pradhamana, Avapeeda, Pratimarsha</i> ^[10] | 4 |
| 8. | <i>Navana, Avapeedana, Dhmapana, Dhuma, Pratimarsha</i> ^[11] | 5 |
| 9. | <i>Phala, Patra, Moola, Pushpa, Niryasa, Twak</i> ^[12] | 6 |

Nasya Karma

1. Pradhamana Nasya

In *Pradhamana Nasya*, fine *Churna* form of drug is administered into the nostrils of the patient with the help of special *Nadiyantra* in the head-low position in a patients suffering from *Dushta Pratishyaya*. It is also called as *Dhamapana*. *Acharya Sushruta* has named it as *Pradhamana Nasya*. It is a form of *Shodhana Nasya*. Drugs used for *Pradhamana Nasya* are *Saindhava, Pippali, Maricha, Vidanga*, etc. which are *Tikshna* in nature.

Indications - *Shiro Roga* (Disease of the head), *Nasa Roga* (Disease of the nose), *Akshi Roga* (Disease of Eye).

2. Pratimarsha Nasya

Pratimarsha Nasya is the milder form of *Nasya* where medicine in the dose of two *Bindus* is installed into each nostril with the help of a *Gokarna* or dropper. The drugs can be used for *Pratimarsha Nasya* like *Anu Taila* etc. It can be done by patient at home itself. It does not have much *Vyapads* and is easy even for the patient to do easily.

Indications - *Bala, Vridhdha Bhuru Sukumara, Kshata, Kshama Trishna Pidita, Valita, Palita* and *Mukhashosha*.

3. Navana Nasya

Method: Administration of *Sneha Dravya* in each nostril is considered as *Navana Nasya*.

It is of two main types,

a) *Snehana Nasya*

b) *Shodhana Nasya*.^[12]

Snehana Nasya - It is indicated in *Vatika Shirahshula, Keshapata, Dantapata, Shmashrupata, Karnashoola (otalgia), Timira, Nasaroga, Mukhashosha, Avabahuka, Akalaja Valita, Akalaja Palita, Darunaprabodha* and *Vatapittaja Mukharoga*

Shodhana Nasya - *Sushruta's Shirovirechana* type is included in *Shodhana* type of *Navana Nasya*. It eliminates the vitiated *Doshas*. It is indicated in *Kaphapurna Talu & Shira, Aruchi, Shirogaurava, Shula, Pinasa, Ardhavabhedaka, Krimi, Pratishyaya, Apasmara, Gandhagyananasha* and *Urdhvajatrugata Kapharogas*.

4. Avapida Nasya

Administration of *Avapida Swaras* as the nasal medication via the nasal route. *Avapida Swaras* is the extracted juice of leaves or paste (*Kalka*) of required medicine.^[16] *Kalka of Tikshna and Stambhana Dravyas* have been mentioned as *Avapida Nasya* for *Shodhana* and *Stambhana* purpose.

Indications - *Manasaroga, Moha, Krodha, Bhuru, Sukumara, Chitta, vyakulavastha, Bhaya Krisharogi, Murchha, Sanyasa, Apasmara, Shirovedana, Mada,*

Raktapitta, Vishabhighata, Apatantrka, Galaroga, Vishamajwara, Manovikara and Krimi.

5. Dhuma Nasya

Process of administration of medicated fumes via the nasal route and elimination of fumes by oral route.^[17] It is of 3 types: *Shamana, Brimhana* and *Rechana*. A special instrument is used for the *Dhuma Nasya* which is known as *Dhumanadi* (smoking pipe). It should be of 24 *Angulas* length for *Virechana* type of *Dhumanasya*. 32 *Angula* length for *Snehika Dhuma* and 36 *Angula* length of *Prayogika Dhuma* is advocated.

Indication - *Dhuma Nasya* is indicated in *Shiroroga, Nasaroga* and *Akshiroga*.

