

ROLE OF NASYA KARMA IN SHIRO ROGA

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ABSTRACT

Shira is considered as *Uttamanga* of body because it is the seat of *prana* and *Indriyas*. All the three *Doshas* located in the head with the predominance of *kapha dosha*. It is one among the three major *Marmas*. *Acharya Sushruta* has mentioned 11 types of *Shiro Roga*.^[1]

According to WHO, headache is one among the five most common clinical disorder worldwide. higher prevalence of headache is mainly associated with greater social, economic stress, & family burden. analgesics, specific anti-migraine medications, anti-emetics are use to treat headache. *Panchkarma* is an integral part of *Ayurveda*. Among the *panchkarma Nasya* is considered as the best & specific procedure for *Shiro-Roga*. *Nasya* treatment refers to an *Ayurvedic* procedure that

includes instillations of herbal oils, Juices or powder through nasal route. Then they are evacuate the morbidity present or distributed in near by areas such as head, eye, nose ear & throat. Here an attempt is made to analyse the *Nasya karma* indicated in *shiro Roga* mentioned by *Acharyas*.

KEYWORDS: *Shira, Shiro Roga, Headache, Nasyakarma.***INTRODUCTION**

Man's ambitious nature, luxurious life etc. made him busy all the time which gave rise to stress, strain, mental disturbances. It is fact "A healthy mind is the cause for a healthy body!" which sounds quiet true. In present era, irregular diet habits, excessive use of tobacco, alcohol, sleep disturbances, stress, strain, use of painkillers antibiotics & Steroids leads to

different types of headache. Their mode of treatment includes analgesics, which gives temporary relief but its regular usage can sometimes induce headache.

Acharya vagbhata mentioned the *Nidana* of *shiro Roga* as exposure to sunlight, smoke, and snow, day sleep and keeping awake, over indulgence in water, exposure to eastern breeze, severe sweating, Suppression tears, excessive weeping, excessive of intake of water & alcoholic drinks, worm infestation, avoiding pillow, suppression of natural urges, lack of cleanliness, looking down continuously for long period, inhaling bad smell, nasal & paranasal chronic infection undigested food, too much of speaking,^[2] or some other like excessive use of perfumes, hairdyes use of mobiles, laptop for long duration. by these causes the *Doshas* get localized in the head & produce disease of the head.

Ayurveda is basically the science of life & longevity *Nasya Karma* is the drug delivery through nasal passage as stated by *Ashtang sangrah*, Nose is the closest route of head (brain) so medicine that used in *Nasya* administered through the nostrils pervade into the nervous (Brain) & venous system (blood circulation) present in and around the nostrils. It removes the toxins from the sinuses, throat, or head parts. Thus *Nasya* relieves the blockage of channels & Influences head region by removing all accumulated *Doshas* from nose, throat, head region and cure *Urdhwajatrugata vikara* like *shiro-roga* effectively as well as nourish the sensory organ. In *shiro Roga* procedure *Nasya* is mentioned best treatment as “*Dwaram Hi Shiraso Nasa*”!^[3]

According to *Acharya sushruta*, *Aushadhamaushadhiddho va sneho Nashikabhyam Diyat Iti Nasyam*!!^[4]

Types of Nasya

There are mainly five types of *Nasya* are follows.

1) *Bruhana* (Nutritive) *Nasya*

Strengthening & tonifying Substances are administered through nose. especially good for *vata dosha*. commonly used drugs are so ghee, Shatavari ghee, various oils, medicated milk.

2) *virechana* (cleansing) *Nasya*

Dry powders or herbs are blown into nose. commonly used drugs *Vacha*, *Bramhi*, *trikatu* etc.

3) *shamana* (sedative) *Nasya*

The fresh juice of herbs, medicated decoctions, oils specific to the *Dosha* are used. drugs used include *bramhi ghee* (for *pitta*), *vacha* oil (for *kapha*) *etc.*

4) *Navana Nasya*

According to aggravated *dosha* decoctions, fresh juice & oils are mixed together & adminished in nose. Used For *pitta - vata* and *pitta - Kapha* disorders.

5) *Marsha Nasya*

A little oil or *ghee* is inserted into the nostrils with the little finger. This along the gentle massage helps to relieve Stress & opens the deep tissues It can be done on a regular basis or occasionally desired.

Mode of action of *Nasya Karma*

Mode of action of *Nasya karma* in *Ayurveda* explained indirectly.

According to *charaka samhita*, the drug administered through the nose - the doorway to *shira*, enters in *uttamanga* and eliminates the morbid *Doshas* residing there.^[5]

According to *Vrudda vagbhata*- drug administered through nose the doorway to *Shira* reaches the *Shrungataka marma* of head (*sira*), which is *Sira marma* and formed by the *siras* of nose, eyes, *Kantha Strotas*.

