

CRITICAL REVIEW ON *NASYA KARMA* WITH SPECIAL REFERENCE TO
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ABSTRACT

The process of instillation of medicines through nasal cavity is known as *Nasya Karma*. It is the unique process of *Shodhana Chikitsa* in which medicines reach to the brain and eject the vitiated *Dosha* responsible for producing the diseases. Every *Shodhana* procedure of *Panchakarma* is simple, easy and very much beneficial if done with its proper & complete knowledge. Complications (*Vyapada*) may be arise if not go through proper method as mentioned in scripts. *Nasya Karma* is one of the important *Panchakarma* it is short, but complicated procedure if not go through proper way. Similarly knowledge of patient regarding *Nasya Arha-Anarha* is essential. So *Panchakarma* physician should have to know each and everything about *Nasya* if he want proper benefit of *Nasya*.

KEYWORDS: *Nasya, Shodhana Chikitsa, Nasya Vyapada, Nasya Arha-Anarha.*

INTRODUCTION

Nasya is one most important treatment procedure among the *Panchakarma* therapy i.e. elimination therapy of *Ayurvedic* treatment part. It is mainly used for *Urdhvajatushka Vikara* as well as in systemic diseases; so in some places it has been given first place in the sequence of *Panchakarma* in 2nd chapter of *Sutra Sthana* where medicines described which used for *Panchakarma*. Here first of all described *Shirovirechaniya Dravyas*.^[1]

Nose is considered as a gateway of *Shirah*. The drugs administered through *Nasya* reach to brain and eliminate morbid *Doshas* responsible for producing diseases.^[2] *Nasya* is the only *Shodhana* therapy which directly influences *Indriyas*.

औषधमौषधसिद्धोवास्नेहो नसिकभ्यां दीयत इति नस्यम्। (सु.
चि४०/२१)

As said by Acharya Sushruta administration of medicine or medicated oils through nostril is called as *Nasya*.^[3]

REVIEW OF LITERATURE

Etymology of word *Nasya*

- The word *Nasya* is derived from *NASA Dhatu*. It means *GATI*; meaning movement towards the

internal structure mainly to head through the nose, accessory structure of nose.

- NASA Dhatu* is used in sense of nose. (*Vachaspathyam*)
- The literal meaning of the word *Nasya* is, being in the nose or the things beneficial to the nose.

Synonyms of *Nasya*

- Shirovirechana, Shirovireka, Murdhavirechana*.^[4]
- Nasta Pracchardana*.^[5]
- Nasta Karma, Navana*.^[6]

Definition of *Nasya*

- The procedure by which medicaments or medicated *Ghee* & oils are administered through nose (nostrils) is called as *Nasya*.^[7]
- Nasya karma* is a therapeutic measure in which the drug is administered through nose that eliminates vitiated *Doshas* situated in head and helps in clearing the disease.^[8]

Importance of *Nasya*

Nasya is a very important therapeutic procedure as it has same unique characteristic not available in other procedures. It is the best method to alleviate the vitiated *Doshas* of *Urdhvajatushka*.^[9] It is the only *Shodhana* procedure that directly influences the *Indriyas*.

Classification of Nasya

Table 1: Classification of Nasya Karma in one scan.

Sr. no	Name of Acharya	Types	Classification
01	Charak	03 types	Mode of action: (Ch.Si 9/92) <i>Rechana, Tarpana, Shamana.</i>
		05 types	Method of administration : (Ch.Si 9/89): <i>Navana, Avapidana, Dhmapana, Dhuma, Pratimarsha.</i>
		07types	According to various parts of drugs utilized for Nasya Karma: (Ch.Vi 8/151). <i>Phala, Patra, Mula, Kanda, Pushpa, Niryasa, Twaka.</i>
02	Sushruta	05 types	<i>Shirovirechana, Pradhamana, Avapida, Nasya, Pratimarsha.</i>
03	Ashtanga Samgraha	03 types	On the basis of Functions (AS. Su 29/4): <i>Shanamana, Bruhana, Rechana</i>
		02 types	On the basis of Dose (As.Su 29/9): <i>Marsha Nasya, Pratimarsha Nasya.</i>
04	Ashtanga Hridaya	03 types	On the basis of Functions (AH. Su. 20/2): <i>Shanamana, Bruhana, Rechana</i>
		02 types	On the basis of Dose (Ah.Su 20/7): <i>Marsha Nasya, Pratimarsha Nasya.</i>
05	Kashyapa	02 types	On the basis of function (Ka.Si 48/30) <i>Shodhana, Purana.</i>
06	Sharangdhara	02 types	On basis of function (Sh.U 8/11, 24) <i>Rechana (Karshana), Snehana (Bruhana)</i>

