

International Journal of Research in Indian Medicine

Critical review of Nasya Matra

Pol Dhanshree Atmaram, C. N. Mule, Kiran B. Patil

1. P.G.2nd yr
2. Professor and H.O.D.
3. Associate Professor

Shalakyatantra Dept., YAC, PGT & R C, Ayurved College,
KODOLI, Tal-Panhala, Dist. Kolhapur, Maharashtra, India

*Corresponding author: Email id: ghanupol.dp@gmail.com ; dr.kp1976@gmail.com

Abstract:

Dose is a very important factor in any of the *Panchakarma* procedures to get optimum efficacy of the therapy. *Nasya* is the major procedure in *Panchakarma*. Bindu is the unit of measurement explained for the dose of *Nasya*. In routine *Ayurvedic* practice one Bindu is considered as one drop (0.05ml), but according to the definition of *Bindu* and standardized quantity mentioned by *Acharayas*, it is 1 Shana which is ten times more than routinely practiced dose .

The success of treatment depends on dosage, time and proper administration (Yukti). Every wise physician gives importance to these two factors Matra and Kala. The Matra depends on various factors like Dosha, Agni, Bala, Vaya, Vyadhi, Dravya, Bala, Satva, Desha and Kosta etc. To take maximum benefit of *Aausadha* one should have to consider these all above while examining. The present paper deals with critical review of *Nasya*.

Keywords: *Nasya Matra, Panchakarma, Bindu, Matra, Kala, urdhwajatrugata vikara*

INTRODUCTION:

Nasya Karma is an important therapy among *panchkarma* for the management of diseases of *urdhwajatrugata vikara*.

Dose is a very important factor in any of the *panchakarma* procedure to get optimum efficacy of the therapy. Change in the dose can change the result and it can lead to side effect or no effects.

So here, on this topic we have to conclude the dose of *nasya* differs if one can goes with textual method than routinely prescribed method.

DEFINATION:

It is a important therapy in which the medicine is administered through *nasa* either in the form of *churna*, *dravya*, *taila* or *dhooma*.

IMPORTANCE OF NASYA KARMA:

उर्ध्वजत्रु विकारेषु विशेषात्रस्यामिष्यतेनासा
हि शिरसोद्धारं तेन तद व्याप्य हन्ति तान ॥
वा. सु. २० -१॥

Nose (Nasa) is the only gateway of *Shira* to eliminate the *doshas* from the *shira*.

Nasya karma is the process in which the drug is administered through the *nasa* to treat the diseases of *urdhwanga*.

According to Acharya's *Nasa* is the gateway of *shira*. Medicine or Medicated oil administered through the *nasa* which reaches to the *shira* & *shringataka marma*. *shringataka Marma* is the junctional area of the channels of nutrition of *urdhwanga*.

The drug administered through *nasa* reaches to the *shringataka sira marma* by *nasa strotas* and spreads in *murdna* reaches at the *junctional* place of

netra, *karna*, *kantha* and eliminates the morbid *doshas* present in *urdhwanga*.

Medicated oil or Medicine administered through the *nasa* reaches to the *shringataka sira marma* and eliminate the morbid *doshas* responsible for producing the diseases of *Nasa*, *Netra*, *Karna* & *Shira*.

Advantages of Adequate Nasya :

1. Prevention of *urdhwajatrugat vikara*.
2. Reduces greying & Falling of hair.

Classification of Nasya :

A) As per brahatrayi

<p>1' Acharya Charak: च. सं. सि. ९/८९-९३</p> <p>a) 5 Types :</p> <p>1) Navana Nasya: i) Snehan Nasya ii) Shodhan Nasya</p> <p>2) Avapeedana Nasya: i) Shodhan Nasya ii) Stambhana Nasya</p> <p>3) Dhmapan Nasya</p> <p>4) Dhooma Nasya i) Prayogik ii) Virechanik iii) Snehika</p> <p>5) Pratimarsha Nasya i) snehan ii) Rechan</p> <p>3 Types of rechana a) Rechana b) Tarpana c) Shamana</p> <p>4) Acharya Videha: a) Sangyaprabodhaka Nasya b) Stambhaka Nasya</p>	<p>2' Acharya Sushruta: सु. सं. चि. ४०/२१</p> <p>a) Two types i) Shirovirechan ii) Snehan</p> <p>b) Five Types: i) Nasya ii) Shirovirechan iii) Pratimarsh iv) Avapeedan v) Pradhama</p> <p>5) Acharya Sharangdhar: श. सं. ८/२, ११, २४</p> <p>1) Rechan Nasya: a) Avapeedan b) Pradhamana</p> <p>2) Snehan Nasya: a) Marsh b) pratimarsh</p>	<p>3' Acharya Vagbhata अ. ह. २०/२३</p> <p>Types :</p> <p>i) Virechana Nasya ii) Bruhana Nasya iii) Shamana Nasya</p> <p>6) Acharya Bhoja: a) Prayogika Nasya b) Snehik Nasya</p>
<p>7) Acharya kashyap: का. सं. सि. २.४०</p> <p>a. Bruhana nasya b. Karshan nasya</p>		

