

**ROLE OF NASYA IN DINCHARYA: A REVIEW****\*<sup>1</sup>Dr. Navedita Kumari and <sup>2</sup>Dr. Chavan Ramdas Dhanna Ji**<sup>1</sup>PG Scholar Dept. of Swasthritta & Yoga, <sup>2</sup>Professor, Dept. of Swasthritta & Yoga, Sriganaganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganaganagar - 335001, India.**\*Corresponding Author: Dr. Navedita Kumari**

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**ABSTRACT**

Ayurveda have always abided by the theory of “nasa” or nose being the gateway to brain “sira”, with the amazingly accurate studies in anatomy one can how infer nose as one of the route for medicine administration in diseases of head and neck. Nose is one among the panchadnaanendriya, whose functions are not only limited to olfaction and respiration but also considered as a pathway for drug administration. Actual drug administered in nose how it will probably act on vital points located in brain and also how it will act on organs related to the points. Acharya Sushruta has mentioned the disease related to nose are 31 in numbers. Nasyakarma is the best treatment for the Shirogata roga and specially Nasagata roga. As stated by Sushruta (Su.chi.40/21,29), medicines or medicated oils administered through the nose is known as nasya Astanga Sangraha is explained the nasa being the entry to sira, the drug administered through nostril reaches Shringataka- a sira marma by Nasastrotas and spread in the brain reaches at a junction place of netra, shrota, kantha etc. and remove or detach the morbid dosas present above supraclavicular region and expel them from the uttamanga.

**KEYWORDS:** Nasya, doshas, nasa, uttamanga.**INTRODUCTION**

As said by Acharya Vagbhatta, “nasa hi shirso dwaram”.<sup>[1]</sup> Nose is the pathway to brain. Nasa karma also known as intranasal, drug delivery has been recognized as an important form of treatment in the ayurvedic system of medicine from the ancient times. Acharya Vagbhatta classified nasya into three categories by mean of their mode of action; virechan, brihman and saman. On the other hand, Acharya Charka said “dwaram hi shirso nasa”.<sup>[2]</sup> and divided nasya in three sections Rechana, tarpana, saman. Acharya also classified nasya into five categories Navana, avapidha, dhamapana, dhuma and partimarsh. Navana nasya is considered to be the best among all.<sup>[3]</sup> Acharya Sushruta has considered nasa as pratyanga i.e. secondary organ of the body. Nasa karma is the best treatment for shirogata roga and specially the nasagata roga. According to Ayurveda and ancient literature, nasa therapy is also indicated in the disease of mukha karna and netra roga. In Ayurveda, the word nasya has been taken specially to mention the route of administration of drug. Acharya Sushruta has given the above description meaning “the medicaments, which administrator through nose is called nasya”. As stated by Sushruta, medicines or medicated oils administered through the nose is known as nasya. Nasya is one of the panchakarma mentioned in Ayurveda. It is as process where in the drug herbalized

oil or liquid medicine is administered through the nostrils. Since nose is the gateway of head.<sup>[4]</sup> the therapy is highly effective in curing a number of diseases pertaining to the head if it is performed systematically. This therapy is beneficial if done on as regular basis. Our classical texts have mentioned various type of nasya. According to different aspects like depending upon drug used, functions, dose etc.

In modern era, it has been found that several drugs have equivalent bioavailability through nasal route as parallel to the oral administration. This drug delivery method is best suited when low doses of drugs have to be administered or when the patient is in unconscious state.

**Classification of Nasya**

Classification of nasya is done in various manners depending upon various factors like form of drug, mode of action etc as shown in the table.

