Review of nasya karma and it’s mode of action

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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. 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 stress, depression, night awaking & day sleeping mankind get ShiroGataRoga and suffered from many painful diseases. Nasya is considered as one among the Panchagnnendriya, whose functions are not only limited to olfaction and respiration but also considered as a pathway for drug administration. Since it is described as nose is the gateway for the Shiras.Nasya Karma is the special procedure where the drug is administered through that pathway. The medicine that is put in to nostril moves in the channels up to the Shringatuka spreads to whole of the interior of the head and to the junction place where all the channels related to the eyes, ears , throat situated together i.e. Saptapathi thus shows influence on Shiras by removing out the accumulated Doshas localized in Shiras i.e. from all sinuses in the skull the action is known as Shirovirechana. 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.

Kew Words- Panchakarma, Nasya Karma, Shirogat Roga

Introduction:
In Panchakarma there are different types of AbhyangaKarma (herbal massages),Swedana (fomentation’s such as steam), Shehan external oil treatments), 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 :-

2. Pradhanakarma: Main Purification measures of Panchakarma.

"सिरासि इन्द्रियांरा इन्द्रिय प्राणवहानि च सोतामिस सूर्यमिब गवस्थयः सम्मितानि”

The senses and the channels carrying the sensory and motor impulses from the shiras are like the rays from the sun. Nasa is considered as one among the Panchagnnendriya, whose functions are not only limited to olfaction and respiration but also considered as a pathway for drug administration. Since it is described as nose is the gateway for the Shiras.Nasya Karma is the special procedure where the drug is administered through that pathway. Medicine given through nostrils travels the entire passage and reaches the cribriform plate, which isporous in nature. From there it is absorbedand 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. 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.

Etymological derivation of nasya

The word nasya is derived from ‘NAS’ dhatu. It conveys the sense of Gati-Motion (Nasa Gatau) and vyapi means pervasion (Nasa Vyaptau). In Ayurvedic texts, Nasa Dhatu is used in sense of nose (Nasa Nasikayam).
"नासिक्यो हितान् तत्र भवो वा यत् नासा देश" 3

The literary meaning of the word nasya is being in the nose or the things beneficial to the nose. Vachaspatyam derives word 'Nastah' which means beneficial for the nose.

Definition of nasya(3):

In Ayurveda, the word has been taken specifically to mention the root administration of the drug.

As stated by Sushruta, medicines, or medicated oils administered through the nose are known as nasya.

IMPORTANCE OF NASYA KARMA

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 there is improvement in the head and clarity of the sense organs. Breathing becomes completely unobstructed which gives sound sleep at night. Olfactory sense organs clarity of the sense organs. Breathing becomes completely unobstructed which gives sound sleep at night. Olfactory improvement also felt. Nasya is excellent for chronic sinusitis, headaches, throat diseases, chronic colds, chest congestion, epilepsy, catarrh, migraine, taste, eye diseases and cervicalspondylitis.

Nasya karma according to brihattrayi

1. Aacharya Vagbhata-

Nasya Karma(4)- The procedure of instilling medicines through the nasal orifice is called Nasya karma Types of Nasya karma-

1. According to the functions the nasya karma is of 3 types(5).
   1. Virechana nasya.
   2. Brihmana nasya.

According to the quantity of the nasya drug used is of 3 types

1. Sneha nasya-
   I. Marsha Nasya
   II. Pratimarsa.
   2. Avapeedanasya.
   3. Pradhamanasya.

1. According to the functions the nasya karma is of 3 types-


Indications(6).

1. Virechana Nasya

Indications- It is mainly indicated in the diseases of the Head caused by Kaphashtoot it's predominance like Adhigaurava (Heaviness of the Head), Shohpa (Swelling or tumor in the Head), Upadaha (Feeling as if something sticking on the Head), Kandu (itching), Stambha (Stiffness), Srava(Excess secretions), Praseka (Excess salivation), Vairasya (Anorexia), Arocka (Loss of taste), Svarabheda (Hoarseness of the voice), Krimi (Worm infestation in the Head), Pratishyaya (Coryza), Apasmar (Epilepsy), Gandha Agyana (Loss of smell), Granthi (Cyst), Ardha (Tumor), Dadra (Ring worm infestation), Kotha (Blebs).

2. Brihmana Nasya-

Indications- Indicated in Vataja or Vata pre dominant diseases like Srooryavarta (Migraine), Ardhvabedhaka (Hemi crania), Krimija Shiroroja (diseases of head due to worms), Akshisankocha (Constriction of the Eyes), Akshisandana (Tremors of the Eyes), Timira (defect of the vision), Krichravabohshaka (Difficulty in getting up from sleep).

