CONCEPTUAL STUDY OF KUSHMANDA GHrita NASYA AS A MEMORY BOOSTER

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ABSTRACT

Buddhi (intellectual power of brain) is a powerful entity which retains the specific knowledge or the essence of the texts gained by reading, listening or repeating it. It does not only retain the knowledge but time by time whenever needed it has the ability to recall the same. Retention of cognition takes place under the area of Medha (storage device). When any stimulant comes against, those stored experience comes in mind. Recollection happens with the help of Smriti (memory or recall). In modern science the memory and its processes is still undefined. The Ayurvedic philosophy of Mana, Buddhi, Atma (sole) definitely played a important role in the processes of cognition and memory. Kushmanda (Benincasa hispida) is mentioned as one of the medhya drug in the Ayurvedic literature. Ghrita, the uttama sneha, considered best for stimulation of digestion, promotion of longevity, promotion of memory and intellect, and further described as yogavahi rasayana, means that any drug processed with ghrita will possess the quality of the added drug. Acharyas have described importance of Nasya therapy by saying “Nasa Hi Shiraso Dvaram”. Because nose is indirectly connected to the brain centers in the head. This indicates there is a very close relationship between the Nasa and Shiras (Brain).

Keywords: Kushmanda, Memory boosting, Nasya

INTRODUCTION

In psychology, memory is the process in which information is encoded, stored, and retrieved. Encoding allows information that is from the outside world to reach our senses in the forms of chemical and physical stimuli. Etymologically, the modern English word “memory” comes to us from the Middle English memorie, ultimately from the Latin memoria and memor, meaning "mindful" or "remembering".¹
Many experimental studies have been carried out in modern medicine which show that nasal delivery has been explored as an alternative administration route to target drugs directly to the brain and in some experimental studies Kushmanda Improves Learning and Memory in Mice. Acharyas have described importance of Nasya therapy by saying “Nasa Hi Shiraso Dwaram”. Because, nose is indirectly connected with the brain centers in the head. This indicates there is a very close relationship between the Nasa and Shiras (Brain). Acharya Charaka has mentioned one specific anatomical structure named Munja, which is like type of grass which acts like Ishika (i.e., like a painter’s brush). The Munja structure can be thought for an olfactory bulb and the Ishika for the numerous neurons join together to form the olfactory tract. During this explanation, classics have mentioned one more structure; the Shringataka Marma (anatomical area) where there is an association of Ghrana (nasal), Akshi (visual), Shrotra (auditory), and Jiwha (lingual) Siras (nerves and vessels) are present. Acharya Charakasays the Sneha Pradhana Navana drug (lipid processed herbal drug), gets absorbed in the Shringataka region. That means lipid soluble drugs are much more efficiently absorbed by nasal mucosa. Nasya Karma is used both to manage the Sthanika (local) and Sarvadaihika (general) disorders. Ayurveda says Agni (Digested Power) & Memory are related to each other. Sadhak pitta is type of pitta which reside in Brain & Heart and it is related with willpower, memory etc. Pitta and Agni are very closely related. So, memory & Digested power are linked according to Ayurveda.

AIM
Conceptual study of Kushmanda grita Nasya as a memory booster.

OBJECTIVES
1. To study concept memory according to Ayurveda and modern science.
2. To study the concept of Kushmanda Ghrita Nasya as a memory enhancer.

MATERIALS AND METHODS
Extensive literary review would be done from standard Ayurvedic texts about to elaborate the concept of memory according to Ayurveda. Extensive literary review will be done from standard Ayurvedic texts about Role of Kushmanda & Ghrita for their Memory boosting effect. Extensive literary review will be done from standard Ayurvedic texts about Nasyakarma

DRUG REVIEW:
KUSHMANDA:
Latin name: Banincasa Hispida
Family: Cucurbitaceae
English name: The ash ground, White Pumkin
Sanskritname: Kushmandam, Pushpaphala, Pitapushpa, Brihatphala, Kumbhaphala, Somsrushta, Sthiraphala
Gana: Bruhaniya, balya, prajasthapan, Madhur skandh, (Charak) Vatasanshaman (Su shrut), balya, madyam panchamul ( Vagbhat), guduchyadi (Bhavaprakash)
Guna: Laghu, Snigdha
Ras: Madhur
Virya: Sheet
Vipak: Madhur
GHEE:
Ghee improves memory power – Shasyate Dhee smruti medha agnikaanskhinaam Ghritam. – For people seeking memory power, intelligence and digestive power, ghee is the best.
Ghee is a wonderful adjuvant. When herbal products to improve memory etc are advised, they should be taken with ghee, because lipid soluble herbal constituents cross blood brain barrier easily, to bring about the desired action at the level of brain. Even in normal circumstances, a little bit of ghee (say half spoon per day), included in your diet will be great. Since the quantity is less, there will not be any issues regarding lipid level increase.

MEMORY BOOSTER REVIEW:
In the Ayurvedic classics, the word "Buddhi" is used in many contexts. On studying it's literally meaning, (Nirukti and Vyutpatti) it can be understood as the psychological faculty for reasoning and logic. However, after critical analysis of classics, it is evident that at many places it has been used as an advance stage or as a process leading to a true knowledge. Buddhi is described as Jnana (knowledge). The word "Medha" has been used mainly in two ways viz. Grahana Shakti (grasping power) and Dharana Shakti (retention power). Besides this, Buddhii, Smrityi, Dhi, etc., words have been used in a similar sense at many places. In Charaka Samhita word prajna has been used for synonym to Buddhii. Prajna has been described to be of three types Dhi, Dhriti and Smrityi.