Time Schedule of nasya for Healthy People :

- *Sheeta Rutu : madhyanha* (Noon)
- *Sharad,vasant Rutu : Poorvanha* (Morning)
- *Greeshma Rutu : Aparanha* (Evening)
- *Varsha Rutu : Non Cloudy day*

Time Schedule of nasya for disease person Navana Nasya (Shodhan) :

- *Kapha roga*- forenoon
- *Pitta roga* - Afternoon
- *Vata roga* – Evening

Indication and contraindication of nasya:

Indication for Nasya:	Contraindication of nasya:
1)shiroroga	1)In Indigestion
2)Dantroga	2)After snehapana
3)Galgraha	3)After Madyapana
4)Hanugraha	4)After Jalapana
5)Peenas	5)After Head bath
6)Galshundika	(shir-snan)
7) Kanthashaluk	6)Moorchha
8) Timir	7)Shoka
9)Ardhavybedak	8)After Virechana
10) Mukhroga	
10)Nasaroga	
11)Karnaroga	
12)Swarbheda	
13)Netraroga	

Nasya matra nishchiti :

Acharya Charak: (according to types):

i) Snehana Navan Nasya

- a) Heena matra- 8 Bindu
- b) Madhyama matra -16 Bindu
- c) Uttam matra – 32 Bindu in each nasa

ii) Shodhana Nawan Nasya:

- a) Heena matra-4 Bindu
- b) Madhyama matra -6 Bindu
- c) Uttam matra – 8 Bindu in each nasa

iii) Dhmapana pradhmana Nasya : 3 Mucchuti

iv) Dhooma Nasya : 5 times dhooma should take by giving small break after 3 times.

v) Marsha Nasya : 2 Bindu

vi) Pratimarsh Nasya : 6-10 Bindu

- Heena matra – 6 Bindu
- Madhyama Matra -8 Bindu
- Uttam matra – 10 Bindu

<i>i) Acharya Sushruta</i> <i>a) Heena matra- 4 Bindu</i> <i>b) Madhyam Matra- 6 Bindu</i> <i>c) Uttam Matra- 8 Bindu</i>	<i>ii) Acharya Dalhana-</i> <i>a) Heena matra -4-4 Bindu</i> <i>b) Madhyam -6-6 Bindu</i> <i>c) Uttam Matra -8-8 Bindu</i>
<i>iii) Ashtang Hridaya:</i> <i>A) Marsha Nasya Matra:</i>	<i>iv)Ashtang Sangraha:</i> <i>a)Uttam matra -10 Bindu</i>

<p>a)Uttam matra : 10 Bindu. 5-5 Bindu in each nostril</p> <p>b) Madhyam matra : 8Bindu. 4-4 Bindu in each nostril</p> <p>c)Heena matra : 6 Bindu. 3-3 Bindu in each nostril</p> <p>a) Pratimarsha Nasya: 2 Bindu</p>	<p>b)Madhyam matra -8 Bindu</p> <p>c)Heena matra -6 Bindu</p>
<p>v)Vangen:</p> <p>a)Snehan nasya-</p> <ul style="list-style-type: none"> • 1st dose – 8 Bindu • 2nd dose-1 shukti- 32 Bindu • 3rd dose-Ipanishukti- 64 Bindu <p>Shirovirechan Nasya-</p> <ul style="list-style-type: none"> • Uttam Matra – 8 Bindu • Madhyam Matra – 6 Bindu • Heena Matra – 4 Bindu 	<p>vi)Sharangdhar Samhita :</p> <p>i) Rechana Nasya Uttam matra – 8 Bindu Madhyam Matra – 6 Bindu Heena Matra – 4 Bindu</p> <p>ii) Bruhana Nasya : Marsha Nasya: Tarpan Matra – 8 shan Madhyam Matra – 4 shan Heena matra – 2 shan Pratimarsh Nasya : 2 Bindu</p>

According to dravya (Sharangdhar)

1. Teekshna dravya : 1 shana (24 Rati)
powder, 8 Bindu liquids
2. Hingu – 1 yava (1/2 Rati)
3. saindhav lavana -1 marsha (6 Rati)
4. Milk – 8 shan (64 Bindu)
5. Water -3 Tola

Conclusion –

Bindu is defined as the total quantity of collected liquid medicine (*sneha*, *swaras*, *kwath*) that dribbles down when the 1st two digits of index finger of patient are dripped into it & taken out of same.

Acharya charak mentioned the dose of *anutaila nasya* 1/2 pala & for *snehan nawan nasya* is 8,16,32 Bindu in each nasa dose which will be divided in 24 hr i.e. we can give *navan nasya* as per convenient in one day according to *dosha* to complete *nasya matra* of *navan nasya*. & other *acharyas* used the term

bindu as the unit of measurement for any medicine used for *nasya*.

