

**TO STUDY PRATIMARSHYA NASYA AND ITS HEALTH BENEFITS –
A REVIEW**

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ABSTRACT

KEYWORDS: Pratimarsha Nasya, Nasya, Shodhana, medicated sneha.

INTRODUCTION

Ayurveda has described preventive aspects in details; their characteristics have been elaborately described. Some of them are Dincharya, Ratricharya, Rutucharya, Pathya-Apathya related to Aahara, Vihara etc. Apart from these factors related to preventive aspects, some factors such Shodhana according to Ritu ia also one of the factor. There are five folds of shodhana; one of them is Nasya which implies that the drugs are administered through nostrils to

prevent the diseases particularly of organs above the Jatru (Shoulder). However certain types of Nasya are not only used for curing the diseases but also for prevention the diseases. They also maintain the health. This type of Nasya is Pratimarsha Nasya. This can be administering routinely in day to day practice in healthy conditions. Acharya Vagbhata has clearly explained that it has beneficial effect on different strotasa. It reduced Klam (weakness) occurred by excessive walking and coitus. It reduces the heaviness of head and refreshes the mind.^[1]

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AIM AND OBJECTS**1. To study the effects of Pratimarsya Nasya on health.****MATERIAL AND METHODS****1. Collection and review of ancient and modern literature related to Nasya.****Etymology of Nasya**

In Ayurveda texts, Nasya has been described in different manners. Some of them have opinion that some drugs or medicated Sneha are administered through nostrils. An a general consideration Nasya is an useful line of treatment in different diseases, particularly involving organs which are above jatru(Neck). Acharya Vagbhata has mentioned that Nasa is the gate way for Shir (head)^[2] Different medicines and medicated oils and ghees are administered through nostrils to alleviate diseases.

Definition of Nasya

“NASAYAM BHAVAM NASYAM” which means that drugs should be given through Nostrils.

Synonyms – Shirovirechana, Shirovirek and Murdhavirechan³ are the different synonyms used for Nasya. Nasta, prachhardan, navaan has also mentioned by Acharya Charak.^[4]

Types of Nasya

According to Ayurveda; types of Nasya is described in following table.

Table -1: Types of Nasya.^[5]

Sr No.	Samhita	Types	Sub-types	According to preparation	According to Action	According to parts used	According to procedure
1	Charak Samhita	Navan	Sneha	Churna, Kalka, Kshir, Sneha, Mansa, Dhum, Kwath, Sara, Madya.	Rechan, Tarpan, Shaman.	Phala, Patra, Mula, Kand, Pushpa, Niryas, Twaka.	Pradhaman, Avapida. Dhum.
			Shodhana				
		Avapida	Shodhana				
			Stambhana				
		Dhmapan	-----				
		Dhum	Prayogik				
			Vairechanik				
2	Sushrut Samhita	Shirovirechana	Snehik	-----	-----	-----	-----
			Sneha				
			Virechana				
			Nasya (Pratimarsha)				
			Shirovirechan a (Pradhaman				

			& Avapida)				
		Snehan	Pratimarsha Pradhaman Avapida				
3	Ashtanga Hrudaya	Virechana Bruhan Shaman	-----	-----	Virechana Bruhan Shaman	-----	-----
4	Kashyapa Samhita	Bruhan Karshan Shodhana	-----	-----	-----	-----	-----
5	Sharangdhar Samhita	Rechan Snehan	Avapida Pradhaman Marsha Pratimarsha	-----	-----	-----	-----

REVIEW ON PRATIMARSHA NASYA

Effect of Pratimarsha Nasya

If Pratimarsha Nasya is performed in daily routine no one will ever suffer from different pertaining to ear, nose, throat and eye. Its effects have been observed on hair also. It is effective in pinas, ardhavbhedak, manyastambh, headache, ardit, hanugraha. It also promotes health of head and their joints, ligaments and Tendons. Ability of Indriya to perceive the knowledge will also increase. Diseases related to the organs above the Neck can be avoided by performing Nasya. Ageing also delayed. The capacity of different organs such as Arm-Chest will be increased.

Dose of Pratimarsha Nasya

The dose of the Pratimarshya nasya has been clearly mentioned according to Vagbhat i.e two Bindu.^[6] However, he has further explained that dose should be in such a quantity which will not have Utkleshak effect on dosha. Chakradatta has described the dose in different manner. A person should insert the finger in Sneha and it should be brought near the nostrils to inhale it.^[7] Sharangdhar has specialised it. He has instructed to dip the index finger up to the two distal phalanges. Whatever the quantity is sticking to the finger should be dropped. This drop is called as BINDU. Thus he is of the opinion that two BINDU of Nasya drugs should be used for Nasya.^[8]

TIME OF PRATIMARSHYA NASYA

Chakradatta has advised to perform pratimarsya nasya for two times i.e. in the morning and in the evening in all seasons.^[9]

Indication of Pratimarsha Nasya

Pratimarsha Nasya has been advised to perform daily throughout the life just like a Basti. This Nasya should be taken into daily routine practice.^[10-11]

Contra-indication of Pratimarsha Nasya

Almost all Samhitas are studied in details for the contraindications of Pratimarsha Nasya. It is observed that contraindication for Nasya in general is visualised but regarding to Pratimarsha Nasya was not found in particular. However under certain conditions such as Dushta Pratishaya (chronic Rhinorrhoea), Krimi (Worms), Madyapit (Alcoholic) etc Nasya is not advised. In Dosha Utkleshan Pratimarsha should not be used.^[12] The same opinion expressed by Acharya Vagbhat in Ashtang Hridaya.^[13]

(Mode) Route of administrations

Procedure of Nasya is very simple. In selected ancient Samhita it has been described at length considering the Panchakarma Moto. Its procedure should be followed systematically to eliminate the vitiated Dosha from the body in particular, from the throat and Head. To serve the purpose it is necessary to follow-

Purvakarma (Before procedure), Pradhanakarma(main procedure) and pashchhatkarma(After procedure). It has been postulated that purvakarma is the essential part.