A. Description of types of Nasya Karma On the basis of its mode of action^[10]

- 1. Rechana-**The *Rechana Nasya* denotes elimination of vitiated *Doshas* from *Urdhvajatrugata* (above clavicle part of body). *Churna* or *Sneha* prepared from required drugs which is to be used for *Shirovirechana*. Like *Apamarga, Pippali, Maricha* etc. It can also be given with *Tikshana Sneha Kwatha* or *Swarasa* of *Shirovirechana* drugs or by dissolving these drugs in *Madya, Madhu, Saindhava, Aasava* etc.^[11]
- 2. Tarpana-** *Sneha* prepared with *Vata-Pittahara Dravya* and the *Dravyas of Maduhra Skanda* Should be used.^[12] According to *Vagbhata Sneha* prepared with *Snigdha* and *Madhura* Drugs or with the drugs described useful for that particular diseases should be used.^[13]
- 3. Shamana Nasya-** as the name indicates, *Shamana Nasya* used for elevation of *Doshas* situated in *Shira Pradesha* (head region). The *Sneha* prepared with suitable palliative drugs may use for *Shama Nasya*.^[14]

Description of Nasya Karma On the basis of technique of drug to be administered^[15]

- 1. Navana Nasya-** In this type of *Nasya Karma* Different types of *Sneha (medicated oils or Ghee)* are instilled into nostrils. A) *Snehana* B) *Shodhana*, are the subtypes of *Navana Nasya*.
- 2. Avapida Nasya-** Different types of *Shruta, Swarasa*, or juices of *Kalka* are instilled into nostrils by squeezing a swab made up of cotton. A) *Shodhana* B) *Stambhana*, are the subtypes of *Avapida Nasya*.
- 3. Dhmapana Nasya-** In this type of *Nasya* medicines are used in the forms of powder, blown into nostrils by using bilateral open pipe.

- 4. Dhoom Nasya-** Medicines used in the form of smoke & inhaled through nose to remove *Kapha* situated in oral cavity, throat, and exhaled through mouth. Inhalation of *Dhoom* i.e. medicated smoke. A) *Prayogika* B) *Snaihika* C) *Vairechanika*,^[16] are subtypes of *Dhoom Nasya* Acharya *Sushruta* had not described it as a type of *Nasya*.

- 5. Pratimarsha Nasya-** *Nasya* which can be given daily at any stage without any pre planning without any post procedure caution too is termed as *Pratimarsha Nasya* in this type of *Nasya* generally different *Sneha* (oleaginous substances) are used sub, there is no any classification of *Pratimarsha Nasya*.

Classification of Nasya Karma On the basis of various parts of drugs used in it.^[17]

1. *Phala*- e.g. *Pippali, Maricha, Vidanga*.
2. *Patra*- e.g.-*Surasa, Kutheraka, Gandira*.
3. *Mula*- e.g. *Vacha, Apamarga, Shweta, Jyotishmati*.
4. *Kanda*- e.g. *Haridra, Shrungabera, Mulaka, Lashuna*
5. *Pushpa*-e.g. *Lodhra, Madanphala, Saptparna*.
6. *Niryasa*- e.g. *Devdaru, Sarala, Agru*.
7. *Twaka* e.g. *Tejovati, Varaha, Engudi, Shigru*.

