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NASYA KARMA - A BASIC CONCEPT OF AYURVEDA

Ayurveda

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KEYWORDS

INTRODUCTION

Nasya karma is one of the *Panchakarmas* mentioned in *Ayurveda. Nasya* therapy is a process where in the drug (herbalized oils and liquid medicines) is administered through the nostrils. Since nose is the gateway of the head, the therapy is highly effective in curing a number of diseases pertaining to the head, if it is performed systematically. The therapy cleanses and opens the channels of the head, thereby improving the process of oxygenation (*Prana*), which has a direct influence on the functioning of brain. The therapy is beneficial if done on a regular basis, because it keeps the eyes, nose and ear healthy. It also prevents the early greying of hair and beard. Nasya Karma ensures the proper and healthy growth of hair. The Therapy enhances the activity of sense organs and protects the person from diseases pertaining to head (Urdhwanga). Early aging process is effectively prevented by the regular administration of Nasya Karma. This paper review the types, karma, mode of action, its uses according to Ayurveda.

TYPES OF NASYA KARMA

1. Navana Nasya:- This is an important type of Nasya that can be used regularly or in any season.

(a) Navana Saneh Nasya: - According to Acharya Sushruta the type of Nasya which cures the cognitive lethargy, strengthens the head, neck, shoulder, thorax region and also enhances the eyesight is called as the Navana Nasya.

Material used: Medicated oils such as Anu tail and Shadbindu tail
Indications: Headache, weak teeths, hair fall, moustaches hair loss, earache, tinnitus, defects of the vision, diseases related to nose, dryness of mouth, frozen shoulder, wrinkles, greying of hairs.

(b) Navana Shodhana Nasya: - The Navana Shodhana Nasya is used when Kapha is accumulated in the neck, head and in nasal region moreover for the persons who suffer from anorexia, feeling of heaviness in head, rhinitis, epilepsy, anosmia and the diseases of the head region. The unctuous substance used for Nasya according to the Doshas: in Vatakaphaj –Thaila, in kevalavata – Vasaa, in pitta - Ghee And in vaata pitta -Majjaa

Material used: Pipliyadi saneh and Anu tail.
2. Avapeed Nasya: - Avapeed means compression and the Nasya therapy in which the herbs are compressed to obtain the Savaras and Kalk to administer in the nostrils is called as the Avapeed Nasya. It is of two type's Stambhan and Shodhana Nasya.

(a) Shodhana Nasya: Shodhana Nasya is a type of Avapeed Nasya in which cleansing of the head region is done. Acharya Sushruta called Avapeed Nasya as the other option for Shiro Virechana because of its purifying nature.

(b) Stambhan Nasya: A type of Avapeed Nasya which is used as a styptic. Saindhav pippalyadi kalk, milk, sugarcane juice, clarified butter, meat soup, dorva svaras are used in this type of Nasya.

3. Dhamapan Nasya: - Dhamapan means to blow; it is a type of Shodhana Nasya in which powder of drugs are blown in the nostrils i.e. fine powder. It is also known as the Pradhaman Nasya. Nasya netra is used to execute the Dhamapan Nasya. It is tube approximately of 6 angul length and open from both the ends. The narrow end of the tube is filled with medicated powder while the air is blown from the other open end. The dose of the drugs depends upon the diseases and the type of drug used. Dose of Dhamapan Nasya is generally 3 muchyuti. Dhmapan Nasya can be execute in other ways such as take shukti prman of fine powder and bind it into the bale and ask the patient to inhale through the bale.

Indication: It is indicated in mania, epilepsy and various mental ailments.

4. Dhoom Nasya:- Dhoom means smoke in this type of procedure through nostrils the medicated smoke is inhaled hence it is termed as the Dhoom Nsaya. It is of three types as follows -

Note: When the medicated smoke is inhaled from the nose it is called as the Dhoom Nasya while when undertaken through the mouth it is called as the Dhoompan.

