CONCEPTUAL VIEW OF NASYA (NASAL MEDICATION) IN POISONING

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ABSTRACT

Nasya as a panchkarma procedure is used as a shodhan to eliminate the vitiated dosha from the body and enhance the normal functioning of dosha and keep the health of a individual. Nasya is also mentioned as a treatment modality in treating the visha (poisonous cases) as mentioned by the literatures of charak, sushruth, vagbhata, etc. In cases of poisoning Nasya as a Nasal medication are given in the form of liquids and fine powders. Pradhmana (Blowing) nasal medication is usually given when the patient is unconscious. To revalidate the conceptual claim of nasya in the treatment of poisoning cases, the present article is undertaken.

Keywords: Nasya, Visha, Pradhmana

INTRODUCTION

Nasya (Nasal Medication) is one amongst the panchkarma treatment modality in Ayurveda its references can also be traced from the period of veda, ramayana and buddha. In Ayurveda, the word Nasya has been taken specifically to mention the root of administration of the drugs through nasal route. Ayurveda literatures suggest there are two main treatments described for cure of the diseases.

1. Shaman
2. Shodhan¹

Samhitas mention that in Bahudhoshwa we have to do Shodhan Karma because Shodhan Karma expels the vitiated Dosha from the body. Acharya Charaka has highlighted the role of Panchakarma therapy by stating that the disease treated by Shodhana will never recurrent, whereas the treatment with Shamana therapy may reoccur in due course of time.² Nasya as a treatment modality is also been mentioned in the cases of poisoning.³ Nasya Karma is the Shodhana process, which eliminates the vitiates Doshas of the urchvanga ensuring the
smooth functioning of the brain and ultimately whole body. As compared to other Shodhana therapies Nasya is easy, less time consuming and simple to administer. The chances of complications are few but have wide range of application in treating different morbid conditions.

Aims & Objectives:
- To study the conceptual view of Nasya according to Ayurveda.
- To collect the literature references of Nasya in cases of poisoning from Charak samhita, Sushruta Samhita and Astanga Samgraha.

Materials and Methods:
- Literatures of Charak samhita, Sushruta samhita, Astanga samgraha of Ayurveda mentioning Nasya as treatment modality will be studied.
- Literatures mentioning Nasya in the treatment of poisoning will be studied.

Definition of Nasya:
According to sushruta samhita medicines or medicated oils administered through the nose are known as Nasya. According to Aruna Dutta & Bhava Prakash all drugs & measures that are, administered through the nasal passage are called Nasya (Bh. Pr. Purvakhand 5/189).

Synonyms:
Shirovirechana, Shirovireka, Murdhavirechana, denoting a therapeutic measure in which the drug is administered through nose, to eliminate vitiated Dosha situated in head and its constituents parts curing the disease of those parts (Urdhvastrugata Vikaras). Navana and Nastahkarma as synonyms of Nasya which denote the site of administration.

Classification of Nasya:
According to Charaka: Nasya is mainly of five types as
1. Navana (Again sub classified into Snehana & Shodhana)
2. Avapida (Again sub classified into Shodhan and Stambhana)
3. Dhmapan
4. Dhuma (Again sub classified into Prayogika, Vairechanika and Snaihika)
5. Pratimarsa (Again sub classified into Snehana and Shodhana)

The above mentioned five types of Nasya are regrouped according to their function into three groups viz. – Rechana, Tarpana and Shamana.

According to Sushruta: Nasya is mainly 2 types
1. Shirovirechana
2. Shamana.

Further Nasya is divided in 5 types: Avapida, Pradhamana, Shirovirechana, Nasya and Pratimarsa. Shirovirechana, Avapida and Pradhamana are used for Shirovirechana i.e. for the elimination of morbid dosha from Shira. Pratimarsa and Nasya are used for Snehana.

Classification of Nasya
According to Vagbhatta:
Vriddha Vagbhatta (Ashtanga Samgraha) has mainly classified Nasya according to the function as,
1. Virechana
2. Brihana

Avapida Nasya may be given for both Virechana and Shamana while Pradhamana Nasya is given only for Shirovirechana.7

Laghu Vagbhatta (Ashtanga Hridaya) has mainly classified Nasya in 3 types viz. Rechana, Brihana and Shamana. Snehana and Brihanna Nasya have been subdivided in to 2 types according to the doses 1) Marsha. 2) Pratimarsha.