B. Classification of Nasya Karma according to Acharya Sushruta^[18]

तद्विधिम- शिरोविरेचनंस्नेहनं च। तद्विधिमपिपंचधा।

तद्यथा- नस्यं, शिरोविरेचनं, प्रतिमर्शः अवपिडः, प्रथमनं, च।

तेषुनस्यंप्रधानंशिरोविरेचनं च; नस्यविकल्पः प्रतिमर्शः।

शिरोविरेचनविकल्पअवपिडः प्रथमनं, च; नस्यशब्दः

पंचधानियमितः। (सु. चि. ४०/२१)

Nasya Karma is broadly divided into two types A) *Shirovirechana* B) *Snehana*, and Further divided into 5 types on the basis of methodology -

1. *Nasya*.
2. *Shirovirechana*
3. *Pratimarsha*
4. *Avapida*
5. *Pradhama*.

C. Classification of *Nasya Karma* according to *Vagbhatacharya (Ashtanga Samgraha & Hridaya)*

Classification of *Nasya Karma* on the basis of Functions^[19,20]

1. **Virechana**- It is *Shodhana* type of *Nasya* in which *Kwatha* and *Swarasa* of *Tikshana* drugs, *Madhu*, *Asava* or *Sneha* processed by appropriate drugs are used. *Medicines* used for *Vairechanika Nasya* are *Apamarga*, *Pippali*, *Maricha*,^[21] Indicated in *Urdhvajatrugta Vikara*, *Gaurava*, *Shofa*, *Upadeha*, *Kandu*, *Stambha*, *Abhishyada*, *Paka*, *Vairasya*, *Arochaka*, *Swarabheda*, *Krimi*, *Pratishayaya*, *Apasamara*, etc.^[22]

2. **Bruhana**- It indicated in *Vataja Shirashoola* (headache), *Suryavarta* (type of headache in which pain aggravates as rays of sun increases its sharpness as aggravate headache) *Swarakshaya* (lowness of pitch), *Nasa-Aasya Shosha* (dryness of mouth and nose), *Vakasanga* (dysarthria), *Kruchavbodha* (hardly awake up), *Avabahuka* (frozen Shoulder).

3. **Shamana**- This *Nasya* works as pacification of *Doshas* or diseases. It does not have elimination

property. It is indicated in *Akalavali*, *Palita*, *Khalita*, *Darunaka*, *Raktaraji*, *Vyanga*, *Raktapitta*.

Classification of *Nasya Karma* on the basis of Dose^[23,24]

Marsha Nasya and *Pratimarsha Nasya* are same in principle, but the main difference is of dose as mentioned below.

1. **Marsha Nasya**-The doses of *Nasya* as per *Shuddhi* types are *Uttamashuddhi* 10 *Bindu*, *Madhyama Shuddhi* 8 *Bindu*, *Hina Shuddhi* 6 *Bindu*. *Marsha Nasya* gives result and more effective than *Pratimarsha Nasya*, but it may cause *Vyapada* if not given by proper method.^[25]

2. **Pratimarsha Nasya**- It is administered in lower dose of 2 *Bindu*. *Pratimarsha Nasya* can be given daily and even in all seasons in morning and evening. It is given simply by dipping the 1/3 index finger into the prescribed *Sneha Dravya* and then instilled into nostrils. The patient should be advised not to sniff the *Sneha*.^[26]

Vruddha Vagbhata has suggested the alternate dose of *Pratimarsha Nasya* as one *Bindu* also, along with widely accepted dose of 2 *Bindus*. The dose of *Sneha* used for *Pratimarsha* should be in such a small quantity that it should reach only up to gullet from *Nasa* and should not be producing too much secretions in throat. Even it should not be seen in spittingalso.^[27]

General Indications and Contraindications of *Nasya*

Table 2: Indications of General *Nasya*.