3. Shamana Nasya-

Indications- Indicated in diseases due to the vitiation of blood and Pitta Raktajaund Pitta like Akkaalvavali (pre mature wrinkles), Palita (premature graying of Hairs), Khatiya (Hair fall), Daarunaka (Psoriasis of the scalp), Raktaraaji (Redness of the Eyes), Vyanga (Blackish discoloration on face), Neelika (bleeding from nose), Raktaipita.

According to the quantity of the Nasya drug used it is of 3 types.

1. Sneha nasya

   a. Marsha Nasya(7) It is administered for a particular reason, which may not be disease, but a condition of uneasiness arising from a particular disease.

Contraindications (8): Marshanasya is contraindicated before the age of 7 years and after the age of 80 years.

b. Pratimarsa Nasya - Indications - urahkshata (Weak kshaama injury to the chest), trishna (Thirst), Mukhashosh (dryness of the oral Cavity), Vridhha (old Age), Balaka (Young), Bheetu (timid), Sakumara (tender or delicate Personality) Pratimarshanasya can be administered in aksala (unseasonable time), Durdina (inauspicious day) and Varsha (Rainy season), from Aajnamanarana (birth to death)

Contraindications (9).

Dushta Pratishyaya (Chronic Catarhha), Bahudosha Kriminashiro (worm infestation and diseases of head involving multiple Doshas), Madypeeta (one who drank alcohol), Durbalashrotra (weakness of the hearing organ). Pratimarshanasya given in these conditions will aggravate the condition as the Doshas are in highly aggravated state.

2. Avapeeda nasya (10). Virechana or Shamon Nasayawhere the paste of the drug Kaika is squeezed into the nostrils called Avapeeda Nasya.

3. Pradhamana nasya (11). Virechana Nasyawhere the powder choornais used is called Pradhamana Nasya. The quantity of powder required to reach the throat kanhabhawen blown through a gangula long pipe is the quantity for Pradhamana Nasya. This can be repeated multiple times depending on the intensity of the Doshas.

The main purpose of all nasayas is to expel thekapadoshafrom the head. So all Nasya Karmanas are called as Virechana Nasya. When strong drugs are used in thevirechananasyakarma it is called ShirovirechanaNasya.

2. Aacharya Sushruta -

Aacharya Sushruta has explained 2 major types of the nasay which have 5 subtypes (12).

1. Shirovirechana Nasya

2. Snehanasya -

I. nasya
II. Shirovirechana nasya.
III. Pratimarshanasya
IV. Avapeedanasya
V. Pradhamamanasya.

Among these Nasyaand ShirovirechanaNasya are the two main and important ones. Pratimarshanasya is a type of Nasya.

Avapeedanasya and pradhamamanasya are the types of Shirovirechananasya (13).

Indications of The Snehana Nasya (14). The snehana nasya is administered to make up the deficient oily matter in the head in cases like Shoonyashiras (Emptiness of the Head), Gheevas - skanda-urasobala Jananartham (To impart strength to neck, shoulders, chest), Dristiprasad (to improve the vision), ajananartham. In conditions like the Vataja Shiroroga (diseases of the head due to the vitiation of wind), Danta-keshasrumpaata, Karna shool (Earache), Karnakshwa (Tinnitus), Timira (Defective vision), Swaropagata (Hoarseness of the voice), Nasaroga (Diseases of the nose), Aasyashosha (Dryness of the mouth), Avabahuka (Frozen shoulder), Akaalajavali-palita (Premature wrinkles-graying of the Hairs), VataPittajaVikaras (Disorders arising due to wind and fire), Mukharogas (Diseases of theoral cavity).

Matra (15).


Indications For ShirovirechanaNasya (16). Taalukantha-shira affected by Kaphadosha (Conditions of palate-throat-head due to the vitiation of Kaphadosha), Arochaka (Anorexia), Shirogaarava (Heaviness of the Head), Shirashoolu (Head ache), Peenasa (Coryza), Ardhvabedhaka (Hemicrania), Krimi (worm infestation), Pratishyuyu (Coryza), Apasmar (Epilepsy), Gandhaagynana (loss of the smell sensation), Kaphaj Shirogara (Diseases of head due to Kapha Dosha).

Drugs - Unctuous substance prepared by the Shirovirechana drugs.

Quantity of medicines for Shirovirechana Nasya (17).

(1). Minimum dosage: 4 Bindu
(2). Medium dosage: 6 Bindu
(3). Maximum dosage: 8 Bindu

Indication for Pradhamananasya (18).

In cases of Chetanavikriti (derangement of the Mind), Krimi (worm infestation), Vishapeedita (Poisoning). In these conditions one of the Shiro virechana drug is powdered and spread in to the nasal orifice.

3. Aacharya Charaka –

Drugs useful in shirovirechana and their indication (19).

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Drugs useful in shirovirechana: Aparaamaarga Beeka, Pippali, Mareccha, Vidanga, Shigru, Sarshapa, Tumburu, Ajaajii, Ajagandha, Peelu, Elu, Harenuka, Prutweeka, Sarasa, Shweta, Katheraka, Phaninjaka, Shireejobeeja, Lushana, Haridru, Lavandavaya, Jyotishmati, Naagaraare used for the Shirovirechana or Nasayakarma.

