

THE NASYA VITAL COMPONENT OF PANCHAKARMA: AN AYURVEDA CONCEPT

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ABSTRACT

Ayurveda explain the importance of sensory organs and channels for the diagnosis and treatment of disease. Nose (*Nasa*) is one of the *panchagnanendriya* perform functioning of respiration and also for the administration of drug since it associated with *shiras*. The administration of drug through nasal route is known as *Nasya karma* and this procedure applied for the treatment of various diseases. *Nasya karma* categorized under the various detoxification procedure of *Panchakarma*, in this way the drug inserted through nostril then it moves to the interior of the head, eyes, ears, throats and then removes accumulated *dosas* of *shiras*. This article describes Ayurveda perspective of *Nasya karma*.

KEY-WORDS: *Ayurveda, Panchakarma, Nasya karma, Nostrils.*

INTRODUCTION

Nasya karma is important detoxification procedure of *Panchakarma* acts as *sirovirechana* & *shamana* means help to eliminate *doshas* and balances *dosas* respectively. *Nasya karma* differs from other procedure of nasal medication in terms of aim of drug administration, method of administration and contents of drug administered. This therapy is considered very effective for curing a number of diseases related to head and upper body part. The *Nasya karma* not only treats disease but also cleans and opens the channels hence thus improves

the process of *prana* and circulation. The *Nasya karma* not only applied for therapeutic purpose but it also helps routinely to boost sensation and efficiency of eyes, nose and ear. The common herbs which are used for *Nasya* are *Tulasi, Pippali, Apamarg, Vidanga, Maricha, Lahsuna, Haridra, Vacha, Hingu Saindhava*, etc. The traditional text of Ayurveda described some common *Nasya* preparations such as; *Anu Tailam, Shadbindu Tailam, Narayana Tailam, Marichyadi Nasya* and *Guraadi Nasya*, etc. used for the treatment of various disease.^[1-6]

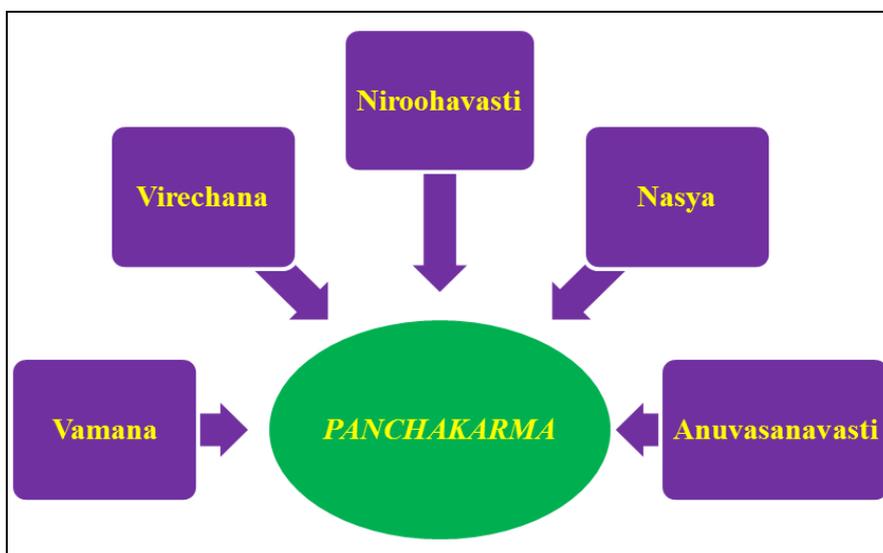


Figure 1: Types of Panchakarma.

Health Benefits of *Nasya Karma*

- It opens and cleans the channel therefore improves circulation.
- It improves oxygenation and thus boosts functioning of brain.
- It acts as preventive approach for the diseases related to *urdhwanga* (head).
- It pacifies vitiated *doshas* through *siras* and offer detoxification of upper body part.
- *Nasya karma* act against appearing of symptoms of early aging.
- *Nasya karma* help to treat disorders related to nose, mouth, eye, head and ear.
- *Nasya karma* offer significant relief in disease like; bronchitis, dryness of nose, hysteria, multiple sclerosis, migraine, shoulder pain, sinusitis, toothache, tonsillitis, seminal disorders and sinus congestion.^[3-7]

Types of *Nasya Karma*

1. *Pradhamana Nasya*

This is for cleansing purpose in this way dry powders are blown into the nostrils through a tube. *Pradhamana nasya* is effective for *kapha vyadhi* i.e; heaviness in head, headaches, nasal congestion, sinusitis and cold. *Brahmi* most commonly used for this therapy. *Pradhamana nasya* also used for diseases such as; drowsiness, Parkinsonism and nasal inflammation, etc.

2. *Bruhana Nasya*

This is mainly for nutritional purpose; this therapy uses oils, salt, *shatavari ghee*, *ashwagandha ghee* along with medicated milk. *Bruhana Nasya* mainly used to treat *vata* disorders. It is beneficial for headaches, migraine, voice dryness, anxiety, dizziness and fear.

3. *Shaman Nasya*

This is basically sedative *Nasya*, used mainly to treat *pitta* disorders like; conjunctivitis, ringing in the ears and thinning of hair. Herbal decoctions, teas and medicated oils are used for *Shaman Nasya*.

