

International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



An Overview Of Mechanism Of *Nasya Karma*

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ICV-70.44- ISRA-1.318
VOLUME 4 ISSUE 2 FEBRUARY 2021

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Article received on 2nd Feb 2021

Article Accepted 21th Feb2021

Article published 28th Feb2021

ABSTRACT: -

Speed and accuracy are the prime demands of the modern era. To cope with this situation everybody has to face a hectic, competitive, and stressful life. People cannot pay attention to their physical and mental health. Irregular food habits, suppression of natural urges, lack of proper sleep, and less time for relaxation being part of our life enhances the incidence of mainly having a psychosomatic origin. The nose is a sense organ that performs two functions i.e., olfactory and respiratory. Due to its direct contact with the external environment, it is exposed to a lot of microorganisms and pollutants present in the atmosphere. Due to environmental pollution and busy life rhinitis is a common disease in this present. So that '*Nasya*' (Nasal therapy) being prime therapy for maintaining the health of *Urdhva Jatrugata rogas* (Disease of head and neck) and specially *Nasagata rogas* (diseases of the nose).

Keywords-*Nasya*, *Urdhvajatrugata*, *Shirapradesh*, *Murdha* - Brain.



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How to cite this article: -Dr. Nibe C. S, An Overview of Mechanism Of *Nasya Karma* - IRJAY, February: 2021, Vol-4, Issue-2; 125-130 DOI: <https://doi.org/10.47223/IRJAY.2021.4216>

INTRODUCTION

Ayurveda has its own unique principle in understanding disease by its preventive and therapeutic viewpoints. This may be the fact due to which this Science is persisting through centuries beginning from time immemorial. The disease as per *Ayurveda* is a status of disturbance in the homeostasis of *Tridosha*. Every day new diseases are emerging and good quality therapeutic is being invented.

That '*Nasya*' (Nasal therapy) being prime therapy for maintaining the health of the '*Urdhvajatru*' (Diseases of head and neck) region because it is the only karma that finds a place in simple routine references like '*Dinacharya* (daily regimen)' and also within the most sophisticated places like "*Panchakarma* (five internal bio-cleansing therapies)".^[1]

It is not possible to eliminate the vitiated *Doshas* which are situated in *Shirah* or *Nasa Pradesha* (Head or nasal) without *Nasya Karma* (Nasal therapy) because in maximum *Urdhvajatrugata rogas* (Diseases of head and neck) medicated oil is used. The reason is that it not only protects the nasal mucosa from foreign bodies but also potentiates immunity to *Nasa Pradesha* as well as *Urdhvajatru*

Classification of *Nasya* (Nasal therapy) according to different *Acharyas* are as below^{[4][5][6][7][8]}.

Name of Acharya	Classification of <i>Nasya</i> (Nasal therapy)
<i>Charaka</i>	<i>Naavana, Navan, Aavapidana, Dhampana, Dhuma</i> (<i>Nasya</i> therapy using fumes), <i>Pratimarsha</i> (low dose medication through nasal route)
<i>Sushruta</i>	<i>Shirovirechana, Pradhamana</i> (<i>Nasya</i> therapy using medicated insufflations), <i>Avapida Nasya, Pratimarsha</i> (low dose medication through nasal route)
<i>Vagbhata</i>	<i>Virechana</i> (purgation), <i>Brimhana</i> (nourishing), <i>Shamana</i> (Pacification)
<i>Kashyapa</i>	<i>Brimhana</i> (nourishing), <i>Karshana</i> (emaciation)
<i>Shaarangadhar</i>	<i>Rechana</i> (purgation), <i>Snehana</i> (Oleation Therapy)

(Diseases of head and neck). Due to it is direct contact with the external environment it is exposed to a lot of micro-organisms and pollutants present in the atmosphere. Due to increased environmental pollution and busy life, Rhinitis is a common disease in this present era.^[2]

Etymology

The word *Nasya* (Nasal therapy) is derived from "*Nasa Dhatu*" which conveys the sense of '*Gati*'(motion). Here the *Gati* means motion towards the nose and nasal accessories to head. *Vyapti* means pervasion.

In Ayurvedic texts, "*Nasa Dhatu*" is used in sense of nose. The literary meaning of the word *Nasya* (Nasal therapy) is being in the nose or the things beneficial to the nose.^[3]

Definition

Following are some well-known definitions of *Nasya* (Nasal therapy) from different classics of Ayurveda:

As per *Charaka* and *Vagbhata*, *Nasa* (Nose) is the gateway to *Shira* (Head). The drug administered through the nose as *Nasya* (Nasal therapy) reaches to brain and eliminates morbid *doshas* responsible for the disease.^[3]

Suitable Time For Administration Of Nasya

According to Acharya *Charaka* generally, *Nasya* (Nasal therapy) should be administered in a *Pravat*, *Sharada* (Autumn), and *Vasanta* (Spring) *rutu*(seasons). However, in an emergency, it can be given in any season by providing artificial conditions of the above-mentioned season, for example, in summer *Nasya* (Nasal therapy) should be given in cold places, and in the cold season, it should be given in warm conditions^[2].

In classics, a suitable time schedule for *Nasya* (Nasal therapy) is mentioned as below-

1. According to Vagbhatta by seasons - *Grishma* and *Varsha* (summer and rainy season) in the Evening.
2. According to *Doshaja*
 - a) *Kaphaja Vikara* - Morning.
 - b) *Pittaja Vikara* - Noon.

c) *Vataja Vikara* - Evening.

3. According to *Sushruta*

- a) In normal condition empty stomach (at the time of meal).
- b) *Vataja*, *Shiroroga* (disease of head), *Hikka* (Hiccups), *Aptanaka* (tetani), *Manystambha* (Cervical Spondylosis), *Swarabhramsha* (Hoarseness) -morning and evening.

