

CONCEPTUAL STUDY OF NASYA KARMA IN PANCHAKARMA W.S.R. TO BRIHATTRAYI

Amod Kumar Suryawanshi C.S.

AyurvedSamhita and Siddhant Department, YashwantAyurvediccollege Post Graduate Training & Research Centre, Kodoli, Kolhapur, Maharashtra. India

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. It is the process, which gets the root cause of the problems and corrects the essential balance of 'Tridosha' in the body. **Nasya: 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, the nose. In our day to day life due to medicines, tobacco, alcohol, irregular food habits, Sleeping disturbance, pain-killers, antibiotics, oral-contraceptives, steroids, suppression of urges, mental stresses, depression, night awaking & day sleeping mankind get **ShiroGataRoga** and suffered 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 w.s.r.to **Brihatrayi** by which a common man get healthy life without having any disease.

Kew Words : Panchakarma, Nasya Karma, ShirogatRoga, BrihatrayiSamhitaGranthas

INTRODUCTION

In *Panchakarma* there are different types of herbal massages **Abhyanga Karma**, fomentation's such as steam **Swedana**, external oil treatments **Snehan**, **Basti** medicated enemas, **Virechana** purgation through herbs, **Vamana** emesis through herbs, **Nasya** nasal administration of oils etc. There are two types of processes in **Panchakarma** :-

1.Purvakarma: Pre-purification Measures for *Panchakarma*. **2.**

Pradhanakarma: Main Purification measures of *Panchakarma*.

Nasyakarma is a process wherein the drug herbalized oils and liquid medicines is administered through the nostrils. Since

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 systematically. It cleanses and opens the channels of the head, thereby improving the process of oxygenation **prana**, which has a direct influence on the functioning of brain. It is beneficial if done on a regular basis, because it keeps the eyes, nose and ear healthy. It also prevents the early graying of hair and bear. Head is the ruler of **in-driya** senses and **kaphadosha**. It works on **kaphadosha**. The medicine given through **Nasya** reaches up to the brain and thus it pulls out all the disease causing **doshas** impurities. Medicine 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. It is like the local application on the tissues of brain.

In our day to day life due to medicines, tobacco, alcohol, irregular food habits, Sleeping disturbance, pain-killers, antibiotics, oral-contraceptives, steroids, suppression of urges, mental stresses, depression, night awaking & day sleeping mankind get **ShiroGataRoga** and suffered 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 by which a common man get healthy life without having any disease. So I have selected this topic to study in detailed about **Nasya Karma** in **Panchakarma** and its importance.

REVIEW OF LITERATURE

The information about the concept of **Nasya Karma** 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.

AIMS & OBJECTIVES :-

1. To study about the concept of **Nasya Karma** in **Panchakarma** and its importance.
2. To Study about the concept of **Nasya Karma** and its importance from **Brihatrayi**.

MATERIALS & METHODS

1. **Charak Samhita, Sushrut Samhita, Astang Hridaya** & other **Samhitas**.
2. Modern Medicine Books & Articles on **Nasya Karma** in **Panchakarma** and its importance.

Ayurveda emphasizes preventative and healing therapies along with various methods of purification and rejuvenation. Ayurveda is more than a mere healing system; it is a science and art of appropriate living which helps to achieve longevity. 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 **Panchakarma** Therapy for the cleansing of body toxins. **Nasya** - nasal cleansing by the application of medical oils or powders. The nostrils are considered the Doorway to the Brain and nasal application of oils is helpful in conditions like allergic sinusitis, migraines 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, voice constraint, eye diseases and cervical spondylitis

Acharya Vagbhata: ^(A.Hri.Su.20) **Nasya Karma** :- **The procedure of instilling medicines through the nasal orifice is called Nasyakarma.** The nasal orifices are believed to be the entrance of the head. The medicine instilled through them easily penetrates the **Sringataka** and spreads to the **Sirasarterioles** of Head **shira**, **Eyesnetra**, Ears **shrotra**, Throat **kantha** and expels out the impurities. ^{(A.Hri.Su.20/1).} **Types of**

Nasyakarma: According to the functions the *nasyakarmas* of 3 types.