6. Rechana Nasya (Virechana Nasya)

Administration of *Teekshna, Ushna Virya Aushadh Dravyas* via the trans-nasal route. It is *Srotoshodhaka* in action. It is indicated specifically in *Kapha* predominant disorders. Drugs like *Apamarga, Pippali, Maricha* etc. may be used.

Indications - *Sushruta* and *Vagbhata* have indicated *Rechana Nasya* in *Shleshma Abhivyapta* in *Talukantha* (*Kapha* in head and neck region) and *Shirokrimi, Urdhvajatrugata Shopha, Praseka, Vairasya Pratishyaya, Urdhvajatrugata Kaphaja Vikara* (disorders of region above clavicle) *Arochaka* (loss of appetite), *Shula, Shirogaurava* (heaviness in head), *Pinasa* (allergic rhinitis), *Arbuda, Dadru* and *Kotha*. *Shirovirechana Nasya* with *Kalka, Churna* or *Swarasa* are indicated in Patients of *Galaroga, Sannipataja Jwara, Atinidra, Manovikara, Abhishyanda Sarpadansha* and *Murchha*.

7. Tarpana Nasya

It can be considered synonymous to *Snehana Nasya* and *Brimhana Nasya* described by *Sushruta, Sharangadhara* and *Vagbhata* respectively. Administration of *Snigdha, Madhura Ras Dravya* via nasal route is called as *Tarpana Nasya*.

Indications - *Vatapittaja Rogas* like *Shirahkampa, Ardita* etc.

8. Shamana Nasya

The type of *Nasya* which brings the *Dosha* of *Shirah* in the state of balance without causing the disease is known as *Shamana Nasya*.

Indications - It is used to stop bleeding in *Raktapitta*. It is also indicated in *Akala Valita, Palita* and *Khalitya, Darunaka, Raktaraji, Vyanga* and *Nilika*.

Indications of Nasya^[13]

Charaka has explained the following general indications - *Shirasthamba, Griva Roga, Manyasthamba, Skandharoga, Dantastamba, Mukharoga, Danta Shula, Karna Shula, Hanu Graham, Nasa Shula, Pinasa, Akshi Shula, Gala Shundika, Shirashula, Gala Shaluka, Ardita, Sukla Mandala Gataroga, Apatantraka, Timira, Galaganda, Vartmaroga, Danta Harsha Vyanga, Netraralji, Upajihvika, Arbuda, Ardhavabhedaka, Swarabheda, Suryavarta, Gadgatatwa, Awabahuka, Kesadosha, Apasmara*.

Time of administration of Nasya

Time schedule in different seasons^[14]

According to *Ritu Nasya* is given at:

1. *Shita Kala*: Noon
2. *Sharada* and *Vasanta*: Morning
3. *Grishma Ritu*: Evening
4. *Varsha Ritu*: Only when sun is visible & sky is clear.

Time schedule in *Doshaja Vikara*^[15]

1. *Kaphaja Vikara*: Morning
2. *Pitaja Vikara*: Noon
3. *Vataja Vikara*: Evening

Contra Indications of Nasya^[16]

Nasya should not be given on *Durdina* (Rainy day) or in *Anritu (Viparita Kala)*. *Charaka, Sushruta* and *Vagbhata* commonly contraindicated conditions are during *Bhuktabhakta* (immediately after having food), person who wishes to have or already had *Madhya, Toya* (water) or *Sneha* (medicated *Ghrita*), in pregnant

women and after *Basti* administration (medicine taken via anal route) *Charaka* and *Sushruta* commonly contraindicated conditions are during *Shramarta*, *Vyayamaklanta* (exhausted after exercise), *Trishnarta* (thirsty) and *Ajirna* (indigestion), *Virikta* (after purgation therapy).

CONCLUSION

A wise person should always be attentive towards one's own health. He should take each and every possible step in order to prevent diseases. *Nasya Karma* is the treatment modality that not only acts as a therapeutic measure for all the *Urdhwajatrugata Roga* but also acts as a preventive tool for the same. So everyone should know about it.

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