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.r.t to Brihattrayi by which a common man get healthy life without having any disease.

Kew Words: Panchakarma, Nasya Karma, ShirogatRoga, BrihattrayiSamhitaGranthis

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 :-

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 indriyas 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 Brihattrayi.

**MATERIALS & METHODS**


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.

Aacharya Vagbhata: (A.Hri.Su.20), Nasya Karma :- The procedure of instilling medicines through the nasal orifice is called Nasya Karma. The nasal orifices are believed to be the entrance of the head. The medicine instilled through them easily penetrates the Sringata and spreads to the Siras arterioles 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 is of 3 types.
1.Virechananasya. 2. Brihmananasya
3. Shamana nasya

According to the quantity of the nasya drug used it is of 2 types.1.Marshanasya 2. Praimaranasya

Virechana Nasya: Indications: It is mainly indicated in the diseases of head caused by Kaphadosha or its predominance like:-
- Head Adhigaarava, Swelling or tumor in the Head Shopha, Feeling as if something sticking on the Head Upadeha,
- Itching Kandu, Stiffness Stambha, Conjunctivitis Abhisyanda,
- Excess secretions Srava, Excess salivaivation Praseka, Anorexia Vairasya, Loss of taste Arochaka
- Worm infestation Krimi, Coryza Pratishyaya, Epilepsy Apasmara
- Loss of smell Gandha Agynana, Cyst Granthi, Tumor Arbuda, Ringworm infestation Dadru, Blebs Kotha.

Brihmana Nasya: Indications: Indicated in Vataja or Vata pre dominant diseases like:
- Migraine Sooryavarta, Hemi crania Ardhaavedhaka, diseases of head due to worms Krimija
- Shirovanka, Constriction of the Eyes Akshisankocha, Tremors of the Eyes Akshispandana, defects of the vision Timira,
- Difficulty in getting up from sleep Krichravabohhaka Toothache Dantashoola Earache Karnashoola, Tinnitus Karnanada
- Dryness of nose and the oral cavity Nasa Mukha Shosha, Difficulty in speech Vaksanga, Hoarsness of voice Swaropaghata
- Diseases of Neck region Manyarostra Orthotonos Apatanaka, Frozen shoulder Avabhukta
- Insomnia Nidranaasha, 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 Khaliya Psoriasis of the scalp Daarunaka, Redness of the Eyes Raktaraaji, Blackish discoloration on face Vyanga, Neelika bleeding from nose Raktapitta.

1. Avapeedanasya: Virechana or shaman nasya where the paste of the drug kalka is squeezed into the nostrils called ava-peedanasya.
2. Pradhandanasya: Virechana nasya where the powder choornais used is called pradhamanasya.

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:
- Uttama maatra - 10 bindu
- Madhyama maatra - 8 bindu
- Hrswa maatra - 6 bindu

Quantity of the decoction in Marsha nasya:
- Uttama maatra - 8 bindu
- Madhyama maatra - 6 bindu
- 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.
**pradhmanananasya.** This can be repeated multiple times depending on the intensity of the do-shas. **Contraindications:** Marshanasya is contraindicated before the age of 7 years and after the age of 80 years (A.Hri.Su.20/30).

2. **PratimarshaNasya:**

**Indications:** Weak kshaama injury to the chest urakhshata Thirst trishna dryness of the oral Cavity Mukhashosha old Age Vridhha Young Baalaka timid Bheeru tender or delicate Personality Sukumara. Pratimarshanasya can be administered in unseasonable timeakaala inauspicious day Durdina and Rainy season Varsha from birth to death Aajanmamarana. **Contraindications:** Chronic Catarrha DushtaPratishyaya worm infestation and diseases of head involving multiple Doshas (Bahudoshakriminashiro) one who drunk 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).

**AacharyaSushruta:** (Su.Chi. 40/ 20 – 57) Aacharya Sushruta has explained 2 major types of the nasyas which have 5 subtypes. 1. **Shirovirechananasya** 2. **Snehananasya.** And 1. **Nasya** 2. **Shirovirechananasya** 3. **Pratimarshanasya** 4. **Avapeedanasya** 5. **Pradhamanananasya.** Among these Nasya and Shirovirechananasya are the two main and important ones. Pratimarshanasyai a type of Nasya. Avapeedanasya and Pradhmanananasya are the types of Shirovirechananasya (Su.Chi.40/21).

