

NASYA - A BOON TO HUMANITY

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ABSTRACT

Nasya is generally the last step in the *Pradhan Karma* during *Panchakarma* therapy as stated by *Susruta* ‘*Nasya*’ is a term to be applied generally for medicines or medicated oils administered through the nasal passage. *Nasya* also means “beneficial to nose”. The *Nasya Karma* is considered the best and most specific procedure for diseases of the head or the *Sira*.” *Urdhwa-Jatru-Vikaresu Visesaunas Yamisyate*” Because as stated Vagbhatta the nasal passage is considered as the portals of the head or *sira*- “*Nasa Hi Siraso Dwaram*” and accordingly all drugs are measures introduced through the nose spread throughout the head and its constituent parts and may accordingly influence all the *Dosas* and the diseases situated in these parts. *Nasya* not only beneficial for *Urdhwa Jatrugata Roga* but also for some systemic diseases such as, *Kampavata*, *Hikka* etc. and also for *Pumsavana Karma*. So there must be a standard operative procedure of *Nasya* so that it can be done effectively.

Keywords: *Nasya*, *Panchakarma*, *Pradhan Karma*.

INTRODUCTION

Nasya Karma is a therapeutic measure where the medicated oil, *Kwatha*, *Svarasa*, *Churna* etc. are administered through nose to eliminate the vitiated *Doshas* situated in *Sira* for the treatment of *Urdhwa Jatrugata Vikaras*. Arunadatta states “*Nasayam Bhavam Nasyam*”. According to Bhavaprakash also all drugs and measures that can be administered through the nasal passage are called *Nasya*.

“*Nasa Grahyam Yadousadham Tad Nasyam*”
(*Bh.Pr.Pu.Kh*).

It is mainly classified on the basics of mode of action *i.e* *Sodhana*, *Samana* etc. and on the basics of various forms of drug preparations utilized for the *Nasya Karma* e.g. - *Churna*, *Sneha* etc. The classification according to various Acharyas is shown in table. [1, 2, 3, 4, 5, 6, 7, 8]

Table 1:

No.	Acharyas	No.	Reference	Classification
1	Charaka	3	Ca. Si.9/92	Acc. To mode of action- <i>Rechana, Tarpana, Samana</i>
		5	Ca. Si. 9/89	Acc. To method of administration- <i>Navana, Avapidan, Dhmapana, Dhuma, Pratimarsa</i>
		7	Ca. Vi. 8/151	Acc. to various part of drugs utilized- <i>Phala, Patra, Mula, Kanda, Pushpa, Nirryasa, Tvak</i>
2	Susruta	5	Su.Ci. 40/21	<i>Sirovirecana, Pradhamana, Avapidana, Nasya, Pratimarsa</i>
3	Vagbhata	3	A, H. Su. 20/2	<i>Virecana, Brimhana, Samana</i>
4	Kasyapa	2	Ka. Si. 2 & 4	<i>Brimhana, Karshana</i>
5	Sarangadhara	2	Sa. Ut. 8/2, 11/24	<i>Recana, Snehana</i>
6	Bhoja	2	Dalhana Su. Ci.40/31	<i>Prayogika, Snaihika</i>
7	Videha	2		<i>Sanjna Prabodhaka, Stambhana</i>

Drugs use for Nasya**Sirovirecana Gana:-**

Vidanga, Apamarga, Trikatu, Daruharidra, Surala, Sirisa Vija, Brihati, Sigru, Madhuka Sara, Saindhava, Rasanjana, Eladravya, Pruthivika ^[9]

Sirovirecanopaga Gana:-

Jyotismati, Kshavaka, Marica, Pippali, Vidanga, Sighru, Sarshapa, Apamarga, Sveta, Mahasveta

STANDARD OPERATIVE PROCEDURE**Procedure of Errhine therapy**

The procedure of *Nasya* therapy can be divided into the following three headings.

1. *Purvakarma*
2. *Pradhanakarma*
3. *Pascatkarma*

Purvakarma:-

It includes –

- Collection of necessary materials
- Examination of the patient
- Preparation of patient

Collection of necessary materials: - Before giving *Nasya*, collection of necessary materials and equipment should be done. There should a special room “*Nasya Graha* (*Nasya room*)” free from atmospheric effects like direct flow of air and dust etc. and with appropriate light arrangement ^[10]. Following articles should be collected before *Nasya*:-

- *Nasya Asana* – *Nasya table*
 - *Nasya Ausadhi* – Drugs required for *Sirovirecana* should be collected in the form of *Kalka, Curna, Kwatha, Kshira, Udaka, Sneha, Asava, Dhuma* etc. in sufficient quantity.
 - *Nasya Yantra* – For *Snehana, Avapida, Marsa* and *Pratimarsa Nasya*, there should be a dropper (*Suktika*) or *Pichu*. For *Pradhamana Nasya Shad'angula Nadi* and specific *Dhumayantra* for *Dhuma Nasya* are required.
- Besides these one needs efficient assistant, dressing materials, spitting pots, bowl, napkins and towels also.
- Examination of Patient: The patient should be examined for *Yogya-Ayogyata*.
- Preparation of Patient: Following instructions are given to the patient before *nasya prayoga* (*Sushruta*)
- Advise the patient to pass the natural urges like urine and stool
 - Then advise the patient to lie down on *Nasya table*. *Mridu Abhyanga* (massage) should be done on scalp, fore head, face & neck for 8-15minutes by medicated oil like *Balatail* etc. ^[11]
 - *Snehana* should not be given internally before *Nasya Karma*
 - According to Ayurvedic classics *Svedana* should not be given to the head. *Mridu Svedana* should be

given for liquification of *Dosha*. Tap *Sveda* may be given over *Sira*, *Mukha*, *Nasa*, *Manya*, *Griva* and *Kantha* region. Cloth dipped in hot water may be useful for *Mridu Sveda*.

