

## CONCEPT OF NASYA KARMA IN AYURVEDIC LITERATURE

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### ABSTRACT :

Ayurveda is a science and art of appropriate living which helps to achieve longevity. Ayurveda prescribes Panchakarma Therapy for the cleansing of body toxins. In this process, we get to the root cause of the problems and correct the essential balance of all three *dosas* in the body. The nasal administration of medication is called *Nasya*. The nose is the doorway to the brain and it is also the doorway to consciousness. An excess of bodily humors accumulated in the sinus, throat, nose or head areas is eliminated by means of the nearest possible opening. In our routine life due to irregular food habits, Sleeping disturbance, intake of medicines, tobacco, alcohol, pain-killers, oral-contraceptives, steroids, suppression of urges, mental stresses, depression, night awaking & day sleeping mankind get *ShiroGataRoga* and suffer from many painful diseases. About 60% of people are suffering from *ShiroGataRoga* and having other complications. So it is the demand of time to know about *Nasya Karma* in *Panchakarma* & its importance in ayurveda by which a common man get healthy life without having any disease.

**Key words:** Panchakarma, *Nasya Karma*, *ShirogatRoga*

**INTRODUCTION:** *Nasya karma* is a process in which the drug, oils and liquid medicines is administered through the nostrils.<sup>1</sup> Because Nose is the gateway of the head, it is highly effective in curing a number of diseases pertaining to the head, if it is performed according to our Grantha<sup>2</sup>. It cleanses and opens the channels of the head, thereby improving the process of oxygenation (Pranavayu) which has a direct influence on the functioning of brain. It is beneficial if done on a regular basis, because it keeps away the *urdwajatrugata rogas*. It also prevents the early graying of hair, headache and other disorders of head, eye and nose<sup>3</sup>. The medicine given through *Nasya* reaches up to the brain and thus it pulls out all the disease causing doshas and impurities. Medi-

cine given through nostrils travels the entire passage and reaches the cribriform plate which is porous in nature. From there it is absorbed and reaches the tissues of brain. About 60% of people are suffering from *ShiroRoga* and having other complications. So it is the demand of time to know about *Nasya Karma* and its importance so that man gets healthy life without having any disease.

**REVIEW OF LITERATURE:** The information about the concept of *Nasyakarma* in *Panchakarma* and its importance is mentioned in Ayurvedic Samhita Granthas. The detailed study of *Nasya Karma* in *Panchakarma* had been reviewed for collection of study material.

**AIM & OBJECTIVES :** 1. To study about the concept of *Nasyakarma* in *Panchakarma* and its importance.

2. To study about the concept of *Nasyakarma* and its importance from Ayurvedic literature.

#### **MATERIALS & METHODS:**

1. Charak Samhita, Sushrut Samhita, Astang Hridaya & other Samhitas.

2. Modern Medicine Books & Articles on *Nasya Karma* and its importance.

Ayurveda deals with preventive and curative aspects of disease along with various methods of purification and rejuvenation. It can also guide every individual in the prevention of disease and long term maintenance of health. To achieve this balanced state of body, mind and consciousness, Ayurveda prescribes shodhan therapy for the cleansing of body toxins<sup>4</sup> *Nasya* - nasal cleansing by the application of medicated oils or powders helpful in conditions like allergic sinusitis, migraine and epilepsy. If the *Nasya* therapy has been carried out effectively, Kapha related toxins from the Para nasal sinuses are eliminated and the region nourished. Due to this, the patient feels great relief in the head and clarity of the sense organs. Breathing becomes completely unobstructed which gives sound sleep at night. Olfactory improvement is also felt. *Nasya* is excellent for chronic sinusitis, headaches, throat diseases, chronic colds, chest congestion, epilepsy, catarrh, migraine, eye diseases and cervical spondylitis. Acharya Vagbhata had described the types of *Nasya karma*, on the basis of functions the *Nasya karma* is of 3 types. 1. *Virechana Nasya*.

2. *Brihmana Nasya* 3. *Shamana Nasya*.<sup>5</sup>

According to the quantity of the *Nasya* drug used it is of 2 types. 1. *Marsha Nasya* 2. *Pratimarsha Nasya*<sup>6</sup>. *Virechana Nasya* is mainly indicated in the diseases of head caused by *Kapha dosha* or its predominance like:- Heaviness of the Head, Swelling or tumor in the Head, *Shopha*, Feeling as if something sticking on the Head (Upadeha), itching (*Kandu*), Stiffness (*Stambha*) Conjunctivitis (*Abhishyanda*), Excess secretions (*Srava*), Excess salivation (*Praseka*), Anorexia,

Loss of taste *Arochaka*, *Swarabheda*, Worm infestation, *Pratishyaya*, *Apasmara*, Loss of smell (*Gandha gnana*), *Granthi*, Tumor etc<sup>7</sup>