**Indications of The Snehana-Nasya:** 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 Greevaskandha, urasobalajananartham, to improve the vision Dristiprasadajananartham. In conditions like the diseases of the head due to the vitiation of wind vatajashirogad, falling of teeth, Hair of the scalp and beard Danta-kesha-smashrapaata, Earache Karna shola, Tinnitus Karnakshweda, Defective vision Timira, Hoarseness of the voice Swaropagaha, Diseases of the nose Nasaroga, Dryness of the mouth Aasyashosha, frozen shoulder Ababahuka, Premature wrinkles-graying of the Hairs Akaalajavali-palita, Disorders arising due to wind and fire Vatapittajavikara, Diseases of the oral cavity Mukharoga.

1. **Prathamam aatra:** 8 Bindus 2. **Dwiteeyamaatra:** Shukti 32 Bindu 3. **Triteeyamaatra:** Paanishukti 68 Bindu third dose. (Su.Chi.40/28).

**Indications for Shirovirechana-Nasya:** Conditions of palate-throat-head due to the vitiation of kaphadosha Taalukantha-shira affected by kaphadosha, Anorexia Arochaka, Heaviness of the Head Shirogaurava, Head ache Shirashoolaa, Coryza Peenasa, Hemicrania Ardhabvedhaka, worm infestation krimi, Coryza Pratishtyaya, Epilepsy Apasmara, loss of the smell sensation Gandhaagynana, Diseases of the head due to kaphadoshakaphajashiroga. (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: 6 Bindu
(3).Maximum dosage: 8 Bindu

**Indication for Pradhamananasya:**
In cases of derangement of the Mind Chetanavikriti, worm infestation Krimi, Poisoning Vishapeedita. In these conditions one of the Shirovirechana drug is powdered and sprayed into the nasal orifice. (Su.Chi. 40/46).

**AacharyaCharaka:** (Cha.Su.2/3,4,5,6 )-
Drugs use full in shirovirechana: Apaamaargabeeja, pippali, mareecha, vidanga, shigru, sarshapa, tumburu, ajaaqi, ajagandha, peelu, ela, harenuka, pratweeka, surasa, shweta, kuthera, phanijaka, shireeshabeeja, lashuna, haridra, lavanadwaya, jyotishmati, naagararaare used for the shirovirechana or nasyakarma. Their indications: These drugs are used for shirovirechana in conditions like heavy ness of the head shirogaurava, headache shirashoola, rhinitis peenasa, hemicranias ardhavabedhaka, worm infestation of head shirogatakrimi, epilepsy apasmara, derangement of smell sensationghraanaanasha, faintingpramohaka.

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 thenasya procedure can be done in other seasons also like in greeshmaritu it should be administered in thepoorvahnna morning, in sheetaritu it should be done in the noonnaparahnna 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 manyastambhatorticolis, shirashoola head ache, ardita facial paralysis, hanusangrhalockjaw, ardhavabedhakahemicrenia, peenasa chronic coryza, shirakampa head tremor helps to cure those conditions. Anuthailanasya administered in the suitable season nourishes the veinssiras, joints sandhis, ligaments snayu, tendonskandara of the head and makes them strong. The person’s face becomes cheerful and well developed mukhaprasannata. His voice will be melodious upachit, snigdha, stablesthira, grave mahan. It imparts clarityvaimalya and strengthbala 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 symptoms of aging. In Siddhi-sthana AcharyaCharaka described 5 types of NasyaKarma:- 1. Navan Nasya 2. Avapida Nasya, 3. Dhamapan Nasya, 4. DhoomNasya, 5. PratimarshaNasya. (Cha.Si.9/89).


**Indications for shirovirechana:**
Disorders of the head and teeth, stiffness of the neck region manyastambha, stiffness of throat and
jaw galaandhana, rhinitis peenasa, uvulitis galashundikatonsillitis shaaluka, disorders of cornea shukraroga, defects of vision timira, diseases of eyelids vartmaroga, blackish discoloration of facial skin vyanga, upajihvika, hemicranias ardhav-bedhaka disorders of neck-shoulders- scapular region, amsa, oral cavity-nose-ears-eyes-head, facial paralysis, apatantra convulsedisordera 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 Yashwant Ayurvedic College Post Graduate Training And Research Centre, Kodoli, Kolhapur, Maharashtra.
Email: ayushdr.2011@gmail.com,