Sr.no	<i>Nasya Yoga</i>	Charak (Ch. Si 2/22)	Sushrut (chi.40/23)	Sangrah a (Su.29/6)	Hridaya (Su.16/24)
1	<i>Shirastambha</i> (stiffness of head),	+	+	-	-
2	<i>Manyastambha</i> (stiffness of neck),	+	-	-	-
3	<i>Dantastambha</i> (stiffness of tooth),	+	-	-	-
4	<i>Galagraha</i> (Tightness in throat),	+	-	-	-
5	<i>Hanugraha</i> (Tightness mandible), In	+	-	-	-
6	<i>Pinasa</i> (Running nose),	+	+	+	+
7	<i>Galashundika</i> , <i>Timiar</i> (blindness),	+	-	+	-
8	<i>Vartamaroga</i> (Disease eyelids), Of	+	-	-	-
9	<i>Vyanga</i> (Moles),	+	-	-	-
10	<i>Upjivhika</i>	+	-	-	-
11	<i>Ardhavabhedaka</i> (Migraine),	+	+	-	-
12	<i>Grivaroga</i> (Disease of neck),		-	-	-
13	<i>Skandarog</i> (Disease of shoulder),	+	-	+	-
14	<i>Ansashoola</i> (Pain in Scapular region)	+	-	-	-
15	<i>Nasikaroga</i> (Disease of nose),	+	-	-	-
16	<i>Karna Roga</i> (Ear Diseases),	+	-	-	-
17	<i>Akshiroga</i> (ophthalmic diseases),	+	-	+	+
18	<i>Murdharoga</i> , <i>Shiroroga</i> (Head diseases),	+	+	+	+
19	<i>Ardita</i> (Bell's palsy),	+	-	+	+
20	<i>Aptanaka</i> (Tetanus),	+	+	+	-
21	<i>Galganda</i> (Goitere),	+	-	+	+
22	<i>Dantashoola</i> (Toothache),	+	-	+	+
23	<i>Dantaharsha</i>	+	-	-	-
24	<i>Dantachala</i>	+	-	-	-
25	<i>Akshiraji</i> , <i>Arbuda</i> (cancer),	+	-	-	+
26	<i>Shleshmaabhivyapta Talu</i> , <i>Kantha</i> , <i>Shira</i> (Deposition of <i>Kapha</i> in	-		+	+

	palate, throat, head)		+		
27	<i>Arochaka</i> (tastelessness)	-	+	+	+
28	<i>Krimi</i> (worms in supraclavicular region)	-	+	+	+
29	<i>Pratishyaya</i> (Rhinitis)	-	+	+	+
30	<i>Swarabheda</i> (Hoarseness of voice), <i>Vakagraha</i> (Aphasia)	+	-	+	+
31	<i>Gadagadatva</i> (Dysarthria)	+	-	+	+
32	<i>ntharoga</i> (Throat diseases)	+	-	+	+
33	<i>Swarakshaya</i> (low pitch-)	-	-	+	+
34	<i>Nidranasha</i> (insomnia)	-	-	+	+
35	<i>Krichaavabodha</i> (difficulty in awake)	-	+	+	+

Contraindications of *Nasya Karma*

Table 3: Contraindications of *Nasya*.