### Table 1: Nasya Classification According to Different Acharyas/Samhita:

<table>
<thead>
<tr>
<th>Sr.No</th>
<th>Texts/Samhita</th>
<th>No. of Classification</th>
<th>Classification types</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Charaka Samhita</td>
<td>3</td>
<td>According to Mode of Action - Rechana, Tarpana, Shamana</td>
</tr>
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<td></td>
<td></td>
<td>5</td>
<td>According to Method of Administration – Navana, Avapida, Dhmapan, Dhum, Pratimarsha</td>
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<td></td>
<td></td>
<td>7</td>
<td>According to Various Parts of Drugs utilized – Phala, Patra, Mula, Kanda, Pushpa, Nuryasa, Twaka</td>
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<tr>
<td>2.</td>
<td>Sushruta Samhita</td>
<td>5</td>
<td>Shirovirechana, Pradhamana, Avapida, Nasya, Pratimarsha</td>
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<td>3.</td>
<td>Vagbhata</td>
<td>3</td>
<td>Virechana, Brihana, Shamana</td>
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<td>4.</td>
<td>Kashyapa</td>
<td>2</td>
<td>Brihana and Karshana</td>
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<td>5.</td>
<td>Sharang dhara</td>
<td>2</td>
<td>Rechana and Snehana</td>
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<tr>
<td>6.</td>
<td>Bhoja</td>
<td>2</td>
<td>Prayogika and Snaihika</td>
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<td>7.</td>
<td>Videha</td>
<td>3</td>
<td>Snagya, Stambaka and Prabodaka</td>
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#### Nasya in Poisoning:
Drugs having pungent properties are commonly given for poisoning conditions, with different drug combinations, in different types of poisoning the literature references are given as follows,

**According to Charaka samhita:**

- *Nasya* is mentioned as one amongst 24 treatment modality for treating poisoning cases.8
- *Kakanda & Shirish* drugs are used for *aschotana anjana* and for *nasya* in the 5th stage of poisoning.9
- Combination of *kakanda, tulasi patra, gavakshi, punarnava mula, vayasi, shirish*
fruit in the form of lepa, upadhi, pana and nasya is done in the 8th stage of poisoning.\(^{10}\)

- **Mrutasanjeevani agada** in the form of nasya, vilepana, dharana, dhuma grahana and keeping it along will relieve the poisonous effects.\(^{11}\)

- **Pradhmana nasya** if there is increase in the kapha dosha and eventually producing avarodha of vayu in such conditions upadhana karma followed by pradhmana nasya with katabhi, kata, kataphala is given to relieve avarodha caused by kapha dosha vruddhi.\(^{12}\)

- **Avapida nasya** is given in a condition when visha produces avarodha of nasa, chakshu, karna, jivha and kanta then drugs extract of vartaku, bija nimba rasa, jyothismathi etc, is used as avapidana nasya.\(^{13}\)

- **Mamasadi yoga** having ingredients as jatamamsi, kumkum, tejapatra, tvak, rajani, nata, chandan, manashilla, vyagranakhi and surasa in a fine powder will relive all types of shotha and vishavikara.\(^{14}\)

- **Chandanadi yoga** having ingredients as rakta-chandan, tagara, kushta, haridra, dariharidra, tvak, manashila, tamala patra, keshara, shardula mixed with tandulodaka can be used in the form of pana, nasya and anjana.\(^{15}\)

- **Shrishapushpa yoga** in which shwetha maricha is mixed with shirish patra extract for 7 days thereafter dried and used in the form of pana, nasya and anjana in the treatment of snake bite poisoning.\(^{16}\)

- **Darvikara sarpa vishagna nasya** having ingredients as sindhuvara mula, shwetha aparajitha taken in equal parts in the form of paste or churna is given as pana with water or in a mixture with ghritha is used as nasya will restrict the prognosis of darvikara sarpa visha.\(^{17}\)

- **Visha nashak pradhmana nasya** having ingredients as kutaja phala, tagara, jaalmaalini, tikta ikshwaku taken in equal quantity in the form of churna or as pradhmana nasya is said to be much beneficial in the treatment of vruschika, muksha, luta visha and sarpa visha.\(^{18}\)