4. According to certain diseases.

Lalasarava (Salivation), *putimukha*, *Ardit* (facial paralysis), *Karnanadi* (sinus inside the ear), *Trishna* (Thirst), *Shiroroga* (disease of head) excessive vitiated *dosha* can be administered at night as well.

Classical Schedule Of *Nasya Karma* (Nasal therapy)^[4,5,6,7] -

Charaka has not mentioned specific duration for the *Nasya* therapy but according to the severity of disease schedule of *Nasya karma* (Nasal therapy) can be as follows-

Sr No.	Name of Acharya	Duration in Days
1	<i>Vagbhata</i>	3, 5, 7, 8
2	<i>Bhoja</i>	9
3	<i>Sushruta</i>	Interval of 1,2,7,21 days
4	<i>Charaka</i>	According to disease

Dose Of *Nasya* (Nasal Therapy) Drug^[9]: -

The dose of *Nasya* drug depends upon the drug utilized for it and the variety of the therapy as well as *Aturbala* (strength of patient), *Doshabala*.

Acharya *Charaka* has not mentioned the dose of the *Nasya* drug, *Sushruta* and *Vagbhata* have described the dose in the form of *Bindus*(Drops). Classically one *Bindu* means the drop which is formed after dipping the two phalanges of *Pradeshini* (Index)finger. The dose of *Nasya* drug according to different types of *Nasya* (Nasal therapy) can be summarized as under.

Number of *Nasya* drops in each Nostril^[9]-

Types of <i>Nasya</i>	<i>Hrasva Matra</i> (digest in 6 hours)	<i>Madhyama Matra</i> (digest in 12 hours)	<i>Uttama Matra</i> (digest in 24 hours)
<i>Shaman Nasya</i> (Sedative <i>Nasya</i>)	8	16	32
<i>Shodhan Nasya</i> (Cleansing <i>Nasya</i>)	4	6	8
<i>Marsha Nasya</i> (high dose medication through nasal route)	6	8	10
<i>Avapidaka Nasya</i>	2	2	2
<i>Pradhmana Nasya</i> (<i>Nasya</i> therapy by medicated powder insufflations)	2	2	2
<i>Sneha Nasya</i>	8	32	64

DISCUSSION

Mode Of Action Of *Nasya Karma* (Nasal therapy)^[9]

1)As given in Ashtanga Sangraha -
Translation

- Nasa is the gateway to *sira* (head)
- The drug administered through nostrils reaches *Srungataka* (*Sira marma* by *Nasa Srota*)
- Distributed in the *Murdha* (brain), *Siramukha* (opening of the vessels) of *Netra*(eye), *Karna*(ear), *Kantha*(throat)

Under the complications of *Nasya karma* (Nasal therapy), Sushruta noted that the excessive *sodhana Nasya* (eliminative errhine) may cause *mastulunga* (CSF) to flow out through the Nose.

According to the modern point of view, there is no such direct pharmacodynamic (reaction of the body to drugs) consideration between the nose and cranial organs.^[10]

Moreover, some of the points to be noted are as

follows

- 1)Blood, Brain barrier is a strict security system that the human brain has.
- 2)The nose is used as a route of administration for inhalation of anesthetic materials.
- 3)Nasal administrations of luteinizing hormone and calcitonin are found to be equally effective as intravenous infusions in maintaining blood concentrations.
- 4)Scientists of the Institute of medical sciences Delhi have proved after experiments that drug administered through the nose shows effective action in the brain. So, it can be concluded that there is a very close relation between Brain and Nose.^[11]

Effect On Drug Absorption & Transportation^[12]

- 1)Keeping the head in lowered position and retention of medicine in the nasopharynx, helps in providing enough time for local drug absorption.
- 2)Any Liquid soluble substance has a greater possibility for passive absorption directly through the cells of the lining membrane.

3) On the other hand, massage and local fomentation also enhance drug absorption.

The direct transportation of medicine can be assumed in two paths.

1) By Vascular path

2) By Lymphatic path

1) Vascular path-

Vascular path transportation is possible through the pooling of nasal venous to the facial vein, which occurs naturally. At the opposite entrance, the inferior ophthalmic veins also pool into the facial vein. Both the veins have no venial valves in between.

Pooling of blood from paranasal sinuses is also possible in the same manner.^[13]

2) Lymphatic path-

1) Drug transportation by lymphatic path can reach directly into the C.S.F. (Cerebrospinal fluid)

2) It is known that the arachnoid matter sleeve is extended to the submucosal area of the nose along with the olfactory nerve.

3) Experiments have shown that the dye injected into the arachnoid matter has caused coloration of nasal mucosa within seconds & vice versa as well.^[11]

Olfactory pathway-

There are adjacent nerves called terminal nerves which run along the olfactory nerves & their functions are unidentified (Hamilton 1966). However, it is well known that these nerves are connected with the limbic system of the brain including the Hypothalamus.

CONCLUSION

On the basis of the above discussions, it can be concluded that the procedures, postures and conducts explained for *Nasya* karma (nasal therapy) are of vital importance in drug absorption and transportation. The facts discussed here are also convincing us about the definite effect of *Nasya* karma (nasal therapy) in the disorders of the Central Nervous System, mental and some endocrinal disturbances as well.^[14] Thus, to understand the pathways of *Nasya* (nasal therapy) drug (classical errhine) acting on the central Nervous system, it is

important to understand the details and modus operandi of *Nasya* karma (nasal therapy).

Acknowledgement- Nil

Conflict of interest- Nil

Financial Support- Nil

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