

## A CASE STUDY OF NASYA KARMA IN NASAPRATINAHA - NASAL OBSTRUCTION

Vaishali Mohire

M.S. (Shalakya Tantra), Head of Department of Shalakya Tantra  
Sai Ayurved College, Vairag, Barshi, Maharashtra, India

Email: [drvaishalimohire@gmail.com](mailto:drvaishalimohire@gmail.com)

### ABSTRACT

In Ayurveda, Panchakarma therapy is used for the maintenance of health and eradication of diseases from their root and NasyaKarma is one amongst them. In this therapy, the medicine is administered through nose either in the form of ghee, oil, liquid, powder, or smoke. It is particularly useful in the treatment of disease occurring in the organs situated above the clavicle. Nasyaaushadhi reaches to brain via nasal route and acts on higher centers of brain controlling different neurological, endocrinal and circulatory functions also. A 25 years old male patient with complaint of nasavrodha and difficult to breathe through nostrils, therefore patient was too much worried. Already SMR operated nine months back but recurrence was there and feeling sensation of nasal obstruction since three months. He has taken symptomatic treatment of allopathic drugs but not relieved. Due to allopathic medicine he got sedation. So, he came to OPD. I have given nasya of BalaTaila daily for ten days. Patient completely relieved from nasapratinaha. And advised to patient to avoid early morning waking up and advised to do pranayama daily i.e. Anulomaviolma. Nasya karma can be tried successfully in Nasapratinaha cases.

**Keywords:** *Panchakarma, NasyaKarma, Nasyaaushadhi, Nasavrodha, Nasapratinaha, Anulomaviolma.*

### INTRODUCTION

The main objective of Ayurveda is to preserve and promote the health of healthy persons as well as to cure the disease by means of the panchakarma. Nasal obstruction occurs due to various diseases of nose but according to Acharayas all nasal diseases occur due to Pratishtyaya. Due to pollution, dust particles in atmosphere and all vatakapapradhanhetu, Rhinitis occurs, recurrence of Rhinitis causes nasal septum deviation and due to this, nasal obstruction occur.

In Nasapratinaha nasalmucousa get affected. Some nonspecific stimuli like temperature, humidity, emotional status, air pollution, viral infection can be re-

sponsible for nasal obstruction. According to Sushruta<sup>1</sup> udan vayu, when it is affected due to he-tusevena, the parkupitdosha undergoes, due to this the nasal obstruction is formed i.e. deviation of nasal septum. According to Ayurveda Nasapratinaha is vata-kapha predominant disease. There are several regimens regarding Nasapratinaha in Samhitas, but according to patient complaints and history of patient Nasyakarma was chosen, as it is described in Sushrut Uttartantra.

**Aim And Objective-** To study the effect of nasya karma in Nasapratinaha.[DNS]

**Material and Methods** – A case of Nasapartinaha was taken from SAI AYURVED HOSPITAL-SASURE., Detail history of the patient was taken, patient examined thoroughly, nasyakarma given to the patient, for nasya, Balataila was used, and advised to patient to perform pranayama daily. i.e. Anuloma-viloma. Assessment was done after complete treatment.

**Patient History** – A 25 yrs old male patient came to OPD of Sai Ayurved Hospital with complaints of nasal obstruction, headache, rhinitis, sticky nasal discharge on and off. Patient was playing in ground, due to dust particles, patient was getting recurrent rhinitis. Because of this, deviation of nasal septum occurred. He went to allopathic doctor and operated SMR but recurrence occurred, so he came for ayurved treatment.

Patient was thoroughly checked on Xray PNS. s/o nasal deviation on right side was seen. Blood investigation CBC, PS, ESR, BLOOD SUGAR were checked.

CBC-Total WBC Count 8000/cmm

Differential count P -74, E-02, L-24, M-0.

PS normal, ESR -20 BLOOD SUGAR normal.

**Treatment Given-** Form his history, it is taken as vatajakaphadosha was the main culprit. So, doshashamanarth Bala tail nasaya was given. Balatailasnigdha, madhur, andvatashamaka and kaphashamaka, for purvakarmatiltaila was used.

#### **Nasaya Karma Procedure-**

Material required – table [foldable], tiltaila, balataila, nadiswed, lukewarm saindhavajala.

Patient examined thoroughly and vital parameters are checked to maintain it. Patient kept on table in supine position. For purva karma tiltaila massage on face for 10 min, during massage mild pressure given on frontal, maxillary sinus, and gentle massage on lateral side of nose. After that Nadisweda given on face for 10 min. After the purvakarma the patient is asked to lie down in a bed with his hand and legs kept straight. His head is maintained at a lower position by keeping the pillow below the neck. This position will facilitate the direct passage of the drug. Head is in a position of 30° angle, put 8-8drops of lukewarm balataila on each

nostrils of patient. And give slight massage on forehead in upward direction. After 15 min lukewarm sendhavajala given to patient for kavala. Advised to patient avoid exposure to cold air & to rap head with scarf.

**Result-** Nasya karma given to patient daily for 10 days. First two days patient got temporary relief for 1 hr. At night he felt nasal obstruction. Next two days he feels comfortable for daytime but not at night. Next two days he was getting relief from nasavrodha at night, but still mild congestion in nose was there. After 8th day, all nasal congestion disappeared. Still two more nasya sitting were given, so patient got complete relief from his complaints.

#### **DISCUSSION**

In Ayurveda, Panchakarma therapy is used for the maintenance of health and eradication of diseases from their root and Nasya Karma is one amongst them. In the therapy, the medicine is administered through nose either in the form of ghee, oil, liquid, powder, or smoke.

It is particularly useful in the treatment of disease occurring in the organs, situated above the clavicle. Nasyaushadhi reaches to brain via nasal route and acts on higher centers of brain controlling different neurological, endocrinal and circulatory functions also purvakarma massage of oil helps to stimulate the olfactory nerve.

Lipid soluble substance have greater affinity for passive absorption through the cell wall of nasal mucosa and it is a route of absorption of balataila, further drug absorption can also be enhanced by local massage and fomentation. Because of the purva and pradhan karma the congestion of nasal mucosa subsides. Balataila plays an important role for snehana, which gives soothing effect to the nasal mucosa. Due to snehana the vimargagadosha undergoes to swamargagamana and Dhatutarpanaisdone and all nasavrodhasensation becomes relived. Due to pranayama Anuloma-viloma, it clears air way. Hence nasaya karma plays an important role in nasapratinaha. Major benefits of nasaya is no hospitalization is required, less instrumentation & reduced need of long-time oral drugs.

## CONCLUSION

A Known case of DNS was taken. He was diagnosed as per Ayurvedas Nasapratinaha. Nasayakarma was done as snigdhasweda [shaman therapy] and Anulomaviloma, which clears air way of nose. Patient got 90%relief in 10 sittings. That means Nasaya karma can be tried successfully in other cases also. But as it's a only single case, multiple clinical trials should be conducted to establish this treatment as reliable treatment in non responsive cases of DNS with oral drugs.

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