Sr.no	<i>Nasya Aogya</i>	<i>Char ak</i> (C h.Si 2/20)	<i>Sushru t Ch</i> (40/47)	<i>Ah. Su.</i> 20/11-13	<i>Sharangd</i> <i>hara</i>	<i>B.P</i>
1	<i>Ajirna</i> (Indigestion)	+	+	-	+	+
2	<i>Bhuktabhakta</i> (After meals)	+	+	+	+	+
3	<i>Snehapita</i>	+	+	+	+	+
4	<i>Madyapita</i> (after intake of alcohol)	+	+	+	-	-
5	<i>Toyapita</i> (after intake of water)	+	+	+	+	+
6	<i>Snehadi Patukama</i> (client who has taken <i>Sneha</i>)	+	-	+	-	-
7	<i>Snatashira</i> (post bath), <i>Snatukama</i> (who have to bath)	+	+	+	-	-
8	<i>Kshudhrta</i> (Hungry patient),	+	-	-	-	-
9	<i>Trishnartha</i> (thirsty)	+	+	-	+	+
10	<i>Shramarha</i> (exerted patient)	+	-	-	-	-
11	<i>Murchita</i> (unconscious)	+	-	-	-	-
12	<i>Matta</i>	+	-	-	-	-
13	<i>Shastradandahata</i> (injured by weapon)	+	-	-	-	-
14	<i>Vyavayaklanta</i> (exerted due coitus)	+	-	-	-	-
15	<i>Vyamaklanta</i> (exerted due to gym)	+	-	-	-	-
16	<i>Panaklanta</i> (exerted due to thirst),	+	-	-	-	-
17	<i>Navajwara</i> (newly pyrexia),	+	-	-	-	-
18	<i>Shokabhitapta</i> (sad),	+	+	-	+	-
19	<i>Vikrikta</i> (post purgation),	+	-	+	-	-
20	<i>Anuvasita</i> (Post anuvasana),	+	+	+	+	+
21	<i>Garbhini</i> (pregnant lady)	+	+	-	+	+
22	<i>Anruto</i> (unseasonal)	+	+	+	+	+
23	<i>Navapratishaya</i> (newly rhinorrhea)	+	+	+	+	+
24	<i>Durdina</i> (un suitable atmosphere)	+	+	+	+	+
25	<i>Apatarpita</i>	-	+	-	-	-
26	<i>Pitadrava</i> (post intake of liquid)	-	+	-	-	-
27	<i>Gararta</i> (consumption of poison)	-	+	+	+	+
28	<i>Krudha</i> (anger)	-	+	-	+	+
29	<i>Bala</i> (pediatrics)	-	+	-	+	+
30	<i>Vrudha</i> (senile)	-	+	-	+	+
31	<i>Vegavrodha</i> (obstruction of urges)	-	+	+	+	+
32	<i>Anartava</i> (amenorrhea)	-	+	+	-	-
33	<i>Raktavistravita</i> (bloodletting)	-	-	+	-	-
34	<i>Sutika</i> (post natal)	-	-	+	-	-
35	<i>Shavasapidita</i> (asthamatic)	-	-	+	-	-
36	<i>Kasapidita</i> (affected with cough)	-	-	+	-	-
37	<i>Pita-aasava</i>	-	-	-	-	+

Table 4: Effect of Nasya Karma given in contraindicated condition.^[12]

Sr.no.	Contraindicated Condition	Effect
1	Ajirana and Bhuktabhakta	Kasa, Shwasa, Chardi, Pratishtyaya due to occlusion of channels
2	Snehapita, Madyapita, Toyapita, Snehapatu Kama	Mukhastrava, Nasastrava, Akshistrava, Timira, Shiroroga.
3	Snatashira, Snatukarma	Pratishyaya, Shiroakshi- Karnashoola, Kantharoga, Pinasa, Hanu Manyastambha, Ardita, Shirakamlpa.
4	Snatukamasya	Murdhastaimitya, Shirojadya, Aruchi, Pinasa, (AS.Su 20/12)
5	Kshudharta	Vataprakopa
6	Trishnartha	Increase in Shosha
7	Shramartha	Emaciation of body
8	Matta, Murchita	Chhittopghata
9	Shastrahata, dandahata	Severe pain
10	Vyavayaklanta, Vyayamaklanta, Panklanta	Pain in Pradeshi.
11	Navajwara Shokabhitapta	Timira as Ushma follows the Route of Netranadi and increase in fever.
12	Virikta	Indriyopaghata due to aggravated Vata
13	Anuvasita	Aggravated Khiroroga, Krimi
14	Garbhini	Stiffen the fetus and fetus may Kaana, Kuni, Pakshahata, Pithsarpi.
15	Nava Pratishtyaya	Complications in the body channels.

Nasya vyapada^[29](complications)

Complications of Nasya may arise if medicines are not administered in proper dose, proper time, proper posture, with proper methodology, or in contraindicated cases.

Also after complication of Nasya karma procedure, patient does not follow the regimen as said in text then the Prakopa of Dosha may Occur which leads to may complications.

Table 5: Nasya Vyapada and their management.

Sr.no	If Nasya is given in some clinical conditions like	Vyapada	Chikitsa of Vyapada
1	Ajirna, Bhuktabhakta, Toyapita, Navapratishtyaya, Snathashira, Snehapita, Anuvasita, Durdina. (Ch.Si.9/111-112)	Possibility of Shleshmaprakopaja Vikara.	Treatment should be done with modalities specified to mitigate Shleshma.
2	Krusha sharira, virikta, garbhini, vyayamklanta, pipasita. (Ch.Si 9/113- 114)	Vitiation of Vata	Vataharikriya should be does such as Snehana, Swedana, Bruhana, and Grabhini should treat with Ghrita-Ksheera.
3	Nasya administered in Jawarita, Shokabhitapta, Madyapita	Timiraroga,	Ruksha Shitajana Lepa, and Putapaka should be applied in such condition.
5	If there is Murcha (Ah.Su 20/21)	-	Sprinkling of cold water excluding Shira.
6	Vyapata raised by Dosha Utkleshana (Su.Chi 40/49)	-	Shaman procedure to be for same Dosha.