- **Vachadi yoga** having ingredients as vamsha, vamsha tvak, pata, nata, surasa, two varieties of bala and nakuli, kushta, shirish, haridra, dariharidra, prushnaparni, shaalaparni, shwetha, ajagandha, shilajatu, katruna, katabhi, yavakshara, gruhadhuma and manashila, rohitaka bark mixed with cow's bile is used as nasya, anjana and pana in cases of keeta visha.\(^{19}\)

- **shatapadhi visha nashak yoga** having ingredients as svarjikshara, ajashakrut kshara, surasa patra, akshipidak mixed with madhira as a fine paste in the form of anjana pana, lepa, nasya relives the poisoning occurred by shatapadhi.\(^{20}\)

**According to sushrut samhita:**

- Poisoning occurring by the inhalation of poisonous vapours from poisoned food leading to pain in the cardiac region, rolling of the eyes and head ache in such condition anjana and nasya prepared from kushta, lamajja, nalada with madhu should be used as an antidote.\(^{21}\)
• In case of inanimate poisoning when the poison is in the third stage Agadapana along with nasya, anjana is beneficial.\textsuperscript{22}
• In case of inanimate poisoning when the poison is in the seventh stage, nasya followed by a incision of triradiate shape over the head of the patient with flesh along with blood is kept is beneficial to restrict the prognosis of poisoning.\textsuperscript{23}
• In case of Darvikara sarpa (Hooded snakes) bite when the poison is in the third stage Agada as nasya, anjana is benefic-\textsuperscript{ial}.\textsuperscript{24}
• In case of Mandali sarpa and Rajimana sarpa (Viper snakes and krait) bite anti venomous agada in the form of expressed juice avapidana type of nasya is benefi-\textsuperscript{cial}.\textsuperscript{25}
• Dosage of Anti-venomous nasya should be equal to 2 mashak in weight for a desired anti-venomous effect.\textsuperscript{26}
• Use of medicated nasya is to be done in case the patient is having headache and heaviness of the head, lassitude, lockjaw, spasm of the throat and violent wry-neck.\textsuperscript{27}
• Treatment of unconsciousness due to snake bite poisoning in a patient with widely opened eyes and drooping of the neck due to (snake) poisoning, should be treated well with nasal insufflations with drugs of strong potency.\textsuperscript{28}
• \textbf{Mahaagada} having ingredients as trivrut, visalya, madhuka, both kinds of haridra, rakta, narendra of the salt group and trikatsu pasted with honey should be placed inside the horn and used as drink, collyrium and snuff neutralizes the poison. Its potency cannot be overpowered by any poison, it annihilates the force of poisons and is of great effectiveness.\textsuperscript{29}
• \textbf{Sanjivanagada} used in cases of poisoning to restore the life as a ant poisonous preparation this drug contains ingredients as laksha, harenu, nalada, priyangu, both kinds of shigru, yastika, prithvika and rajani are powdered and mixed with honey and stored in cows horn its used as collyrium, snuff or to drink.\textsuperscript{30}
• \textbf{Vamshatvadi Agada} with the ingredients as vamsha, amalaka, kapithhha, katutrika, hemavathi, kusha, karanja seeds, tagara and shirisha flowers are powdered with cow’s bile used as a lepa, collyrium, snuff or as a drink, it destroys the poison of spider, mouse, snake or insect.\textsuperscript{31}
• As a general measure for Rat-bite poisoning extract of shirish fruit is used as shiroverechna karma.\textsuperscript{32}
• In cases of spider bites nasya is indicated as and when there is a need to eliminate the aggravated dosha along with avapida nasya & other treatment modality.\textsuperscript{33}

\textbf{According to Astanga Samgraha:}
• In the third stage of \textit{sthavara visha chikitsa} after vamana and virechana therapies drinking of anti-poisonous recipe along with nasal medication and collyrium to the eyes is beneficial.\textsuperscript{34}
• In the seventh stage of \textit{sthavara visha} poisoning avapida nasya is done just before upadhana karma(before taking the incision on scalp).\textsuperscript{35}
• \textbf{Sanjivana agada and yapana agada} in the form of oral, nasal, collyrium, inhalation, fumigation, topical application will restore
the life of a person who is unconscious by the effect of poison.³⁶