1. *Virechananasya*. 2. *Brihmananasya*
3. *Shamana nasya* (A.Hri.Su.20/2).

According to the quantity of the *nasya* drug used it is of 2 types. 1. *Marshanasya*
2. *Pratimarsha nasya* (A.Hri.Su.20/28)

Virechana Nasya :Indications: It is mainly indicated in the diseases of head caused by *Kaphadosha* or its predominance like:-Heaviness of the Head *Adhigaurava*, 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 *Vairasya*, Loss of taste *Arochaka*, Hoarseness of the voice *Swarabheda*, Worm infestation in the Head *Krimi*, Coryza *Pratishyaya*, Epilepsy *Apasmara*, Loss of smell *Gandha Agynana*, Cyst *Granthi*, Tumor *Arbuda*, Ringworm infestation *Dadru*, Blebs *Kotha*.

2. Brihmana Nasya: Indications: Indicated in *Vataja* or *Vata* pre dominant diseases like- Migraine *Sooryavarta* Hemi crania *Ardhavabedhaka* diseases of head due to worms *Krimija Shiroroga* Constriction of the Eyes *Akshisankocha*, Tremors of the Eyes *Akshispandanade*-fects of the vision *Timira*, Difficulty in getting up from sleep *Krichravabobhaka* Toothache *Dantashoola* Earache *Karnashoola*, Tinnitus *Karnanada*, Dryness of nose and the oral cavity *Nasa Mukha Shosha*, Difficulty in speech *Vaksanga*, Hoarseness of voice *Swaropaghata* diseases of Neck region *Manyaroga* Orthotonos *Apatanaka* Frozen shoulder *Avabahuka* Insomnia *Nidranaasha* 3. *Shamana Nasya:*

Indications: Indicated in diseases due to the vitiation of blood and Pitta *Raktaja and Pittaja* like pre mature wrinkles *Akaalavali* premature graying of Hairs *Palita*, Hair fall *Khalitya* Psoriasis of the scalp *Daarunaka*, Redness of the Eyes *Raktaraaji* Blackish discoloration on face *Vyanga*, *Neelika* bleeding from nose *Raktapitta* (A.Hri.Su.20/4).

1. *Avapeedanasya:* Virechana or shaman *nasya* where the paste of the drug *kalka* is squeezed into the nostrils called *ava-peedanasya* (A.Hri.Su.20/7).

2. *Pradhamananasya:* Virech *ananasya* where the powder *choornais* used is called *pradhamananasya* (A.Hri.Su.20/8). The main purpose of all *nasyas* is to expel the *kaphadosha* *Kaphavirechana* from the head. So all *nasya karmas* are called as *virechananasya*. When strong drugs are used in the *virechananasya* karma it is called as *shirovirechananasya*. 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 (A.Hri.Su.20/9).

Quantity of the unctuous medicine in Marsha nasya: 1. *Uttama maatra -10 bindu*

2. *Madhyama maatra - 8 bindu* 3. *Hrswamaatra - 6 bindu*

Quantity of decoction in Marsha nasya: 1. *Uttama maatra - 8 bindu* 2. *Madhyama maatra - 6 bindu* 3. *Hrswa maatra - 4 bindu*

Bindu: The amount of the liquid trickling down from the index *pradeshini* finger which is dipped in the liquid up to the 2nd inter phalangeal joint and taken out is called one-*Bindu* (A.Hri.Su.20/10).