Sushruta has clarified that *shrungataka marma* is a *sira marma* formed by the union of *siras* (blood vessels) supplying to nose, ear, eye & tongue. The drug spreads by the same route attracts the morbid *doshas* (*vata* and *kapha*) of *Urdhwajatru* and expels them from *uttamanga*.

Thus we can say that drug administered through *Nasya* may enter the above *sira* and purifies them. all *Acharyas* have considered *Nasa* as the gate way of *shira*, it may be suggestive of any connection through blood vessels, lymphatics & nerves.

Procedure

1) *Poorva Karma*

2.) *Pradhana Karma*

3.) *Paschata Karma*

For the *Nasya Karma* drugs used in the form of medicated oils, *ghrita*, *Swaras*, *kwath*, *churna* and form of Drug is selected according to *Doshas*, *vyadhi*, *Awstha*, *Rogbala* & *Rogibala* etc.

1) *Poorva Karma*

Prior to *Nasya karma*, *snehana* and *swedana* should be done to the patient Forehead, Head, Face, ears and Neck. This prior *Snehana* and *Swedana* will help to loosen the adhesive *doshas*.

2) *Pradhan Karma*

After the *poorvakarma* the patient is asked to lie down his head is maintained at a lower position by keeping the pillow below the neck. placing the medicine above hot water gently warms it and then it is made to flow into one nostrils, while other is kept closed the same process is carried out in other nostril also, for the administration of the drug a *pichu* or *Nadi* (tube) or dropper can be used.^[6]

3) *Paschat Karma*

He must spit out all the impurities & medicines that reach his mouth. The patient is then given a *kwath* of *Triphala* for gargling to remove excess cough attached to throat.

Drugs used in *Nasya Karma* on *Shiro Rogas*

1) *Nasya*, using *Taila* prepared with meat soup of crab or *Gritha* prepared with *varunadi Gana* along with *ksheera* and *madhura Rasa Dravyas* *Trivrita taila* or *Bala Taila* in *vataja shiro Roga*.^[7]

2) *Nasya* with *ghee* obtained from milk or muscle fat of animals of arid regions is ideal in *pittaja ShiroRoga* and *Raktaya shiro-Roga*.^[8]

3) *Avpidana Nasya* with either *madhuksara* or of *Inguda of meshashringi* in *Kaphja-Shiro Roga*.^[9]

4) *Nasya* with medicated *ghritha* in *Kshataja Shiro Roga*.^[10]

5) *Nasya* with *shonitam* (Blood of animals) or with *Hrasvashigru* together with powder of *kamsyanili* in *krimija Shiro-Roga*.^[11]

6) *Avapida Nasya* with drugs like destroying *krimi* like *vidanga*, *danti*, *hingu* etc macerated with cow urine.^[12]

7) Therapies such as *Nasya Karma* are indicated in *Suryavarta*.^[13]

8) *Avapida Nasya* prepared from *sirisha*, *Mulak* and *Madanaphala* or from root of *vasa*, *Mulak* and *Karpura* or from *vacha* and *magadhika* from *Madhuka* mixed with honey or from *manshila* along with *madhu* and *chandana* used in *Ardhavabhedaka*.^[14]

9) For *Anantvata* also *Nasyadi panchakarma* are indicated.^[15]

10) *Nasya* with *Kshirsarpi* in *Shankhaka*.^[16]

DISCUSSION

In modern system of medicine the prime treatment of Headache is analgesic drugs. It is observed that this will not yield long term relief and it will also create side effects like gastro intestinal disorders.

The main objective of the *Ayurvedic* system of treatment to restore the original state of equilibrium between the *Doshas*.

For appropriate action of *Nasya Karma* on *Shiro Rogas*.

- First we select the drugs according to *dosha*, *vyadhi Awastha*, *Rogabala* and *Rogibala* etc. is very important.
- *Poorvakarma* and *Pradhankarma* should be proper and well mannered for progression of *Nasya* drugs in channel of *Urdhwajatrugata Pradesh*.
- For different types of *Shiro Roga*, specific type of *Nasya Karma* will used. Example *Krimij Shiro Roga – Virechan Nasya*.
- *Nasya Karma* can do daily in morning time for the health of sense organ or healthy mind.

CONCLUSION

In this modernized era, lifestyle and faulty dietary habits are the main causes for headache. To prevent this disease, regimens mentioned in *Ayurveda* are to be followed.

In *Shiro Roga Nasya Karma* is the prime treatment modality. This may be because the drug administered through nostrils, reaches the head and eliminates only morbid *Doshas* as well as nourish the sensory organs effectively.

This present article highlights the application of *Nasya Karma*, drugs used in *Nasya karma* indicated in *Shiro Roga mentioned in Samhita*. This will be useful for easy reference further research is advisable.

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