4. *Navana Nasya*

Navana Nasya utilizes herbal decoctions along with medicated oils for treating *vata-pitta* or *kapha-pitta* disorders.

5. *Marshya Nasya*

Marshya Nasya use *ghee* or oil for eliminating condition of uneasiness which may arise due to the presence of some disease. This therapy mainly used to offer physical comfort through nasal route.

6. *Pratimarshya*

This therapy involve insertion of clean little finger into each nostril after dipping previously in *ghee* or oil. The deep nasal tissues open by this way and help to relieve stress and nasal congestion.^[6-9]

Steps of *Nasya Karma*

There are two procedural steps involve in *Nasya Karma*; *Purvakarma* & *Pradhan Karma*.

➤ *Purvakarma*

Purvakarma means activities prior to main therapy, this involves *snehana* and *swedana* which will pacify *doshas* and help to eliminate waste materials.

➤ *Pradhan Karma*

Pradhan Karma is main procedural step of *Nasya Karma* in this step head positioned down keeping legs and arms straight. The medicine administered through one nostrils and the other one is kept closed, that after same procedure applied for other nostril. The neck, palms, shoulder and ears may be massaged gently after the application of drug to improve drug penetration and circulation.

Nasyakarma action inside the body

Nasyakarma utilizes nose as path to enter into brain. The medicines reach through *Nasyakarma* to the brain connected to the centre of the nerves then it spreads *via strotasas*, which help to control vitiated *doshas*. Herbal medications like oil, powder and other liquid preparation when administered through nostrils then it help to balance *doshas* accumulated in upper body part such as; head, nose and throat. The drug administration through nasal route help medicine to easily penetrates *Sringataka* and then spreads it to the *Siras* of head, eyes, ears and throat, this overall balances *dosha*, improve physical comfort, offer calming effect, relax brain and sensory organs, opens channels and eliminate impurities.^[7-10]

Nasya for Khalitya

Hair fall is a common problem now a days and falling of hair in early age seeks great attention of researchers towards the development of drug which prevent hair fall in early age. Ayurveda described hair fall as '*Khalitya*' under the category of *Shiroroga*. The traditional science of Ayurveda suggested *Nasya* as best treatment for *Urdhvajatrugataroga*. Research investigation proves efficacy of *Nasya* in *Khalitya*. *Nasya* with *Chandanadyam Taila* offer significant relief in *Khalitya* with no adverse reaction. *Chandanadhyam Taila* act as *Snehana Nasya* and *Sheeta Dravyas* of *Taila* preparation offer *Shamana* of *Vata* and *Pitta Dosha*. *Sukshama Guna* of *Taila* spreads *Nasya Ausadha* and overall scalp get benefited.^[11]

Nasya for Cervical Spondylosis

Cervical Spondylosis is medical problem due to strenuous activities along with long time faulty postures and continuous table work. As per Ayurveda *Manyastambha* may be correlated with cervical spondylosis which is *Vaat-Kaphaj Dosha* predominance. *Nasya karma* offer relief in disease since it possesses effect of *Shroto shodhan* and *Dhatu kshaya*. The efficacy of *Nasya* drugs in cervical spondylosis attributed to the fact that it strengthen the *Dhathus* and pacify *Vata*

Dosha. It also possesses *shirah Shodhana*; cleans the channels of head by removing accumulated *Dosha samghata* and these all improves circulation and penetration of drugs to the site of action.^[12]

DISCUSSION

Panchakarma is a vital treatment modality of ayurveda; it is composed of five *karmas* which offer many beneficial effects to the health. *Panchakarma* not only perform cleaning of body but also improves immunity & circulatory process. *Panchakarma* in ayurveda employed as preventive approach against many diseases. *Panchakarma* pacify vitiated *Dosha* and boost physical as well as mental health. *Nasya* is one the *Karma* amongst the five *Karmas* of *panchakarma* employed for *kapha* and *vata* dominant diseases which are the main causes of *prana vaha sroto dusti*. *Nasya* may be done with various medicated herbs, oil and other preparations which resulted cleaning the *shleshma* and offer relief from *vikaras*. *Nasya* with *Chandanadyam Taila* offer significant relief in *Khalitya* since *Taila* offer *Vata* and *Pitta Shamana* property. *Taila* also help to spreads *Nasya Ausadha* due to its *Sukshama Guna* and thus maximum drugs get absorbed for therapeutic purpose. *Nasya* drugs also offer benefits in cervical spondylosis since it strengthen the *Dhathus* and pacify *Vata Dosha*. *Nasya* also possesses *shirah Shodhana*; cleans the *shrotas* by removing accumulated *Dosha samghata* and thus improves circulation and penetration of drugs to the site of action.

CONCLUSION

Nasya one of the important aspect of *panchakarma* offer many health benefits with lesser side effects, it can be employed for the administration of drugs into head region, it offer quick and effective response of medication due to the fast circulatory process throughout the nasal region. *Nasya panchakarma* offer significant relief in many diseases especially *prana vaha sroto dusti*, *Khalitya* & spondylosis.

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