

REVIEW OF NASYA**Dr. Shilpa Santosh Tonde***

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Ayurveda prescribes Panchakarma Therapy for the cleansing of body toxins. It is the process, which gets the root cause of the problems and corrects the essential balance of 'Tridosha' in the body. Administration of the medicine through Nasal route is known as Nasya. Nasa is considered as one among the Panchagnanendriya, whose functions are not only limited to olfaction and respiration but also considered as a pathway for drug administration. It is only Shodhana procedure which can perform Utamanga Shuddhi. It is mainly classified according to its pharmacological action i.e. Shodhana, Shamana, Brimhana and on the basis of use of preparation

for the Nasya e.g. Churna, Sneha etc. and Depends upon the composition of the herbs used in the medication.

KEYWORDS: Nasya, Nasa, Uttamanga.**INTRODUCTION**

Ayurveda is a science and art of appropriate living which helps to achieve longevity. Ayurveda prescribes Panchakarma Therapy for the cleansing of body toxins. It is the process, which gets the root cause of the problems and corrects the essential balance of 'Tridosha' in the body.

Panchakarma therapy is a potent system of medicine. These five specialised techniques, collectively termed as Panchakarma, attack the very root causes of diseases, cleanse all body microcirculatory channels, remove the vitiated Doshas from the body and produce long lasting beneficial effects. Panchakarma therapy is effective against the treatment of majority of diseases. On the other hand this therapy improves the body resistance (Immunity) and thereby checks the pathogenesis of the disease confirming its preventive effects also.

Nasa is considered as one among the Panchagnanendriya, whose functions are not only limited to olfaction and respiration but also considered as a pathway for drug administration. Since it is described as nose is the gateway for the Shiras. Nasya Karma is the special procedure where the drug is administered through that pathway. The medicine that is put in to nostril moves in the channels up to the Shringataka spreads to whole of the interior of the head and to the junction place where all the channels related to the eyes, ears, throat situated together i.e. Saptapathi thus shows influence on Shiras by removing out the accumulated Doshas localized in Shiras i.e. from all sinuses in the skull the action is known as Shirovirechana. Nasyakarma is a process wherein the drug herbalized oils and liquid medicines is administered through the nostrils in a specific manner, to cure different systemic disorders.

UTILITY OF NASYA^[1]

1. Kapha related toxins from the Para nasal sinuses are eliminated and the region nourished. Due to this, the patient feels great relief in the head and clarity of the sense organs.
2. Best method to eliminate and alleviate the vitiated Doshas of Urdhwanga.
3. Breathing becomes completely unobstructed which gives sound sleep at night.
4. Olfactory improvement is also felt.
5. Nasya is excellent for chronic sinusitis, headaches, throat diseases, chronic colds, chest congestion, epilepsy, catarrh, migraine, voice constraint, eye diseases and cervical spondylitis.

MODE OF ACTION OF NASYA^[2]

The senses and the channels carrying the sensory and motor impulses from the shiras are like the rays from the sun. Nasa is considered as one among the Panchagnanendriya, whose functions are not only limited to olfaction and respiration but also considered as a pathway for drug administration. Since it is described as nose is the gateway for the Shiras. Nasya Karma is the special procedure where the drug is administered through that pathway. Medicine given through nostrils travels the entire passage and reaches the cribriform plate, which is porous in nature. From there it is absorbed and reaches the tissues of brain. It is like the local application on the tissues of brain.

CLASSIFICATION OF NASYA

It is mainly classified according to its pharmacological action i.e. Shodhana, Shamana, Brimhana and on the basis of use of preparation for the Nasya e.g. Churna, Sneha etc. and Depends upon the composition of the herbs used in the medication.

Acharya Charaka (Ch. Si. 9/89,92 Ch. Vi. 8/154)^[3]

1. According to Mode of Action-3

- a. Rechana
- b. Tarpana
- c. Shamana

2. According to Method of Administration-5

- a. Navana
- b. Avapidana
- c. Dhmapana
- d. Dhuma
- e. Pratimarsha

3. According to various parts of drugs used-7

- a. Phala
- b. Patra
- c. Moola
- d. Kanda
- e. Pushpa
- f. Niryas
- g. Twak

Acharya Susruta (Su.Chi.40/21)^[4]

- a. Shirovirechana
- b. Pradhamana
- c. Avapida, Nasya
- d. Pratimarsha

Acharya Vagbhat (A.Hr. Su.20/2)^[5]

- a. Virechana

- b. Brimhana
- c. Shamana

SNEHANA NASYA-Indications

Vatika Shirahshula, Keshapata, Dantapata, Shmashrupata, Tivrakarnashula, Timira, Nasaroga, Mukhashosha, Avabahuka, Akalaja Valita, Akalaja Palita, Darunaprabodha and Vatapittaja Mukharoga.

SHODHANA NASYA – Indications

Kaphapurna Talu & Shira, Aruchi, Shirogaurava, Shula, Pinasa, Krimi, Ardhavabhedaka, Pratishyaya, Apasmara, Gandhagyananasha and Urdhvajatrugata Kapharogas and Urdhvajatrugata Shopha, Praseka, Arbuda and Kotha.

AVAPIDA NASYA-Indications

Manasaroga, Apasmara, Shiavedana, Chitta- vyakulavastha, Moha Mada, Murchha, Sanyasa Bhaya, Krodha, Bhiru, Sukumara, Krisharogi Stri Raktapitta, Vishabhighata, Apatantraka.

DHUMAPANA OR PRADHAMANA NASYA – Indications

Dhuma Nasya is indicated in Shiroroga, Nasaroga and Akshiroga.

PRATIMARSHA NASYA —Indications

Pratimarsha can be given in Any age, Any season, Even in not suitable time & season i.e. in Varsha and Durdina, Bala, Vridhta, Bhiru, Sukumara, weak patients, Kshtakshama, Trishna Pidita, Mukhashosha, Valita and Palita.

CONCLUSION

According to Acharya Charaka Nasa is the portal (gateway) of Shiras. The drug administered through nose as Nasya reaches to the brain and eliminates only the morbid doshas responsible for producing the disease. Acharya Sushruta has explained Sringatakamarma as a sira marma. sushruta noted that the excessive eliminative nasal therapy (Shodhan nasya) may cause mastulunga (CSF) to flow out, this shows the relation between the nasa as the gateway of shira. Nose is the gate of the head, nasya dravya is reaching the brain and acting on important centers controlling different function and thus showing systemic effects and Nasyakarma is the treatment for all the Siro-roga.

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