PRADHANA KARMA ^[12, 13, 14, 15]

It includes following;

- Administration of *Nasya Yoga*
- Observation of *Samyak*, *Ayoga* and *Atiyoga* Symptoms

A. Administred of Nasya Yoga –

- Advise the patient to lie down in supine position with ease on *Nasya* table
- Head should be “*Pralambita*”. It should be excessively flexed or extended.
- If the head is not lowered, the nasal medication may not reach to the desired target and if it is lowered too much, there may be danger of the medicines lodged in brain.
- After covering the eyes with clean cotton cloth, the physician should raise the tip of the nose with his left thumb and with the right hand the Luke warm medicine (*Sukhoshna* drug) should be instilled in both the nostrils.
- The drug should neither be less or nor more in the dose i.e. it should be in the proper quantity.
- It should also neither be very hot nor cold i.e. it should be Luke warm.
- Advice the patient is to remain relaxed while taking *Nasya*. He/She should avoid speech, sneezing, laughing, and shaking of head during *Nasya Prayoga*.

Samyak Yog Lakshan:

“*Urah Shiro Laghavam Indriyaatcachayam Stroto Vishudhi Bhavet Vishudhe*” (Ch. Si. 1/51)^[16]

There is feeling of lightness in the chest region and head, all the five *Gyanendriya* work in a proper manner and all body channels are open and clear in case of *Samyak Yog Lakshan*.

Ayog Lakshan:

“*Galoplepah Shirso Gurutvam Nishtheevanam Cha Api Ath Durvirikte*” (Ch .Si.1/51)^[17]

There is feeling of something covering the throat, heaviness in head and excessive salivation in case of *Ayog Lakshan*.

Atiyog Lakshan:

“*Shiro Akshi Shankh Shravan Arti Today Atyarth Shudham Timiram Ch Pashyet*” (Ch.Si.1/52)^[18]

Pricking pain in head, eyes, temporal region, ears and cataract in case of *Atiyog Lakshan*.

PASCHAT KARMA

It includes the following –

- Immediate measures after *Nasya* administration
 - *Dhuma* and *Gandusa*
 - *Parihara*
- A. Immediate measures after Nasya administration:** After administration of *Nasya* advise the patient to lie supine (*Uttana*) for about one minute. After administration of *Nasya*, feet, shoulders, palms and ears should be massaged^[19]. The head, cheek, and neck should be again subjected to sudation.
- The patient should be advised to avoid swallowing of *Nasya Ausadhi & Kaphadi Dosas*.
 - Patient should be instructed to spit out the excessive medicine which has come into the oropharynx^[20]
- B. Dhuma & Gandusha:** Medicated *Dhuma* and *Gandusha* are advocated to expel out the remnant *Kapha* lodged in *Kantha* (gullet) and *Sringataka*.
- C. Parihara**
- Patient is advised to stay at windless place and take light meal and Luke warm water.
 - One should avoid, smoke, sunlight, alcohol, riding, anger, excessive fat and liquid diet^[21] Day sleep and cold water for any purpose like *Pana*, *Snana*, etc. should be avoided after *Nasya Karma*^[22]

DISCUSSION

The standard operative procedure has been described above on the basis of various studies.

DOSE OF NASYA

The dose of the *Nasya* drug depends on the drug used in it and the type of therapy. Charak has not prescribed the dose of *Nasya*. Sushruta and Vagbhat

have mentioned the dose of *Nasya* in the form of bindu (drops), here one *Bindu* means the quantity of liquid which falls from the finger after dipping the two phalanges of *Pradeshni* (index finger)

“*Pradeshini Anguliparvdayat Magsammudhtat. Yaavat Patati sou Binduh.....*”^[23]

Table 2:

Type of <i>Nasya</i>	Dose (<i>Bindu</i> in each nostril)		
	<i>Hriswa</i>	<i>Madhyama</i>	<i>Uttama</i>
<i>Snehana nasya</i>	8	16	32
<i>Shodhan nasya</i>	4	6	8
<i>Marsh nasya</i>	6	8	10
<i>Avapeedak nasya</i>	4	6	8
<i>Pratimarsh nasya</i>	2	2	2

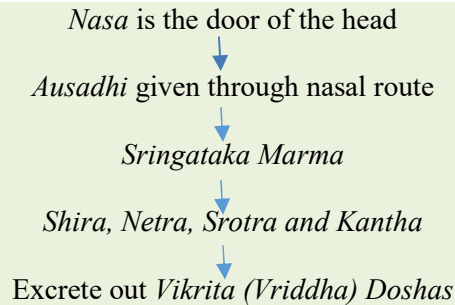
If *Nasya* is given less than the prescribed dose then it does not eliminate the *dosha* completely and leads to heaviness, loss of appetite, cough, salivation, coryza,

vomiting and diseases of the throat. If the *Nasya* is administered in excess dose it may produce the symptoms of *Atiyog*.

MODE OF ACTION OF NASYA^[24]

नस्तःकर्मचकुर्वीतशिरोरोगेषुशास्त्रविद्।

द्वारंहिशिरसोनासातेनतद्व्याप्यहन्तितान्।(च.सि.9-88)



CONCLUSION

It can be concluded that if Standard operative procedure is used in giving this therapy i.e. *Nasya*, then it will provide all the benefits given in Classics. Hence standardization of the procedure is must so as to achieve maximum efficacy.

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