WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
SJIF Impact Factor 8.084
Volume 11, Issue 7, 365-369. Review Article ISSN 2277– 7105

CRITICAL REVIEW OF *NASA SAMPAT LAKSHANA* IN PERCEPTIVE OF AYURVEDA AND MODERN ANATOMY

Vd. Tejashree Keshav Khot*[1] and Dr. Sarika Chopde[2]

[1]PG Scholar, Tilak Ayurved Mahavidyalaya, Pune.

[2]Associate Professor, Tilak Ayurved Mahavidyalaya, Pune.

Article Received on
07 April 2022,

Revised on 28 April 2022,
Accepted on 18 May 2022

DOI: 10.20959/wjpr20227-24270

***Corresponding Author**
Dr. Vd. Tejashree Keshav Khot
PG Scholar, Tilak Ayurved Mahavidyalaya, Pune.

ABSTRACT

Nasa is one of the *indriya* among *panch dyanendriya*. Ayurveda describes ideal nose in different samhitas. It is necessary to elaborate every *nasa sampat lakshanas* in ayurvedic and modern point of view to know if a person having *nasa sampat lakshanas* would have less chances of respiratory disease than those who does not have a *Nasa Sampat Lakshanas*. In this article we explore each lakshana of ideal nose.

KEYWORDS: *Nasa*, *Nasa Sampat*, Nasal septum.

INTRODUCTION: Ayurveda describes the five senses as *Panch dyanendriyas*. They are *chakshurendriya, shrotrendriya, ghranendriya, rasanendriya, sparshnendriya*. As *Acharya Charak* has given information about *Panch dyanendriyas* in the 8th chapter of *sutrasthan.*[1] Of these *Nasa* is the *adhisthan* of *Ghranendriya*. Which is responsible for the sense of smell. Its *Indriya dravya* is *Pruthvi* and *Indriyaarth* is *Gandh*. It is also described as one of the *Pratyang* by *Acharya Sushrut.*[2] Ayurveda describes *prashata avayava varnan* in different *samhitas*. Out of these *nasa sampat lakshana* will be discussed in this article.

Prashasta Nasa (Ideal nose) *varnan* according to different *Acharya*-

ऋज्वी महोच्छ्वासा वंशसंपन्नेषदवनताग्रा नासिका । च शा 8/51[3]

उन्नताग्रा महोच्छ्वासा पीनर्जुर्नासिका समा । अ ह्र शा. 3/109[4]

It is necessary to elaborate every *nasa sampat lakshanas* explained by different *Acharyas* to know if individuals having *nasa sampat lakshan* would have less frequent respiratory diseases than who not have a *sampat nasa.*

Nasa is an important *dyanendriya*, explained by many *acharyas*, so there was curiosity to understand and explore each *nasa sampat lakshana* with related nose anatomy structures. The shape of nose and its size has been discussed very often with relation to beauty. However, it has a far more important function than just looks.

Research suggested that a healthy nose can efficiently provide about 90% of the heat and water fluxes required to condition in the ambient inspired air to near alveolar conditions variety of environmental conditions.[5] It would be interesting to observe if there is any relation of a person with *nasa sampat* and his respiratory pathology. The outcome of which will better approach to the explore the concept of *nasa sampat lakshana* in perceptive of Ayurveda and modern anatomy.

AIM AND OBJECTIVE

To study *Nasa Sampat lakshana* in perceptive of Ayurveda and modern anatomy.

MATERIALS AND METHODS

Literature regarding *Nasa Sampat* and Anatomy of nose are reviewed from various *samhitas,* research article, modern textbooks and websites.