*Brihmana Nasya* Indicated in *Vataja* or *Vata* predominant diseases like-Migraine (*Sooryavarta*) Hemicrania (*Ardhavabedhaka*) diseases of head due to worms, Constriction of the Eyes (*Akshisankocha*), Tremors of the Eyes (*Akshispandana*) *Timira*, Difficulty in getting up from sleep (*Krichravabodhaka*) Toothache, Earache, *Karnashoola*, *Karnanada* (Tinnitus), Dryness of nose and the oral cavity *Nasa Mukha Shosha*, Difficulty in speech (*Vaksanga*), Hoarseness of voice (*Swaropaghata*) diseases of Neck region, Frozen shoulder and *Nidranaasha* *Shamana Nasya* indicated in diseases due to the vitiation of blood and *Pitta Raktaja* and *Pittaja* like pre mature wrinkles *Akaalavali palitya* (premature graying of Hairs), Hairfall (*Khalitya*) Psoriasis of the scalp, *Daarunaka*, Redness of the Eyes (*Raktaraaji*) Blackish discoloration on face, *Vyanga*, *Neelika*, bleeding from nose (*Raktapitta*). There are also special form of the *Nasya* in which the paste of the drug (*kalka*) is squeezed into the nostrils called *avapeeda Nasya*, while the powder (*choorna*) is used in *pradhmana Nasya*.<sup>9</sup>

Both are type of *virechan Nasya*. The main purpose of all *Nasyas* is to expel the *kapha dosha Kapha virechana* from the head. When strong drugs are used in the *virechana Nasyakarma* it is called as *shiro virechana Nasya*. It is of two types .1. *Marsha*

***Nasya*** : It is administered for a particular reason, which may not be disease, but a condition of uneasiness arising from a particular disease.

#### **Quantity of the unctuous medicine in Marsha Nasya:**

a. *Uttama maatra* - 10 bindu

b. *Madhyama maatra* - 8 bindu.

c. *Hrswamaatra* - 6 bindu

#### **Quantity of decoction in Marsha Nasya:**

1. *Uttamamaatra* - 8 bindu

2. *Madhyama maatra -6 bindu*

3. *Hrswa maatra - 4bindu.*

**Bindu:** The amount of the liquid trickling down from the index finger (*pradeshini*) which is dipped in the liquid up to the 2nd inter phalangeal joint and taken out is called one *Bindu*.<sup>10</sup> The quantity of powder required to reach the throat (*kantha*) when blown through a 6 *angula* long pipe. This can be repeated multiple times depending on the intensity of the *doshas*. *Marsha Nasya* is contraindicated before the age of 7 years and after the age of 80 years<sup>11</sup>. *Pratimarsha Nasya* can be given in weak (*kshaama*), toothache, *urakshata*, *trishna*, *Mukhashosha*, *Vridha*, Young, *Bheeru* or delicate Personality (Sukumara). *Pratimarsha Nasya* can be administered in unseasonable time (*akaala*) inauspicious day (*Durdina*) and Rainy season (*Varsha rutu*) from birth to death *Aajanmamarana*<sup>12</sup>. It is contraindicated in Chronic Catarrh (*Dushta Pratishyaya*) worm infestation and diseases of head involving multiple *Doshas* (*Bahudoshakriminashiro*) one who drinks alcohol, weakness of the hearing organ (*Durbalashrotra*). *Pratimarsha Nasya* given in these conditions will aggravate the condition as the *doshas* are in highly aggravated state.<sup>13</sup>

*Aacharya Sushruta* has explained 2 major types of the *Nasyas* which have 5 sub types i.e.. *Shirovirechana Nasya*, *Snehana Nasya*, and these are further divided into *Nasya*, *Shiro virechana*, *Pratimarsha*, *Avapeeda*, *Pradhamana* respectively<sup>14</sup>. Among these *Nasya* and *Shirovirechana Nasya* are the two main and important types while *Pratimarsha Nasya* is included in type of *Nasya* and *Avapeeda Nasya* as well as *pradhamana Nasya* are the types of *Shirovirechana Nasya*.<sup>15</sup> The *sneha Nasya* is administered to make up the deficient oily matter in the head in cases like Emptiness of the Head (*Shoonyashirasa*), to impart strength to neck, shoulders, chest (*Greeva*), to improve the vision, in conditions like the diseases of the head due to the vitiation of

*vata*, (*Vataja shiroroga*) diseases of teeth, Hair, scalp and beard, *Karna shola*, *Tinnitus (Karnakshweda)*, Defective vision, *Swaropaghata*, *Nasaroga*, Dryness of the mouth, frozen shoulder (*Avabahuka*) Premature wrinkles-graying of the Hairs (*Akaalaja vali-palita*), *Vatapittaja vikaras*, *mukharogas*.<sup>16</sup> *Matra* of *Nasya* are

1. *Prathama maatra*: 8 *Bindus* first dose  
2. *Dwiteeya maatra*: *Shukti* 32 *Bindu* second dose.