(a)Prayogik Nasya: Prayogik Nasya means to subside. It basically subside the vitiated Doshas in the region above the clavicle and the Nasya netra which is used for this type of Nasya is of 36 angul.

(b)Sanehik Nasya: Sanehik Nasya is the type of Nasya which provides the moisture to lubricate the head region and in this type of therapy Nasya netra used is of 32 angul.

(c)Virechanik Nasya: In Virecahnaik Nasya the word Virechana means cleansing and the type of Nasya which is used to purify the senses located in the head region is called as the Virechanik Nasya. The Nasya netra used for this is of 24 angul.

Note: According to Acharya Vagbhata if in head and nasal regions impurities are already in enhanced state then inhale the smoke from nose first and then from mouth but in other case if you want to aggravate the impurities in the head region so that they easily get their way to exit then take the smoke from the mouth first then from the nose.

Indication: It is indicated in the head, nose and eyes related diseases. Dhoom netra here proves to be very beneficial, now asks the patient to keep the medicine at the wide end of the Dhoom netra and procure 3 puffs from the narrow end of it. Inhale puff alternatively 3 times.

5. Prati Marsha and Marsha Nasya: Pratim Marsha Nasya and Marsha Nasya are the types of Sneha Nasya i.e. in which Sneha is administered through the nostrils. There is just a difference of dose between them.

(a) Marsha Nasya: This type of Nasya is administered in bahu Dosha Avastha (vitiated Doshas) and the drugs used here are clarified butter, oils etc in Sneha from. It can be administered all the time except in durdin (rainy day when sun is covered with clouds).

(b) Pratimarsh Nasya: This Nasya can be administered throughout life. It is very much beneficial just like Marsh Nasya. The dose of Marsh Nasya is 2 drops in each nostril (Total 4 drops). Acharya Charaka said that this type of Nasya never build complications. It should be given two times a day in morning as well as in evening. It does not enhance the Doshas and nourishes the mind as well as the body.

Contraindications: After taking food, unctuous substance, alcohol, water Nasya is contraindicated. If there is Garavisha in his body, After taken and want to take head bath, after bloodletting, who has urge for passing urine, stools etc, who is suffering from injuries, immediately after Vamana, virechana, Basti, In Pregnant lady, First 45days after delivery, in Acute coryza, In Breathing difficulty, cough and Amenorrhea, on inauspicious day Nasya Karma is contra indicated.

Nasya administration: The treatment procedure is divided in to three parts:-
Purva Karma (pre procedure), Pradhana Karma (main Procedure) and Pashyat Karma (Post Procedure)

PURVA KARMA (PRE PROCEDURE)

- Selection of the patient: - Selection of the patient for this procedure depends up on the diagnosis which is done with Astha vidha pareeksha (eight fold examination) and Dashavidha Pareeksha's (tenfold examination) which is done by a qualified physician. The procedure is not to be done with full stomach and the patient is asked to void all natural urges before the procedure
- Selection of the medicine:-The selection of the medicine for the procedure is based on the patient's condition, the medicated Oil, Gritha and Churna is selected depended upon the Rogi Bala (Strength of the patient) and Roga Bala (severity of the disease).

PRADHANA KARMA (MAIN PROCEDURE)

- The patient is allowed to sit in the clam, smokeless and dust free room for Nasya karma. The Nasya table and Nasya yantra is prepared for the patient.
- The Nasya yantra that is used for instillation of the oil is 6 angula in length and wider from one end while narrow from the other.
- Ask the patient to lie down on Nasya table in supine position by tilting head in downward direction approximately at 45 degrees from the body and then cover the eyes of the patient with hands or cotton swab.
- Slight Abhyanga and Swedana are done to the face, neck, chest and back region before staring the procedure.
- Now the physician lifts up the columella of the patient by the index finger of his left hand and closes his other nostril with his thumb.
- Now pour the nasal drops or herbal medicines through nasal dropper in nostrils of the patient. Neither pour the medicine into nostril with gradual pace nor too fast neither too slow i.e. it should be poured drop by drop.
- Ask the patient to take deep breath so that whole of the medicine pours down into the nose and now repeat the same procedure on the other side as well.
- This procedure is for medicines that occur in liquid state but if Nasya is to be given in the form of churn then instead of nasal dropper, Nasya Netra or Dhoom Netra is used for the procedure.
- There are different types of Nasya according to their dose, drugs types and given according to seasons along with diseases from which the patient is suffering.
- After administration of medicine the patient should lie in the supine position up to 100 count and then conduct the massage in the neck, head and facial region moreover give tap Saweda by cloth dipped in the hot water or by hands.