Sr No.	Authors	Types	Names
1	Charka	3 types	Mode of action Rechana, tarpana, samana
		5 types	Methods of administration: Navana, avapida, dhamapana, dhuma & pratimarsha
		7 types	Accordingly, to various parts of drugs utilized: Phala, patra, mula, kanda, pushpa, niryasa, twaka
2	Sushruta	5 types	Shirovirechan, pradhmana, avapida, nasya, pratimarsha
3	Vagbhatta	3 types	Virechan, brimhan, shaman
4	Kashyapa	2 types	Shodhana, poorana
5	Sharangadhara	2 types	Rechana, snehana

**Navana Nasya:-** Nvana is one of the important and well applicable therapies of nasya karma.

**Method:-** Transnasal administration of sneha dravya is considered as navana nasya.

Classification: - Sneha nasya, shodhana nasya.<sup>[5]</sup>

**Sneha nasya :-** The nasya which given strength to all the dhatus and is used as d hatuposhaka.

**Dose:-** 1) Hina matra -8 drops.  
2) Madhyama matra -16 drops.  
3) Uttama Matra -32 drops.

Shodhana nasya:- sushruta,s shirovirechana type is included in shodhana type of navana nasya . It eliminates the vitiated doshas.

**Dose :-** 1) Uttama – 8 drops .  
2) Madhyama – 6 drops.  
3) Hina :- 4 drops.

**Benefits of sneha nasya :-** It is used for the oiling in the feeling of head lightness . It gives strength to neck ,shoulder and chest and increase eye sight.

Avapida nasya :- It is a type of shodhana nasya.

**Definition :-** The word avapida means the expressed juice of leaves or paste ( kalka ) of required medicine ( chakrapani).<sup>[6]</sup>

Types :- It is mainly of two types.

1) Stambhana nasya.  
2) Shodhna nasya.

#### Doses of Nasya Karma.

Sr No	Types of Nasya	Drops in each Nostril		
		Hrisava matra	Madhyama matra	Uttam matra
1	Shamana Nasya	8	16	32
2	Shodhan Nasya	4	6	8
3	Marsha Nasya	6	8	10
4	Avapida Nasya	2	2	2
5	Pratimarsha Nasya	2	2	2

Like shirovirechna avapida nasya should be given in following dose.

Hina matra = 4 drops

Madhyama matra =6 drops

Uttam matra = 8 drops

3) Dhumapana nasya<sup>[7]</sup> :- Dhumapana or Pradhmana is a specific shodhana nasya .Sushruta stated that shirovirechna drug is powdered and sprayed in to the nasal office with the help of a tube.

Dose :- According to videha the dose dhumapana nasya is three muchuti (3 pinch). For the pottali method churna should be at least 2 tolas i.e 20 gms.

Drugs :- Generally Tikshna drugs like rock salt Garlic Guggulu Maricha vidanga, etc.

4) Dhuma nasya :- Defination :- Dhuma nasya is defined as medicated fume taken by nasal route and eliminated by oral route. Acharya Sushruta has described it as a type of nasya. The smoking per mouth is known as dhumapana and is not including in nasya. It is harmful ti eyesight.

Types: they are of three types: Prayogika, Snehika & Vairechnic.

Dose: During the prescribed time, a wise person should smoke twice for habitual variety of smoking. Once for snehika dhuma and 3-4 times for the Vairechnic dhuma.

Indication: Shiriroga, Nasaroga, Akshiroga.

5) Pratimarsha Nasya<sup>[8]</sup>: can be given daily and even in all the seasons at morning and evening. This type of therapy is administrated by dipping the clean little figure in ghee or oil and inserting into each nostril. After inserting the clean figure into the nostrils, the nasal passage is lubricated and is given as gentle massage. By doing this, the deep nasal tissues are opened up. By doing pratimarshya on a regular basis, stress can be released to a great extent. Generally it can be given in a weak persons, in old age child, in delicate person etc.

Dose: 1-2 bindu

## CONCLUSION

In Ayurveda, preventive approach of Ayurveda is the most important part of maintaining body healthy. Main five procedures of shodhana are known as panchkarma. Nasya being one of them, Nasya is especially used in urdhwajathru gata vyadhi. Nasya is used as a treatment modality for various diseases related to nose and personal structure but nasya is a treatment for disease related to all system of body because nasa hi shirshdvaram and shira is the chief controlling organ of all the body system. Nasya as a chief therapy for various disorders, various herbs can be used in different forms like powder, oil, decoction or fumigation.

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