1. Purvakarma (Before procedure)**A. Collection of Equipments and Medicine**

There should be a separate room in which air should not have entry in the form of ventilation. This has been expounded by Samhita and further explained that Dhum and Dhul (Dust) should not have entry along with the air.^[14] All the necessary equipments should be made available along with required medicines.

EQUIPMENT: Nasya Table, Dropper, Enamel Bowl along with its LID for sputum and Napkins must be stored. Different Test Tubes, instrument for Tapasweda are necessary.

MEDICINE: Different Nasya drugs in the form of Churna(powder), Kalka(paste), Kwath(decoction) , etc should be made available. General medicines required for Nasya such as Katphala, Swaskuthar, Vacha, Anu Tail, Shadbindu Tail must be stored. In Nasya, some Vyapadas may be manifested. These Vyapada should be treated vigorously and immediately.

For that purpose, some drugs which may be act immediately should be given. So that patient will not be in a diseased state.

B. Facts regarding Vaya(Age) and Kala(Time)

Pravrit, Varsha, Sharad, and Vasant have been considered best seasons to administer Nasya. There should not be excessive heat, excessive cold and cloud. Classical literature is very much suggestive for giving the Nasya in the afternoon. In the same context Sushrut has quoted that Avastha with respect to Doshya Vyadhi and Bala should be observed.

2. Pashyatkarma (After procedure)

After procedure can be considered into two phases as follows,

1. At the time of nasya:

Local hot fomentation, gentle message, spitting out Nasya drugs along with waste metabolic products are some just after procedures.

2. After nasya:

Gandusha, kawalgraha, Dhumpan, Diet regimens should be performed from time to time as per texts. Advice restrictions like not to indulge in alcohol, bath and sexual contact.

Drug for Nasya

According to Bruhatrahi Anu-taila is one of the best drug selections for Pratimarsha Nasya. Anu-taila has been described in almost all Samhita especially Vagbhat has described in detailed; specially its procedure and its efficacy. Hemadri in his commentary entitled Ayurved Rasayana has postulated that Anu-taila is the best taila for Nasya.^[15] It alleviate all the three types of Dosha ie, Tridosha shamak. As described “NASA HI SHIRASO DWARAM!” Anu-taila in the form of Pratimarsha Nasya; might be acting mainly on controlling centre of all sense organs. Along with them it is acting on different diseases manifested above the clavicle.

Time of administration

Most of the ancient text suggested performing Pratimarsha Nasya daily. Acharya Charak in this context; has advised to administered Pratimarsha Nasya particularly in the morning and evening (SUSHRUT) has described its effects according to the timing of pratimarshya Nasya.

Table 2: Details of Effects according to timing of Pratimarshya Nashya

Sr No.	Time	Effects
1	While getting up (Morning)	Removal of Kapha from Nasa, Freshness of mind.
2	After Brushing teeth	Increase health of teeth, improve smell of oral
3	Leave home for work	Nasa klinata, protect mucus membrane from Dhum & dust.
4	After exercise	Relieved from tiredness.
5	After defecation	Improves eyesights
6	After micturation	Improves eyesights
7	After sex indulgence	Relieved from tiredness.
8	After long work	Relieved from tiredness.
9	After Kawala	Improves eyesights
10	After Anjana	Improves eyesights
11	After lunch & Dinner	Stratus shudhi & lightness.
12	After vomiting	Removal of Kapha from throat.
13	After day sleep	Removes heaviness of body, vanish Mala, removes sense of sleep, increases concentration of mind.
14	In the evening	Sleeps at proper time.
15	After laughing	Alleviate Vayu.
16	After shiroabhyanga	-

DISCUSSION

Shodhana is a unique concept of Ayurveda which attracted to the people in the ancient time because it was prevalent in the civilised society of all over the world. Now whole world is looking interestingly in various practices of Ayurveda and Yoga. All the people are looking forward dramatic measures for the different diseases which are not curable. All over the world different health programmes are propagated for preventing the different diseases. World Health Organisation is also imparting valuable goal in it; by providing guidelines. In certain countries people are looking to Ayurveda to provide some different aspects of life; so that diseases can be prevented and health can be maintained. For that most of the therapies are accepting holistic approach of Ayurveda towards the health. Pratimarsha Nasya has beneficial effect on different strotasa. It reduced Klam (weakness) occurred by excessive walking and coitus. It reduces the heaviness of head and refreshes the mind.

CONCLUSION

Taking all these points into mind; thoughts were proved to evaluate the effect of Pratimarsha Nasya and to provide one of the measures aspects of prevention. Acharya Vagbhat mentioned beneficial effects of Pratimarsha Nasya on functions of different five Indriya ie Gandha

(Smell), Rasa (Taste), Drishti (Eye sight), Shravan (Hear), Sparsha (Touch). With the help of such therapy; diseases can be prevented and health will be maintain.

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