- **Navana nasya** is said to be beneficial in the diseases arising in the ears, eyes, throat and tongue with juice of beejapur, arya-bruhati, phala and jyotismathi.³⁷

- **Mrtasanjivani Ghrita** used in the form of drink, anointing, nasal drops destroys the poison, artificial poison and restores the life of unconscious persons from poisoning.³⁸

- In case of **haratala** (Arsenic) poisoning the ankoladi drugs are given after vamana virechana the nasya is followed with same drugs to have anti poisonous effect.³⁹

- Whenever there is aggravation or the prognosis of poisoning is seen at head it should be mitigated by gandusha, kavala, confections, strong insufflations and collyriums.⁴⁰

- In a state of unconsciousness as a result of poisoning because of aggravation of vata dosha caused by blocking of the channels by poison vitiated kapha dosha then after taking kakapada incision the powder of katabhi, jalini and katuka is beneficial.⁴⁰

- When the seat of poison is at place of vata dosha then decoction prepared from yasti-madu is used for drinking, nasal medication, anointing, enema and mixed with food mitigates the poison present at vata dosha places.⁴¹

- In hooded snakes bites pakala(Kushta) along with madhu is used as nasya.⁴² In both hooded snakes and krait bites agada prepared from tanduliyaka, kasmarya, kinahi, girikarnika, matulunga, sita, and selu is used as pana, nasal medication and collyrium is beneficial.⁴²

- In cross breed(Vyantara) snakes sitamari-cha(shigrubeja) soaked for seven days in the fresh juice of shirish flowers is beneficial in the form of drinking, nasya, collyrium.⁴³

- **Nasya** to restore the consciousness in case poison is present head the juice prepared from root of bandhuiva, bharangi and asi-ta surasa or the powder of pippali, hingu, vruschikali, manashila, shirish beeja, apamarga and lavana are blown into the nose which brings the consciousness, similarly paste or powder of krsna, ksavaka, ativisha and ushna are used.⁴⁴

- To protect the eyes from penetrating property of nasya causing dryness and irritation cased by strong nasya and collyrium ghee should be drunk in large doses.⁴⁵

- In hooded snake bites, vipers and krait bites in the third and seventh stage of poisoning nasya and collyrium along with anti-poisonous recipe are given.⁴⁶

- In cases of krait snake bites specially in the sixth stage strong collyrium and avapida nasya are given with other anti-poisonous remedies.⁴⁶

- **Tarksya agada** mentioned for the treatment of takshaka snake bite is useful in the form taken as internally, nasya, collyrium and anointing will minimize the effect of poisoning.⁴⁷

- **Bilwadi agada** and **mahaagada** used as collyrium, drink, nasya, cures the persons suffering from poison of snake, spider, rat, scorpion and also cures gastro enteritis, indigestion, fever, seizures.⁴⁸

- **Vachadi yoga** is the best agada when used as paste, nasal medication, collyrium and
when taken orally in the cases of poisoning caused by *vishwambaradhi kita* (insects).\(^\text{49}\)

- In all cases of scorpion poisoning of severe degree the patient should be made to drink a mixture of honey and ghee along with *nasya* and other treatment modality. *Kuta-jadi* fruits made into fine paste or powder, used for drink, nasal insufflations cures the poisoning of scorpions, rats, spiders and snakes.\(^\text{50}\)

- In case of poisoning by spider poison in such case *nasya* is given prepared from juice of *girikarnika, bandhuka, kinhi* added with sugar, or from *sadgrantha, lasuna, vyosha, brhati, vella* and *saindhava*, or from fruits of *apamarga, bharangi, nakuli* and *sarpagandha*. Also juice prepared from *syama, yavaphala, seeds of phanijjaka*, *shirish, vartaka* is considered as the best drug of choice in spider poisoning.\(^\text{51}\)

- Nasal drops with scum of *ghee* is ideal after purification of head.\(^\text{51}\)

- Similarly *nasya* given by *shirish, padmaka, ushira, patali, sindhuvaraka, pancha vallkala, nata, udichya, sariva, kushta*, and *chandana* with *selu* is considered as the best as *nasya* in spider poisoning.\(^\text{51}\)

- Treatment of *kapila* variety of spider bite should be done by *nasya* and other measures with the drugs prepared from *nishapadmakadhi* and *sthira-arkaparnyadhi* specifically cures the spider poisoning.\(^\text{52}\)

