

AYURVEDIC SIGNIFICANCE AND INDICATIONS OF VARIOUS TYPES OF NASYA KARMA

Dr. Rushikesh Tejrao Dahake*¹ and Dr. Sanjay Sharma²

¹Assistant Professor, Department of Panchakarma, SVNH Ayurved Mahavidyalay, Rahuri, Maharashtra, India.

²Associate Professor, Department of Shamhita Sidhant, SRC Ayurved Mahavidyalay, Chikhli, Maharashtra, India.

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*Corresponding Author: Dr. Rushikesh Tejrao Dahake

Assistant Professor, Department of Panchakarma, SVNH Ayurved Mahavidyalay, Rahuri, Maharashtra, India.

ABSTRACT

Nasya Karma is a well-known technique amongst the many approaches of *Panchakarma*, which mainly utilized to treat *Urdhwajatrugata* disease. *Nasya* entails using the nasal route to provide medicinal oils or other therapeutic ingredients. *Nasya* therapy is considered effective in treating conditions including *Dustapratishyaya*, *Pakshaghata*, *Shirasoola* and *Ardita*, etc. The *Uttamanga* is purified by the *Shodhana* process of *Nasya*. Since the nose is regarded as the entrance to the head, using this method to administer medication gives direct access to the head's central structures. Ayurvedic knowledge states that medications administered through the nose travel through the *Nasa Srotas* to the *Shringataka Marma*, which is a crucial channel junction, after which they spread throughout the *Murdha*, influencing *Kantha*, *Shrotra* and *Netra*. Based on administration approaches, *Nasya* is divided into five categories; *Navana*, *Avapidana*, *Dhmapana*, *Dhuma* and *Pratisha Nasya*. By maintaining the healthy operation of sensory and cognitive skills, *Nasya* not only prevents disorders of the head and neck but also enhances respiratory functioning of body.

KEYWORDS: *Ayurveda*, *Panchakarma*, *Nasya*, *Nasal route*, *Shodhana*.

INTRODUCTION

Nasya is an important therapeutic technique used in several Ayurvedic schools, particularly in *Shalakya Tantra* and *Panchakarma*. It entails administering medications by the nose in a variety of forms, including *Sneha*, *Kwatha*, *Swarasa* and *Kalka*. Since the nose is said to be the primary entrance to the head, *Nasya* is thought to be very useful in treating conditions affecting the area above the collarbone, collectively known as *Urdhwajatrugata Roga*. *Nasya* therapy is frequently used to treat conditions that impact the ears, eyes, noses and head regions.^[1-3]

Classical Ayurvedic literature mentioned several forms of *Nasya Karma*, each intended to accomplish a different medicinal goal. In this approach by entering the skull through the nose, the drug feeds the *Kapha* and affects *Shringatak Marma*, a crucial point where the four main channels of the eyes, nose, ears and tongue come together. The central inner region of the skull is where *Shringatak Marma* is located. *Nasya* is especially useful in treating conditions relating to the head because it is the most direct and closest route to the head. It is

regarded as the sole purifying process capable of performing *Uttamanga Shuddhi*, or upper body cleansing. In addition to the type of preparation, *Churna* and various herbal forms, different *Acharyas* have classed *Nasya* according to its action.^[4-6]

Importance of Nasya Karma

Nasya is one of the best ways to calm and remove irritated *Doshas* in the upper body, especially those that affect *Indriyas*. *Nasya* provides a distinct benefit by avoiding the stomach system and guaranteeing a faster onset of effect by delivering medication straight to the bloodstream through the nasal mucosa. This treatment is especially helpful for conditions like nasal congestion, sinusitis, migraines, sleep disorders, hair loss, premature greying and anxiety, etc. The general indications of *Nasya* includes disorders like *Shirasthamba*, *Manyasthamba*, *Dantastamba*, *Karna Shula*, *Mukharoga*, *Pinasa*, *Shirashula*, *Ardita*, *Apatantraka*, *Danta Harsha*, *Ardhavadhedaka*, *Swarabheda*, *Awabahuka* and *Apasmara*, etc.^[5-7]

Types

According to the method of administration *Nasya* are five types including *Navana*, *Avapidana*, *Dhmapana*,

Dhuma and *Pratimarsha Nasya*. According to mode of action it can be classified into three categories as mentioned in **Figure 1**.

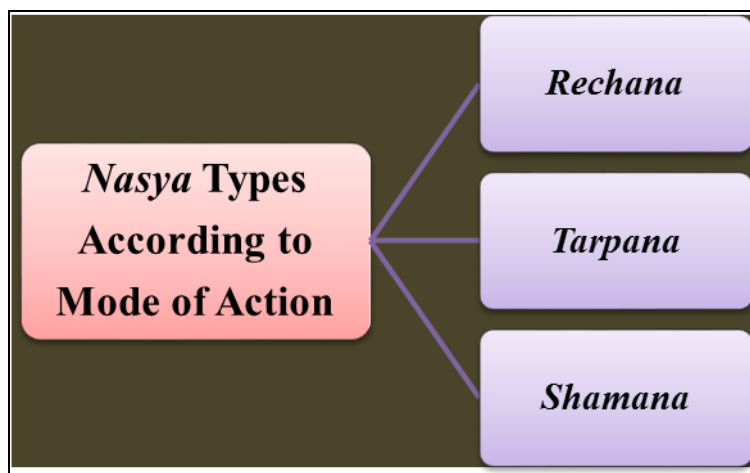


Figure 1: Nasya Types According to Mode of Action.