Quantity of the powder in the Pradhamananasya: The quantity of powder required to reach the throat *kantha* when blown through a *6 angula* long pipe is the quantity for

pradhamanasya. This can be repeated multiple times depending on the intensity of the doshas. **Contraindications:** *Marshanasya* is contraindicated before the age of 7 years and after the age of 80 years^(A.Hri.Su.20/30). **2. Pratimarsha Nasya: Indications:** Weak *kshaama* injury to the chest *urakhshata* Thirst *trishna* dryness of the oral Cavity *Mukhashosha* old Age *Vridha* Young *Baalaka* timid *Bheeru* tender or delicate Personality *Sukumara*. **Pratimarshanasya** can be administered in unseasonable time *akaala* inauspicious day *Durdina* and Rainy season *Varsha* from birth to death *Aajanmamarana*. **Contraindications:** Chronic Catarrh *Dushta Pratishyaya* worm infestation and diseases of head involving multiple Doshas (Bahudoshakriminashiro) one who drank alcohol *Madyapeeta* weakness of the hearing organ *Durbalashrotra*. **Pratimarshanasya** given in these conditions will aggravate the condition as the doshas are in highly aggravated state.^(A.hri.su.20/26)

Aacharya Sushruta: (Su.Chi. 40/ 20 - 57) *Aacharya Sushruta* has explained 2 major types of the *nasya* which have 5 subtypes. **1. Shirovirechananasya 2. Snehananasya. And 1. Nasya 2. Shirovirechananasya 3. Pratimarshanasya 4. Avapeedanasya 5. Pradhamananasya.** Among these *Nasya* and *Shirovirechananasya* are the two main and important ones. **Pratimarshanasya** is a type of *Nasya*. *Avapeedanasya* and *pradhamananasya* are the types of *Shirovirechananasya*^(Su.Chi.40/21).

Indications of The Snehananasya: The snehanasya 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-skandha-urasobalajanartham*, to improve the vision *Dristiprasadajanartham*. In conditions like the diseases of the head due to the vitiation of wind *vatajashiro-roga*, falling of teeth, Hair of the scalp and beard *Danta-kesha-smashrupaata*, Earache *Karna shola*, Tinnitus *Karnakshweda*, Defective vision *Timira*, Hoarseness of the voice *Swaropaghata*, Diseases of the nose *Nasaroga*, Dryness of the mouth *Aasyashosha*, frozen shoulder *Avabahuka*, Premature wrinkles-graying of the Hairs *Akaalajavali-palita*, Disorders arising due to wind and fire *Vatapittajavikaras*, Diseases of the oral cavity *mukharogas*.^(Su.Chi.40/22). **1. Prathamamaatra: 8 Bindus first dose 2. Dwiteeyamaatra: Shukti 32 Bindu second dose. 3. Triteeyamaatra: Paanishukti 68 Bindu third dose.**^(Su.Chi.40/28)

Indications For Shirovirechananasya: Conditions of palate-throat-head due to the vitiation of *kaphadosha* *Taalukantha-shira* effected by *kaphadosha*, Anorexia *Arochaka*, Heaviness of the Head *Shirogurava*, Head ache *Shirashoola*, Coryza *Peenasa*, Hemicrania *Ardhavabedhaka*, worm infestation *krimi*, Coryza *Pratishyaya*, Epilepsy *Apasmara*, loss of the smell sensation *Gandhaagynana*, Diseases of the head due to *kaphadoshakaphajashiro-roga*^(Su.Chi.40/28). **Drugs:** Unctuous substance prepared by the *shirovirechana* drugs. **Quantity of**

medicines for shirovirechananasya:

(1).Minimum dosage: 4

Bindu(2).Medium dosage: 6Bindu

(3).Maximum dosage: 8 Bindu^(Su.Chi. 40/36).

Indication for Pradhamananasya:

In cases of derangement of the Mind **Chetanavikriti**, worm infestation **Krimi**, Poisoning **Vishapeedita**. In these conditions one of the **Shirovirechanad**rug is powdered and sprayed into the nasal orifice ^(Su.Chi. 40/46).

AacharyaCharaka: ^(Cha.Su.2/3,4,5,6) :-

Drugs use full in shirovire-

chana: *Apaamaargabeeja, pippali,*

mareecha, vidanga, shigru, sarshapa,

tumburu, ajaaji, ajagandha, peelu, ela,

harenuka, prutweeka, surasa, shweta,

kutheraka, phaninjaka, shireeshabeeja,

lashuna, haridra, lavanadwaya,

vyotishmati, naagaraare used for the

shirovirechana or nasyakarma. **Their**

indications: These drugs are used for

shirovirechana in conditions like heavy

ness of the head *shirogaaurava*, headache

shirashoola, rhinitis *peenasa*, hemicra-

nias *ardhaavabedhaka*, worm infestation

of head *shirogatakrimi*, epilepsy

apasmara, derangement of smell

sensation *ghraananaasha*

,fainting *pramohaka*.