- Treatment of *agnimukhi* variety of spider bite should be done by *nasya* and other measures with the drugs prepared from *kushta-lamajjakaadi*.\(^\text{52}\)

- In case of dog bite *nasya*, collyrium, external application and internally drugs prepared from *lasuna, usana, vaidehi* and *vara* macerated with ox-bile is considered as the best.\(^\text{53}\)

- Medicated ghee prepared from the decoction of *jalavetas* is the best drug remedy in the form of drinking, *nasya*, anointing and external application in all types of *jalastras* (Hydrophobia).\(^\text{53}\)

- Complication of poison as in cases of head ache the nasal drops prepared from *kakoli*, barks of *kshiravruksha* with cold water helps to subside the complication.\(^\text{54}\)

- In case of bleeding disorder or increase in *vata dosha* as a complication of poison in such case *sitopaladhi*, and drugs of *hema* and *sukla* are used as *nasya* to restrict the bleeding.\(^\text{55}\)

- Use of poisons as a drug for *nasya* with *manashila, anjana, ela, ala, sindhuvara, amrahvyam, rakta* and *kumkuma and visha*(Vatsanabha) is made into nice powder and blown into the nose restores consciousness in an unconscious peers.\(^\text{56}\)

- *pratyakpushpi, sita and visha* used as nasal drops cures headache, so also ghee mixed with yastyahva sugar and poison. To cure bad smell from nose *sunthi, pathya, visha, patha, dravanthi* are used as nasal drops. *katu taila* and *visha* used as nasal drops cures grey hairs, and ulcers on the scalp.\(^\text{57}\)

**DISCUSSION**

*Urdvajatrugata* (Head) is a place where kapha is dominant as far as the structure is concerned with 4 sense organs, *Marma* (Vital Parts) are confined to the head and functions of them are attributed by *vata dosha*, in case of poisoning because of the properties of poison
the normal functioning of the Dosha, Marma and sense organs are dettoriated. Hence it is imperative to maintain the healthy functioning of kapha dosha especially in the head. When kapha dosha is increased to vitiate the structures and normal functions of vata dosha it has to be drained out by using sodhana nasya and ensure that the vata movement are proper and the vitiated kapha is reestablished.

According to Charaka, Nasa is the portal (gateway) of Shirah. The drug administered through nose as Nasya reaches to the brain and eliminates only the morbid Doshas responsible for producing the disease.

In Ashtanga Samgraha, it is explained that Nasa being the door way to Shira (head), the drug administered through nostrils, reaches Shringataka (a Sira Marma by Nasasrota and spreads in the Murdha (Brain) taking route of Netra (eye), Shrotra (ear), Kantha (throat), Siramukhas (opening of the vessels) etc. and scratches the morbid Doshas in supra clavicular region and extracts them from the Urramanga. Sushruta has clarified Shringataka Marma as a Sira Marma formed by the union of Siras (blood vessels) supplying to nose, ear, eye and tongue. It has been further pointed out that injury to this Marma may be fatal immediately. Commentator Indu of Ashtanga Samgraha opined Shringataka as the inner side of middle part of the head i.e. Shirahso Antarmadhym. Under the complications of Nasya Karma Sushruta, noted that the excessive eliminative errhine may cause Mastulunga (cerebro spinal fluid) to flow out to the nose.

The effect of Nasya (Nasal medication) procedure at Neuro Endocrinal level, on Neurovascular Junction, at Neuro Endocrinal Level, at Neuro Psychological levels, on Drug absorption and Transportation from modern medicine and researches also relive that the drug administration through nasal route will produce significant drug delivery to combat morbid conditions. Thus Nasya as one of the panchkarma procedure is also considered as treatment modality in case of poisonous conditions to protect the vital parts, to restrict the further prognosis, absorption and to eliminate the poison out from the body. Different types of drug formulations have mentioned in the treatment of general and specific type of poisoning conditions. Physicians can give the nasya by considering the type of poison, dosage, prognosis of poison, stages, vital parts involved, aggravated dosha, with other treatment modality for a better result with the agada administrations.

**CONCLUSION**

There are many formulations for nasya have been mentioned but a physicians should wisely use the nasya procedure of different types considering the drugs present with the formulations stated in the samhita with ascertaining the condition of poison to have a counter action against the poison along with the antidote administration.

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