OBSERVATION

Following are the explantion of each *nasa sampat lakshanas*[6][7]

Nasa Sampat Lakshan	**Explanation**
1. Ruju	Straight
2. Mahochchhavasa	Capable of prolonged expiration
3. Vanshasampanna	Straight like *bamboo*[8]
4. Ishad avanatagranasika	Slightly curved at the tip
5. Unntagra	Elevated tip
6. Sama	Even (neither depressed nor elevated)

According to Ayurveda, If Nose does not have *Nasa Sampat Lakshanas* it might be an indication of deviated nasal septum (extremely tilted towards one side). It causes one nasal passage to be larger than other. Depending on severity of this difference, nasal blockage, reduced air-flow, and breathing problems may occur. Also it may affect in inspiration and expiration time.

The nose is the first part of the upper respiratory tract and is responsible for warming, humidifying and to some extent, filtering inspired air. It also houses the olfactory epithelium, which contains olfactory receptor neurons responsible for detecting airborne odorant molecules.

The nose is a pyramidal structure located in the midline of the midface and attached to the facial skeleton. Its upper angle or root is continuous with the forehead, and its free tip forms the apex, which projects anteriorly. The lateral surfaces of the nose unite in the median plane to form the dorsum, which is narrowest at the medial canthus. The lobule is an area containing the tip of the nose. Its base contains two ellipsoidal aperture, the external nares or nostrils, which open on to its inferior surface, separated by the nasal septum and columella. The columella usually projects below the alar margin.[9]

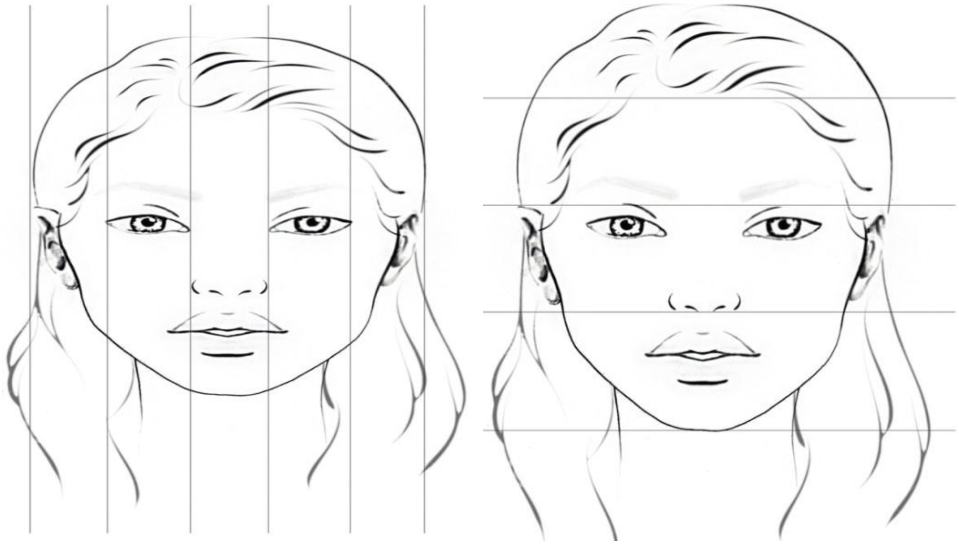
Following are the tests for ideal nose according to modern anatomy:

Horizontal thirds –

Da Vinci divided the face into equal horizontal thirds. The upper third measures from the trichion (midpoint of the hairline) to the glabella (area above the nose and between the eyebrows). The middle third measures from the glabella to the subnasale (where nasal septum meets the upper lip). The lower third measures from the subnasale to the menton (most inferior point of the chin). As the nose occupies the middle third of the face, the ideal nose length should be in proportion to the midface.[10]

Vertical fifths

In the vertical plane, the neoclassical canon divides the face into equal fifths. The lateral fifth either side extends from the lateral helix of the ear to the exocanthus of the eye. The two eye fissures represent one fifth each. The middle fifth, which is the distance between the medial canthi of the eye, corresponds to the width of the nose, as measured between the alae bilaterally. Therefore the perfect nose conforming to the vertical fifth rule should be one fifth of the width of the face.[11]