AacharyaCharaka explains about

the time and its benefits in *dinacharya*

chapter. ^(Ch. Su. 5/56) **Time:** Every year one

should undergo the *nasya karma* with

Anuthailam in **Praavrit** rainy season,

Sharad autumn and **Vasanta** spring

season **ritus** when the sky is free of

clouds. But in emergency conditions

the *nasya* procedure can be done in other

seasons also like in *greeshmaritu* it

should be administered in

the *poorvahna* morning, in *sheetaritu* it

should be done in the noon *aparahna*

and in *varshaaritu* it should be done

when the sky is not covered by clouds.

Benefits: 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 *kapilavarna*. The

scalp hairs will start growing. *Nasya*

karma performed in conditions like

manyastambhatortocolis, shirashoola

head ache, *ardita* facial paralysis,

hanusangrahalockjaw,

ardhavabedhakahemicrenia, peenasa

chronic coryza, *shirakampa* head tremor

helps to cure those conditions.

Anuthailanasya administered in the

suitable season nourishes the vein *ssiras*,

joints *sandhis*, ligaments

snayu, tendons *kandara* of the head and

makes them strong. The person's face

becomes cheerful and well developed

mukhaprasannata. His voice will be

melodious *upachit, snigdha*,

stable *sthira*, grave *mahan*. It imparts

clarity *vaimalya* and strength *bala* to all

sense organs. It prevents the diseases of

supra clavicles region of the body. Even

when the person is aging his supra

clavicles region will not show any symp-

toms of aging. In **Siddhi-**

sthanaAacharyaCharaka described 5

types of *NasyaKarma*:-1.Navan

*Nasya*2.Avapida

Nasya,3.Dhamapan*Nasya*,4.Dhoom*Nasya*

a,5.Pratimarsha*Nasya*.^(Cha.Si.9/89).

1.NavanNasya:-(i)SnehanNasya(ii)

Shodhan Nasya.2. AvapidaNasya :- (i)

ShodhanNasya (ii)

SthambhanNasya^(Cha.Si.9/90).

Indications for shirovirechana:

Disorders of the head and teeth, stiffness

of the neck region

manyastambha, stiffness of throat and

jaw *galaandhanugraham*, rhinitis *peenasa*, uvulitis *galashundikaton* sillitis *shaaluka*, disorders of cornea *shukraroga*, defects of vision *timira*, diseases of eyelids *vartmaroga*, blackish discoloration of facial skin *vyanga*, upajihvika, hemicranias *ardhava-bedhaka* disorders of neck-shoulders-scapular region *amsa*-oral cavity-nose-ears-eyes-head, facial paralysis, apatantraka convulsivedisorder *pataanaka*, goiter *galaganda*, toothache *dantashoola* tingling sensation of teeth *dantaharsha*, looseness of teeth *dantachaala*, redness of eyes *akshiraaji*-tumour *arbuda*, hoarseness of voice *swarabedha*, obstructed speech *vaakgraha*, stammering *gadgada*, loss of speech *krathana* etc diseases of the supra clavicle region of the body and chronic *vaatavikaras*. 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.

CONCLUSION

As a civic is cautious in the duties of the city and the charioteer in those of the chariot, a wise person should be cautious in duties relating to his own body^(Cha.su.5/103).

Nose is the gate of the Head and *Nasya karma* is the treatment for all the *Siro-Roga*. So everyone should know about that and be careful for their health^(Cha.Si.9/88).

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CORRESPONDING AUTHOR

Dr Amod Kumar (P.G.Scholar)

Ayurved Samhita & Siddhant Department
Yashwantrao Chavan Ayurvedic College Post Graduate
Training And Research Centre, Kodoli,
Kolhapur, Maharashtra.

Email: ayushdr.2011@gmail.com,