Acharya vagbhat in *ashtang sangraha* had classified *sneha nasya* into two types depending on the dose of *nasya* i.e. *Bindu* i.e.marsha nasya & *pratimarsh nasya*. Acharya charak has used the term *navana* while *acharya sushruta* used the term *nasya*.

Acharya vagbhata has mentioned three different doses as 10 *bindu uttam matra*, 8 *bindu madhyam matra*, 6 *bindu heena matra* for *marsha nasya* depending on the *dosha* and *bala* of the patient.

Acharya sushruta has not classified *nasya* depending on the *sneha* used but it has mentioned three different doses for *sneha nasya* i.e.8 *bindu*, *shukti* & *panishukti* which are the *heena*, *madhyama* & *uttama matra* which will be for 24 hr at the time of procedure.

Acharya dalhana commented that 8 *bindu* are to be instilled in each *nasa* as *heena matra* & *shukti* is 32 *bindu* & *panishukti* is 64 *bindu* similar opinion is also mentioned by *acharya sharangdhar*, *chakradatta*, *vangsen* & *bhavamishra*.

Acharya sharangdhar calculated & cleared all doubts by mentioning exact quantitative calculation of one *bindu* as follows.

According to *Sharagadhara*

- 1 *Shaan* = 4 *masha*,
- *masha* = 4gm = 4ml.

Thus, 8 *bindu* = 1 *shaan* = 4ml
and 1 *bindu* = 0.5 ml.

According to *Ayurvedic Formulary of India*,

- 1 drop = 0.05 ml
- 10 drops = 0.5 ml and
- 1 *bindu* = 10 drops.

A research study has been carried out for the standardization of quantity of 1 *bindu*. It was observed that mean *Bindu* is 0.49 ml. Thus it was established that *Sharangadhara's bindu* 0.5 ml is relevant in the present period¹⁷.

According to AFI (Ayurvedic formulary of India)

- 1 drop = 0.05 ml
- 10 drop = 0.5ml

It can be stated from above explanation the *nasya matra*

- a) *Bindu* is not equivalent to drop.
- b) Quantity of one *bindu* by *bindu* method is approximately - 0.44ml
- c) 32 *bindu* of *taila* from *anguli* = 1.5ml

d) 32 drops of *taila* by dropper =1.2ml

e) *Acharya hemadri* stated that 32 *bindu* =1.4ml

Discussion:

- 1) from above study and observations it is clear that dose of *nasya* differs if one goes with textual method than routinely prescribed method.
- 2) Even it is observed that the quantity of *nasya* calculated by counting each single drop 32 drop: 1.5ml and quantity of *nasya* calculated by dropper method is : 1.2ml.
- 3) All the above calculations shows that current practice of counting 8, 16, 32 drops by dropper is grossly incorrect than *bindu* method.
- 4) Change in dose can change the result and it can lead to side effects so we have to follow the textual method for routine practice for better result of *nasya*.

References:

1. *Charak Samhita, Part 2*,Yadavji Trikamji Acharya, Choukhamba Prakashan, Edition-Reprint 2072,Siddhisthan, Adhyaya 9, Trimarmiya Siddhiradhyaya, Page No-989, Shloka No-88-95.
2. *Ashtang Hridayam-Shrimadvagbhatvirchitam*, Pandit Krishnashashtri Navare, Choukhamba Prakashan, Edition-Reprint-2067,Sutrasthan,20th Adhyaya, Page No-287, Shloka No-1-39.

- | | |
|--|---|
| <p>3. <i>Sushruta Samhita-Part 1st-Kaviraj Dr. Ambikadatta Shashtri, Choukhamba Prakashan, Edition-Reprint 2072,Chikitsa Sthan, Adhyaya 40, Page No, 224-228.</i></p> <p>4. <i>Vangsensamhita-Vol II, Niraml Saxena, Choukhamba Prakashan, Edition 1st , 2004,86 Adhyaya, Nasyadhikar, Page No-1177-1182.</i></p> <p>5. <i>Kashyapa Samhita- Vridhhajivak Mantra, P.V.Tiwari, Choukhamba Prakashan, Edition-Reprint</i></p> | <p><i>2013,Siddhisthan,4th Adhyaya, Page No-287-294.</i></p> <p>6. <i>Bhavprakash- (5th Edition, 2013, Panchaidyotini Tika) Bramhashankar Mishra, 2nd Part, Choukhamba Prakashan, Panchkarmavidhi Prakaranam, Page No-1027-1034.</i></p> <p>7. <i>Sharangdhar Samhita-Shrimati Shailaja Shrivastav-Choukhamba Prakashan, Edition-Reprint 2016,Uttarkhand, 8th Adhyaya, Nasyavidhi, Page No-394-411.</i></p> |
|--|---|

Cite this article:

"Critical review of Nasya Matra."

Pol Dhanshree Atmaram, C. N. Mule, Kiran B. Patil

Ayurline: International Journal of Research In Indian Medicine 2020; 4 (1) : 1-6