**Their indications:** These drugs are used for Shirovirechana conditions like Shirogaurava (heaviness of the head), Shirashoola (headache), Peenasa (rhinitis), Ardhaaavbedhaka (hemicranias), Shirogata Krimi (worm infestation of head), Apasmaro (epilepsy), Shranaanaasha (derangement of smell sensation) Pramohaka(fainting).

Acharya Charak explains about the time and its benefits in Dinacharyachapter (20).

**Time-** Every year ones should undergo the Nasya Karma with Anathailam in Praavrit (rainy season), Sharad (autumn) and Vasanta (spring) season Ritush when the sky is free of clouds. But in emergency conditions the procedure can be done in other seasons also like in Greeshmaritu it should be administered in the poorvahnna (morning), in sheetarita it should be done in the Aparahna (noon) and in Varshaa Rituit 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 Kapilavarna (white or grey). The scalp hairs will start growing. NasyaKarmed performed in conditions like Manyastambha (torticollis), Shirashoola (head ache), Ardit (facial paralysis), Hanussangraha (lockjaw), Ardhabvedhaka (hemicranias), Peenasa (chronic coryza), Shirikampa (head tremor) helps to cure these conditions. Anuthaila Nasya administered in the suitable season nourishes the Siras (veins), Sandhis(joints), Snaya (ligaments), Karanda (tendons) of the head and makes them strong. The person become Mukha Prasannata (face becomes cheerful and well developed). His voice will be melodious Upachit, Snigdha, Sihira (stable), Mahan (grave). It imparts Vaimulya (clarity) and Bala (strength) to all sense organs. It prevents the diseases of supra clavicles region of the body. Even when the person is aging his supraclavicles region will not show any symptoms of aging.

In Siddhisthana Acharya Charaka described 5 types of NasyaKarma (21) & (22).

1. NavanNasya - (i) Snehan Nasya (ii) Shodhan Nasya.
2. AvapeedaNasya - (i) Shodhan Nasya(ii) Sthambhan Nasya.
3. Dhmapan nasya
4. Dhuma – (i) Prayogic (ii) Virechanik (iii) Snehih
5. Pratimasha- (i) Sneha (ii) Virechana

**Indications for Shirovirechana:** - Disorders of the head and teeth, Manyastambha (stiffness of the neck region), Galaandhanugraham (stiffness of throat and jaw), Peenasa (rhinitis), Galalshundika (uvulitis), Shaalaka (tonsillitis), Shukraraoga (disorders of cornea) Timira (defects of vision), Varmanroga (diseases of eyelids), Vyanga (blackish discoloration of facial skin), Upajihvika, Ardhavbedhaka (hemicranias) disorders, Galaganda (Goiter), Dantashoola (toothache), Dantabarsha (tingling sensation of teeth), Dantachala (looseness of teeth), Akshiraaji (redness of eyes), Arbuda (tumour), Swarabedha (hoarseness of voice), vaakgraha (obstructed speech), Gadgada (stammering), Krathana (loss of speech) etc. diseases of the supra clavicle region of the body and chronic Vaata Vikaras. In these conditions Acharya says the Shirovirechana is the best treatment as it enters the head and expels only the vitiates Doshas from the head.

**Mode of action of nasya karma:**

In astang samgraha it is explained that nasa being the entry to shira, (head), the drug administered through, nostril reaches shringataca a sira marma by nasa srotas and spreads in the murdha brain) reaches at the junctional place of netra (eyes) rotra (ears), kanka (throat) Siramukhas (opening of the vessels) etc and remove or detach the morbid doshas present above supraclavicular region and expel them from the uattamanga. According to Acharya Charaka Nasa is the portal (gateway) of Shiras. The drug administered through nose as Nasya reaches to the brain and eliminates only the morbid doshas responsible for producing the disease. The Dravya administered by Nasya Karma enters in to the Shira (head) and draws out exclusively the morbid matter as the path (isika) is taken out after removing the fibrous coating of Munja (a type of grass) adhered to it. Acharya Sushruta has explained Sringatakarma as a sira marma, present in the middle of the confluence of sira supplying nourishment to the nasa (nose), karna (ears), chakshu (eyes) and jivha (tongue) fatal point at the confluence of veins (inside the head) by name “sringataka” under the complication of nasya karma sushruta noted that the excessive eliminative nasal therapy (Shodhan nasya) may cause mastulanga (CSF) to flow out, this shows the relation between the nasa as the gateway of shira.

**Conclusion:**

Nose is the gate of the head, nasya dravya is reaching the brain and acting on important centers controlling different function and thus showing systemic effects and Nasyakarmais the treatment for all the Siro- roga. So everyone should know about thatand be careful for their health.
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