Table 6: Nasya Kala Rutunusar (Time schedule of Nasya in different seasons).^[30,31]

Sr.No.	Kala	Time
1	Grishma Rutu	Morning
2	Shita Ruta	After noon
3	Varsha	In day time, When there is clear atmosphere no cloud
4	Pravruta, Sharad, vasant and in emergency condition	Make artificial season which is suitable for Nasya and do procedure
5	Sharada-Vasanta	Morning time
6	Shishira-Hemanta	Noon Time
7	Grishma	Evening time

Table 7: Nasya Kala Dosha Avasthanusara.^[32]

Sr.no.	Doshavastha	Time
1	Kaphaja Vikara	Morning
2	Pittaja Vikara	Noon
3	Vataja Vikara	Evening

Dosage of Nasya**Table 8: Navana Nasya (Shamana & Shodhana Nasya)**^[33]

Sr.no.	Type of Matra	Dose
1	Hina matra	8 drops in each nostrils
2	Madhyama matra	Shukti Pramana – 16 drops in each nostrils
3	Uttama matra	Pani Shukti – 32 drops in each nostrils

Table 9: Sneha Nasya.^[34]

Sr.no	Type of Matra	Dose
1	Hina Matra	4 drops
2	Madhyama Matra	6 drops
3	Uttama Matra	8 drops

Table 10: Avapida Nasya (Kalka Nasya) Matra as like Virechana Nasya.^[35]

Sr.no.	Type	Dose
1	Hina	4 Bindu
2	Madhyama	6 Bindu
3	Uttama	8 Bindu

Marsha and Pratimarsha Nasya^[36]

This Nasya type is described by Vagbhata Ashtanga Hrudya on the basis of quantity i.e. dose of medicated oil.

Dose of Pratimarsha Nasya is- 2 Bindu.

Table 11: Dose of Marsha Nasya is.

Sr.no	Type	Dose
1	Uttama	10 Bindu
2	Madhyama	8 Bindu
3	Hina	6 Bindu

Dhamapana Or Pradhmana Nasya

Aacharya Videha says the Matra of Dhamapana is 3 Mucchyuti.

Videhaa has also mentioned as 2 Shukti of Churna Dravya put in thin cotton cloth and make it's Pottali, as inhaler take it by nostril, the quantity of Churna Dravya inhaled by patient is not too excess as his energy.

Dhoom Nasya- In this type of Nasya medicated smoke inhaled by nostrils and expelled through oral cavity vice-versa is strictly contra indicated. Because it is harmful to eyes.^[37]

Nasya Karma procedure (administration of Nasyartha Aushadhi)

Like other all Panchakarma procedures Nasya also performed in three stage

1. Poorva Karma.(Pre procedure)

2. Pradhana Karma(Main procedure)

3. Pshchat Krama.(Post procedure)

Poorvakarma

1. Patient is asked to get relieved from natural urges, clean all the external orifices of the body.
2. When the appetite will be less, Snehana & Swedana of Jatrurdhwa organs i.e. organs above neck like head, scalp, ears, face and neck are carried out. (Prayogika Dhumapana is carried out to cleanse the channels before Abhyanga and Swedana.^[38])
3. Ask to lie down in the closed room where the air ventilation will be least.
4. The patient is given the lying position with raised chin, lowered neck and slightly raised legs condition. The palms and plantar to be kept in relaxed condition.
5. Then the organs above neck (head-scalp-ears-face and neck) are subjected again to Mrudu Swedana repeatedly by Hasstapa.
6. While performing Swedana a wet cotton pad will be applied over eyes to prevent them from heat as it may damage the Netra.
7. While performing Nasya, neck will be partially extended, palm of left hand of the physician will be kept on forehead of patient, eyes will be covered with pad or clean cloth, tip of nose will be stretched by middle finger and one nasal cavity will be closed by Anamika or Pradeshini Anguli (finger).