3. *Triteeya maatra*: *Paanishukti* 68 *Bindu* third dose.<sup>17</sup>

*Shirovirechana Nasya* is indicated in the disease of palate-throat-head due to the vitiation of *kapha dosha*, Anorexia, Heaviness of the Head (*Shirogaurava*), *Shirashoola*, *Peenasa*, *Ardhavabedhaka*, worm infestation, *Coryza*, *Pratishyaya*, *Apasmara*, loss of the smell sensation.<sup>18</sup>

**Quantity of medicines for *shirovirechana Nasya*:**

(1). Minimum dosage: 4 *Bindu*

(2). Medium dosage: 6 *Bindu*

(3). Maximum dosage: 8 *Bindu*<sup>19</sup>

*Pradhamana Nasya* is given in cases of derangement of the Mind, *Chetanavikriti*, *Krimi*, *Vishapeedita*. In these conditions one of the *Shirovirechana* drug is powdered and sprayed into the nasal orifice.<sup>20</sup> According to *Charaka* drugs useful in *shiro virechana nasya* are *Apaamaarga beeja*, *pippali*, *maricha*, *vidanga*, *shigru*, *sarshapa*, *tumburu*, *ajajji*, *ajagandha*, *peelu*, *ela*, *harenuka*, *pruthweeka*, *surasa*, *shweta*, *kutheraka*, *phanijjaka*, *shireesha beeja*, *lashuna*, *haridra*, *lavanadwaya*, *vyotishmati*, *naagara*. These drugs are used for *shirovirechana* in conditions like heaviness of the head *shirogaurava*, *shirashoola*, *peenasa*, (*ardhaavabedhaka*), worm infestation of head, epilepsy, derangement of smell sensation, fainting.<sup>21</sup> *Aacharya Charaka* has explained about the time and its benefits in *dinacharya* chapter.<sup>22</sup> Every year one should undergo the *Nasya karma* with *Anuthailam* in *Praavrit* (rainy) season, *Sharad* (autumn) and *Vasanta* (spring)

season when the sky is free of clouds. But in emergency conditions the *Nasya* procedure can be done in other seasons also like in *greeshma ritu* it should be administered in the *poorvahna*( morning), in *sheeta ritu* it should be done in the noon , in *varsha ritu* it should be done when the sky is not covered by clouds. The healthy person who undergoes the *Nasya* karma in suitable season with suitable drugs will never suffer from the impaired functions of eyes, nose, and ears. The hairs of the scalp, beard will not fall and will not turn white or grey. The scalp hairs will start growing<sup>22</sup> *Nasya* karma performed in conditions like *torticollis*, *shirashoola*, *ardita* (facial paralysis), *hanusangraha*, *ardhavabedhaka*, *peenasa*, *shirokampa* (head tremor) helps to cure those conditions. *Anuthaila Nasya* administered in the suitable season nourishes the veins, joints *sandhis*, ligaments, *snayu*, tendons, *kandara* of the head and makes them strong. The person's face becomes cheerful and voice will be melodious, *upachit*, *snigdha*, and stable. It imparts clarity and strength to all sense organs. It prevents the diseases of supra clavicular region of the body. Even when the person is aging his supra clavicular region will not show any symptoms of aging. In *Siddhisthana* Charaka described 5 types of *Nasya* karma<sup>23</sup>. 1. *Navan Nasya* 2. *Avapida Nasya* 3. *Dhmapan Nasya*, 4. *Dhoom Nasya* 5. *Pratimarsha Nasya* and further two types for 1. *Navan Nasya*:-(i) *Snehan Nasya* (ii) *Shodhan Nasya*. 2. *Avapida Nasya* :- (i) *Shodhan Nasya* (ii) *Sthambhan Nasya*.

**Indications for shirovirechana:** Disorders of the head and teeth, stiffness of the neck region (*manya stambha*), and jaw , rhinitis, uvulitis tonsillitis, disorders of cornea, defects of vision, diseases of eyelids, *vartmaroga*, *vyanga*, *upajihvika*, *ardhavbhedaka* disorders of neck-shoulder, oral cavity, nose , eyes , head, *Apatantraka*, *Apataanaka*, *Galaganda*, toothache, tingling sensation of teeth *dantaharsha*, *dantachaala* , akshiraaaji, tumour , hoarseness of voice (*swarabedha*),

*vaakgraha*, *gadgada*, diseases of the supra clavicular region of the body and chronic *vaata vikaras*. In these conditions Acharya says the *shirovirechana* is the best treatment as it enters the head and expels only the vitiated *doshas* from the head.<sup>24</sup>

**DISCUSSION:** Nose is considered as the entrance of head because this region has much vascularity the medication given through this route reaches directly to head .It stimulates the olfactory nerve Different type of *Nasya* in which *kalka* , medicated oil is used ,reaches to blood circulation by the process of diffusion. Because our membrane is made up of protein and Lipids (Singer and Nicolson model of cell membrane) the medicine given by oils and *ghrutas* easily reaches to cellular level and acts on their target cell, Thus Nasal route is very suitable way for medication.

On the other hand the drug is capable of working through the *sringataka marma* and hence clearing the morbid *doshas* from the affected *srotas*.

**CONCLUSION:** As a civic is careful in the duties of the city and the charioteer in those of the chariot, a wise person should be careful in duties relating to his own body<sup>25</sup>. *Nasyakarma* is the treatment for all the *Siro-Roga*. So everyone should know about that and be careful for their health.

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