PASHYAT KARMA (POST PROCEDURE)

- The patient should slowly inhale the instilled medicine, simultaneously his ears, forehead (lalata), Scalp (kasha bhoomi), ganda, nape region (manya), Shoulders (skandha), palms (paani tala), feet (paada tala) are gently massaged.
- When the medicine reaches the throat he should spit it by turning to his right side or left side.
- He should be instructed not to swallow the medicine.
- After this Dhoomapana i.e. medicated fume inhalation through nose indicated in that particular condition is administered.
- Warm water Gandoosha (gargling) should be done after the Dhoomapana (medicated smoking).
- After the completion of Nasya therapy the patient feels lightness in the whole body, have sound sleep, there is decline in the symptoms of the disease for which Nasya Karma is performed. It also purifies the channels of the head and makes the person more ebullient.

MODE OF ACTION OF NASYA DRAVYA

By general blood circulation, after absorption through mucous membrane drugs gets direct pooling into venous sinuses of brain via, inferior ophthalmic veins and absorption directly into the cerebrospinal fluid. Many nerve endings which are arranged in the peripheral surface of mucous membrane olfactory, trigeminal, etc will be stmilluted by Nasyadravya and impulses are transmitted to the central nervous system. These results in better circulation and nourishment of organs and the diseases will subside.

DRUG USED FOR NASYA

Achyranthes Aspera, Piper longum, Piper Nigrum, Emblica ribes, Moringa pterygosperma, Brassica nigra, Cumin cyminum, Carum roxburghianum, Salvadora Persica, Nigella sativa, Ocimum sanctum, Chitoria Terneta, Albizzia lebeck, Allium sativum, Cureuma longa, Berberis aristata, celastrus paniculata, Zingiber officinale, Boswellia serrata, Zanthoxylum alatum, balanites roxburghii, Cinnamomum zeylanicum, Solanum melongena, Elettaria cardamom, Raphanus sativus, Calotropis procera, Calotropis gigantia, Saussurea lappa, Croton oblongifolius, Acorus calamus, Clerodendron serratum, Citrullus colocynthis, Hydrocotyle asiatica, Aconitum heterophyllum, Symplocos Racemosa, Randia dumetorum, Alstonia scholaris and many more...

DISEASES TREATED UNDER NASYA THERAPY

Aphonia, Bronchitis, Cataract, Catarrh, Coryza and Chronic coryza, Diseases of mouth, nose, ear, eye and head, Diseases of the eyelid, Dryness of The Nose, Facial Paralysis, Frozen Shoulder, Hemi Crania, Hoarseness of voice, Hysteria, Migraine, Multiple Sclerosis, Parkinsonism, Seminal disorders, Shoulder pain, Sinus Congestion, Sinusitis, Stammering, Stiffness in the head, neck, teeth and jaw, Tetanus, Tonsilitis, Toothache and other tooth disorders and Uvulitis

CONCLUSION

Nasya Karma is considered best for cleaning mild vitiated Kapha Doshas, urdhwajatrugat rog, after Vaman Karma and also as a faster route of drug administration. It should be practised in daily life style as mentioned under Dincharya. But for getting proper benefit one needs to be aware of proper procedure, drug selection, administration etc. In this scenario the present article is very helpful for getting good health.

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