Additionally according to various parts of drugs utilized it can be categorized as *Phala*, *Patra*, *Mula*, *Kanda*, *Pushpa*, *Niryasa* and *Twaka Nasya*. **Table 1** depicted

various types of *Nasya* along with their descriptions and indications.^[6-8]

Table 1: Descriptions and indications of various Nasya Karma.

Type of Nasya Karma	Description	Indications
<i>Pradhamana Nasya</i>	Administration of <i>Churna</i> using a special <i>Nadiyantra</i> . Drugs are used <i>Pippali</i> , <i>Maricha</i> and <i>Saindhava</i> , etc.	<i>Shiro Roga</i> , <i>Nasa Roga</i> and <i>Akshi Roga</i> .
<i>Pratimarsha Nasya</i>	Mild form of <i>Nasya</i> ; <i>Anu Taila</i> used as drug	Suitable for <i>Bala</i> , <i>Sukumara</i> , <i>Kshama</i> , <i>Trishna</i> and <i>Valita</i> , etc.
<i>Navana Nasya</i>	Administration of <i>Sneha Dravya</i> into nostrils.	<i>Vatika Shirahshula</i> , <i>Timira</i> , <i>Karnashoola</i> , <i>Urdhwajatrugata Kapharoga</i> , <i>Shirogaurava</i> and <i>Pinasa</i> , etc.
<i>Avapida Nasya</i>	Nasal instillation of <i>Swarasa</i> or <i>Kalka</i> of <i>Tikshna</i> and <i>Stambhana</i> drugs.	<i>Manasaroga</i> , <i>Bhaya</i> , <i>Murchha</i> , <i>Shirovedana</i> , <i>Vishamajwara</i> , <i>Raktapitta</i> and <i>Manovikara</i> , etc.
<i>Dhuma Nasya</i>	Inhalation of medicated fumes through nostrils and expelled via the mouth.	<i>Shiiroroga</i> and <i>Nasaroga</i> , etc.
<i>Rechana Nasya</i>	Use of <i>Tikshna</i> , <i>Ushna Virya</i> drugs such as <i>Apamarga</i> and <i>Pippali</i> , etc.	<i>Shirogaurava</i> , <i>Pinasa</i> , <i>Atinidra</i> , <i>Manovikara</i> , <i>Sannipataja Jwara</i> and <i>Abhishyanda</i> , etc.
<i>Tarpana Nasya</i>	Administration of <i>Snigdha</i> and <i>Madhura Rasa</i> drugs.	<i>Vatapittaja</i> disorders; <i>Ardita</i> and <i>Shirahkampa</i> , etc.
<i>Shamana Nasya</i>	Balancing type of <i>Nasya</i> that pacifies <i>Doshas</i> .	<i>Akala Valita</i> , <i>Raktapitta</i> , <i>Palita</i> , <i>Darunaka</i> , <i>Vyanga</i> and <i>Khalitya</i> .

The nose is direct entrance to the *Shirah*, which suggests that any medication delivered via nose can readily enter the brain and be absorbed there. Medication passes through the *Nasa Srotas* and reaches the *Shringataka* which is a crucial *Siramarma*, because the nose is the entrance to the head. After that, it penetrates the *Murdha* and splits off into the *Netra*, *Shrotra* and *Kantha* paths. This procedure successfully expels exacerbated *Doshas* from the *Uttamanga* by facilitating their removal from the *Urdhwajatra* area. *Shringataka Marma's* role in

Nasya Karma's action might be interpreted as a focal point where the drug's administration affects and cleanses the head's interconnecting pathways.^[8-10]

Contra Indications of Nasya

- ✓ *Nasya* therapy should be avoided during *Anritu* and *Durdina*.
- ✓ It should not be taken right after meals.
- ✓ It should not be used by pregnant ladies or those who have recently had *Basti Karma*.

- ✓ *Sushruta* advises against performing *Nasya* on people who have recently received *Virechana Karma*.
- ✓ Should avoid in people suffering from *Ajirna*.
- ✓ Should avoid in people who are physically exhausted from exertion.

CONCLUSION

Based on their intended use and therapeutic application, *Nasya Karma* is divided into various categories. *Virechana Nasya* is mostly used for detoxification and is very helpful for ailments like migraines and chronic sinusitis. It frequently uses herbal powders and formulations like *Shadbindu Taila*. *Brimhana Nasya* has a nourishing function and is best for people who are suffering from degenerative diseases, mental exhaustion, or hair loss. Typical constituents are *Brahmi* and *ghee*. *Shamana Nasya* is useful in treating allergies and inflammatory diseases since it calms and balances agitated *Doshas*. Using specially formulated herbal oils, *Navana Nasya* is a flexible form that is suited to each person's *Dosha* imbalance and is frequently used in illnesses including thyroid dysfunction. *Pratimarsha Nasya* is a mild *Nasya* that is meant to promote general wellness and preventative care. *Anu Taila* is typical formulation used in *Pratimarsha Nasya*.

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