Pradhana karma

1. After Snehana and Swedana and mentioned

position, *Nasya Dravya* of lukewarm to be poured in one nasal cavity with the help of *Anamika Anguli*. The container or bottle or syringe in which oil is kept before instillation, is made lukewarm by keeping it in steel container with hot water in it.

2. With the help of thumb and little finger of left hand, the nose is plucked. The tip of nose is lifted by middle finger. Left nostril is closed by ring finger while right nostril is closed by index finger. While dropping the oil in each nostril, the other nostril is blocked by the concerned finger placed near to that nostril.
3. Oil will be poured without breaking the stream in the concerned nostril then after.^[39]
4. Same procedure to be done with another nostril.
5. Advice to patient to avoid sneezing, loose temper, excessive laughing.
6. After administration of *Nasya*, *Samwahana* i.e. light massage of ears, forehead, scalp, cheeks, neck, shoulders, palms and soles will be done.^[40] One should spit lowly.
7. The patient should be trained not to ingest the secretions and instead they should be spat out. If ingested, these secretions will diminish Agni, provoke Doshas. If one is spitting on one side, the medicine will spread to all sira properly.
8. If administered oil arrives in oropharyngeal cavity, it to be spat out.^[41]
9. Repeated *Hastasweda* will be given to *Jatrurdhwa* organs.^[42] This procedure is to be continued till the medicines starts coming out through spat instead of secretions.
10. The dose of the oil is divided into two or three parts as per the quantity. Above said procedure will then be repeated for two to three parts after completing the first episode.

Pashchata karma

1. The patients are suggested not to laugh at loud, not to be angry, *Spandana*, *Uchhchinganaani Naacharet*
2. Patient will be advised to be in lying down position till 100 *Matra*.^[43]
3. One of the *Dhooma* types like *Vairechanika* or any other appropriate *Dhooma* as per the diseased condition, will be administered.^[44]
4. *Gandusha* with lukewarm water to be carried out afterword.^[45] The patient has to follow the rules & regulations as explained in *Snehapana*.^[46]
5. Avoid excessive liquid diet.
6. Patient to be advised to cover his/her *Jatrurdhwa*, use of small cotton swabs in ears.
7. Light diet to be advice.^[47]
8. Advice to follow the rule mentioned in *Snehapana*.^[48]

Pathya Apathya

Patient to be advise to follow rules like to drink luke warm water, follow *Brahmacharya* (avoid sex), be *Kshapashaya* (avoid day sleep and late night sleep), avoid *Pravaata* (direct air), *Yana* (excessive travelling),

Adhwa (excessive walking), *Atibhashya* (excessive talk), *Atyasana* (sitting on same site for long duration), *Dhuma Rajasewana* (smoke and dust). *Abhishyandi Aahara* is advised.^[49]

DISCUSSION

- The topic of *Nasya Karma* therapy is broadly described in *Charak Samhita*, *Sushrut Samhita* and *Ashtang Hridaya*.
- Treatment done by instillation of drugs through nasal cavity is *Nasya*. Is used in both local as well as systemic the diseases of face, nose, eyes, ears and head.
- All prominent *Acharyas* told that *Nasa* is the gateway of *Shira*. Hence 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.
- *Nasya* therapy cleanses and open the channels of the head, in this manner refining the progression of oxygenation (*Prana*) to brain, which has a direct influence on the functioning of brain.
- Process of evacuation of morbid humors from supraclavicular region is done by *Nasya Karma* via its *Ushana*, *Tikshna*, *Laghu Guna* of *Dravyas*.

CONCLUSION

- Skillful administration of medicaments via nose (*Nasya Karma*) are highly essential; to achieve supreme therapeutic results *Nasya*.
- To treat the diseases of upper clavicular region especially disorders of higher mental functions (*Mastishka Gata Vikara*), *Nasya Karma* is very useful.
- Process of evacuation of morbid humors from upper supraclavicular region done by *Nasya Dravya* Thru its *Ushana*, *Tikshna*, *Laghu Guna* properties.

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