DISCUSSION

Different *Aacharyas* has explained *nasa sampat lakshanas* (ideal nose), according to these Ideal nose should be straight, capable of prolonged expiration, slightly curved tip, elevated tip and even (neither depressed nor elevated). Above *lakshanas* considerd as ideal nose according to Ayurveda. If person having ideal nose has less frequent chances of any disease which is related to nose anatomy. According to modern anatomy, nose is a pyramidal structures. It structures may vary person to person whenever there is an external deformity of nose, its anatomical basis may be rooted in bony pyramid defect, cartilaginous framework defect, septal deformity. Considering various parts of nose, nasal septum is an important central structure of face having pivotal role in nasal framework in imparting beauty and pleasant look. As nasal septum is partly osseous and partly cartilaginous chances of deviation are common causing external deformity. Curved or deviated nasal septum becomes clinically significant when its results in structure and function. Size of nose may be impacted by the size of the nostrils. Nostrils that are too large, too small or asymmetrical can impact both the appearance and function of the nose.

CONCLUSION

According to conducted study, The Person having *Nasa Sampat Lakshanas* has less frequency of nasal diseases. And vice versa Person not having *Nasa Sampat Lakshanas* might have a deformity with anatomy of nose which may leads to nasal diseases like Deviated nasal septum, Rhinitis, etc. In such condition, we can make them aware of preventive measures like *Pranayam, nasya chikista* and *rasayan chikitsa* recommended by Ayurveda.

Nowadays, The Anatomy of Nose is very important in cosmetic aspect. The Open Rhinoplasty and Closed Rhinoplasty are some surgical techniques used for reshaping of Nose.

Also medical condition like Deviated Nasal Septum could be corrected by septoplasty.

REFERENCES

1. Vaidya Y. G. Joshi, Charak Samhita, Khand 1, Sutrasthan 8/8, Vaidyamitra prakashan 701, Sadashiv peth, 2014; 122.
2. Dr. Anant Ram Sharma and Acharya Priya Vrat Sharma, Sushrut Samhita of Maharshi Sushrut, volume 2, sharirsthan 5/4, Chaukhamba Surbharati prakashan Varanasi, 2018; 70.
3. Vaidya Y. G. Joshi, Charak Samhita, Khand 1, Sharirsthan 8/51, Vaidyamitra prakashan 701, Sadashiv peth, 2014; 753.
4. Dr. G. K. Garde, Sarth Vagbhat, Sharirsthan 3/109, Rajesh prakashan, 26: 142.
5. Arsian Zaidi, Brooke Mattern, Peter Claes, Brian McEcoy, Cris Hughes, Mark Shriver, Investigating the case of human nose shape and climate adaptation, PLOS GENETICS 2017.
6. Dr. Ram Karan Sharma and Vaidya Bhagwan Dash, Charak Samhita based on Chakrapani Datta's Ayurvedadipika, volume 2, sharirsthan 8/51, Varanasi chowkhamba Sanskrit series third edition, 1994; 504.
7. Prof. K. R. Srikanta Murthy, Vagbhata's Astanga Hrdayam, volume 1, sharirsthan 3/109, Krishnadas Academy, Varanasi second edition, 1994; 419.
8. Ayurvedacharya Venimadhavshastri Joshi and Ayurvedvisharad Narayan Hari Joshi, Ayurvediya Mahakosh arthat Ayurvediya Shabdakosh, Sanskrit-Sanskrit-Pratham khand, Tarkatirtha Lakshaman Shastri Joshi publishers, 1968; 715.
9. Susan Standring, Gray's Anatomy, chapter 39, Churchill Livingstone Elsevier Forty-first edition published, 2016; 686.
10. Anni Ding, Yuanpei Zhang, What is the perfect nose? Lesson learnt from the literature, Rhinology online, 2020; 3, 25-30: 26.
11. Anni Ding, Yuanpei Zhang, What is the perfect nose? Lesson learnt from the literature, Rhinology online, 2020; 3, 25-30: 27.