Dhi means by which the known subject can be retain for long time is called Dhi or Medha. Dalhana has mentioned that control over the mind is possible only on the basis of retained experiences whether that object is useful or not "Dhriti Manaso Niyammatmika Buddhi" The meaning of the term, Smrityi has been elaborated by Chakrapani in this context. Smrityi, here does not stand for mere recollection but for the whole process involved in the formation of the faculty of memory. The meaning of the term, Smrityi has been elaborated by Chakrapani in this context. Smrityi, here does not stand for mere recollection but for the whole process involved in the formation of the faculty of memory.
Concept of improving cognitive functions like intelligence and memory is relatively very new to current modern system of medicine. The first drug discovered to enhance cognitive functions known as "Nootropics" were in 1972. Knowledge of natural herbal drugs possessing cognitive enhancing activity dates back to thousands of century back. "Medhya Rasayana" is a specific group of four, time-tested classical preparations for promotion of mental health and well-being. Kushmanda is one among them mentioned for these purpose by Acharya Charaka.

NASYA REVIEW:
One of the Panchakarmas mentioned in Ayurveda, Nasya therapy is a process wherein the drug (herbalized oils and liquid medicines) is administered through the nostrils. Since nose is the gateway of the head, the therapy is highly effective in curing a number of diseases pertaining to the head, if it is performed systematically. The therapy 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. The therapy 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.

According to the functions the Nasya karma is of 3 types.
- Virechana nasya.
- Brihmana nasya
- Shamana nasya.

Also, according to the quantity of the Nasya karma used it is of 2 types.
- Marsha nasya
- Pratimarsha nasya.

Navana – When Nasya Karma is performed for Snehana and Shodhana. This form of Nasya Karma is regarded as the commonest type. The general indications are headaches, hair fall and untimely graying of hair, tinnitus, otalgia, Bells palsy etc.

Aavapeedana – Shodhana and Stambhana. This is another type of Nasya Karma is wherein juices are squeezed in the nostrils. 4 or 8 drops are instilled in each nostril depending on the ailment and client’s condition. Aavapeedana Nasya karma is generally recommended for ailments like rhinitis, epilepsy, delirium, poisoning and the condition of coma.

Pradhamaana – In this Nasya karma, dry powder are blown into the nostrils with the help of a narrow pipe. Or else the medicinal powder is made to be inhaled from a fine potali. Brain imbalance and mental diseases like epilepsy, unconsciousness and other psychiatry conditions are treated by this method. Generally the pungent and robust herbs like vidanga, vacha, apamarga, maricha etc are used in this Nasya karma type.

Dhooma – 3 further types – Prayogik, Snehaik and Virechanik.

In this particular Nasya karma type, medicated fumes are made to be inhaled. The inhalation may take place both from the nostrils as well as mouth for about 3 to 5 times. The client is advised to exhale out the fumes only from the mouth.

The Dhooma Nasya karma is generally practiced after the Vamana karma or the inducing of vomiting therapy so as to release the aggravated Kapha dosha. Of the 3 subtypes,
- Prayogik type – This is also called as Shama as it helps to mitigate the imbalance resulting from dosha discrepancy. Herbs like Guggulu, Chandana and Jatamansi are used for this Nasya karma type.
- Snehaik type – This Nasya type is for providing lubrication and nutrition. Jeevaniya herbs in ghee are used for this type of nasal errhine.
- Virechanik type – This Nasya karma type is meant to provide detox and expulsion of the built in toxins. Strong herbs and natural ingredients like Hartal, Manashila, Malkangni are used for this procedure.

Pratimarsha – Snehana and Virechana

Generally 8 to 10 drops of the medicated oil is inserted in a nostril in the procedure of Nasya karma. Yet, in case of Pratimarsha Nasya, only 2 drops are made to be inhaled.

Benefits of Nasya Karma
- Nasya karma ensures the proper and healthy growth of hair.
- The therapy enhances the activity of sense organs and protects the person from diseases pertaining to head (urdhwanga)
- Early aging process is effectively prevented by the regular administration of Nasya karma
DISCUSSION

According to commentators Kushmanda ghr-ita is act as a Memory booster by its “Prabhava” effect. Kushmanda Ghrita is a uttam sneha is consider as a best for memory booster. As per its Rasa, Virya, Vipaka Kushmanda Ghrita is act as a MEDHYA and BALYA also. Through its Shita Virya and Madhur Vipaka it promotes Kapha and enhances “Dharana Karma”. It act by stimulating and improving the function of Agni, and its Madhur Rasa and Seeta Virya increases the retention power by maintaining the balance of Avalambak Kapha and Tarpak Kapha. Guru and Snigdha gunas may enhance Satva Bhava which positively influences the Medha.

It promotes the Intellect (Dhi), Retention power (Dhriti), memory (Smriti). It promotes the function of “Buddhi” and “Manas” by correcting the disturbance of “Rajas” and “Tamas”.

CONCLUSION

Kushmanda ghrita showed statistically highly significant results in Memory boosting. Thus, Kushmanda Ghrita Nasya is highly effective as a Memory booster.

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