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An Appraisal on Therapeutic action of Nasya therapy and review on Nasya Dravya.

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Abstract:

Ayurveda elaborated several therapies for good health and *Panchkarma* is one such approach of Ayurveda which deals with purification of body. This therapy used for detoxifying whole body through various procedure and *Nasya Karma* is one among them. *Nasya Karma* involves administration of drug through nostril to alleviate diseases of head region. Medicines administered in the form of *Ghee*, oil, liquid, medicated smoke and powder, etc. *Nasya Karma* is useful for the treatment of diseases belongs above the clavicle region and also improves functioning of the endocrine glands. *Nasa* is considered as doorway to *Shiras* therefore *Nasyaushadhi* reaches to brain through nasal route and affects endocrinal, neurological & circulatory functioning of body. This therapy relieves symptoms of *Gaurava*, *Supti*, *Stambha* and *Shirashula*, etc. The commonly used *Nasya Ausadhis* are *Katphala Churna*, *Katu tumbi Churna*, *Pippali Churna*, *Maricha Churna*, *Anu taila*, *Sadbindu taila*, *Jatyadi taila*, *Padmakadi taila*, *Kumkumadi taila*, *Vacha*, *Ghrita* and *Ghanasara yoga*, etc. These drugs by virtue of their properties provide therapeutic responses in many diseases. The specific route of drug administration through nasal ways offers fast and targeted response of therapeutic agents. Present article summarizes therapeutic role and mode of action of *Nasya Dravya* towards the management of diseases.

Keywords: *Ayurveda*, *Nasya Dravya*, *Nasya Karma*, *Panchkarma*.

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Introduction:

Nasya is one of the vital modality of Ayurveda *Panchakarma* in which medicines administered through the nostrils. It is believed that nose is the gateway of head; therefore this therapy helps to cure diseases of head region. This therapy expands the head's channels, which improves the oxygenation process and influences brain function. The medicine works by stimulating the function of olfactory receptors, which promotes the health of the eyes, nose, ear, and throat. Selection of medication for nasal administration, dose and frequency of drug administration, and other aspects all contribute to *Nasya Karma*'s performance. [1-4].

Nasya (Nasya-karma) is also known as *Navana* and the formulations used for this therapy called *Nasika kalpana*. Churna

Kalpana, Taila Kalpana, Ghrita and Ghanasara Yoga are some of the most prevalent *Nasya Aushadhi Kalpanas*. The treatment is mostly used to treat *Urdhvajatrugata Vikaras*. *Nasya* therapy is beneficial for *Manyastambha* since it relieves the symptoms of *Gaurava*, *Supti*, *Stambha*, and *Shirashula*, among others. *Nasya* therapy involves instillation of drug through nasal route hence cures diseases of supraclavicular region, medications *via* nasal route affects *Prana Vata*, *Sadhaka Pitta*, *Majja Dhatu* and *Tarpaka Kapha*, etc [4-7].

Modern science also emphasizes utility of *Nasya* therapy to relieves stiffness of head & neck, suggested for headache and migraine, relief symptoms of sinus & congestion, prevent toothache, clears obstruction of throat, treats tonsillitis & pharyngitis, useful for facial paralysis and disorders located above the clavicle area.

Table 1: Different classifications of *Nasya* as per Ayurveda Classics:

S. No.	Number of <i>Nasya</i>	Types of <i>Nasya</i>
1	Two	<i>Rechana, Snehana</i>
2	Two	<i>Brumhana, Karshana</i>
3	Two	<i>Sangyaprabodaka, Stambhana</i>
4	Two	<i>Prayogika, Snaihika</i>
5	Three	<i>Rechana, Tarpana, Shamana</i>
6	Three	<i>Virechana, Brumhana, Shamana</i>
7	Four	<i>Shirovirechana, Pradhamana, Avapeeda, Pratimarsha</i>
8	Five	<i>Navana, Avapeedana, Dhmapana, Dhuma, Pratimarsha</i>
9	Six	<i>Phala, Patra, Moola, Pushpa, Niryasa, Twak</i>

These different types of procedures used for cleansing, nutritive and sedative purpose. Different types of *Nasya* also help to pacify aggravated *Dosha* and relieving stress [8]. According to Acharya Charak, there are

five types of *Nasya* viz. *Virechana nasya*, *Bruhana nasya*, *Shaman*, *navan* and *Marshya nasya*.

Nasya Karma Described by Charaka:

1. **Virechana Nasya:** This procedure involves administration of dry powers or herbs into the nose, the commonly used substances are *Vacha*, *Brahmi* and *Jatamansi*. This procedure mainly used for cleansing purposes thus clears nasal congestion.
2. **Bruhana Nasya:** This is considered good for *Vata Dosha*, in this procedure substances which improves strength and tonicity are administered through the nose. *Ghee*, *Shatavari ghee*, medicated milk and *Ashwagandha ghee*, etc. are mainly used for this purpose.
3. **Shamana Nasya:** *Shamana Nasya* involves utilization of medicated decoctions, fresh juice, medicated oils and teas, etc. to alleviate *Dosha*. The specific substances for particular *Dosha* used as follows:
 - *Brahmi ghee* recommended for *Pitta*
 - *Vacha* oil for *Kapha* or *Vata*
 - *Tikta* ghee for *Vata* or *Pitta Dosha*
4. **Navana Nasya:** Decoctions, fresh juices of *Brahmi* & *Vachai* and medicated oils are administered to pacify aggravated *Dosha*.
5. **Marshya Nasya:** Medicated *ghee* or oil inserted through the nostrils using little finger with gentle massage, this procedure relieve stress and clears obstruction of deep tissues.

Probable mode of action of Nasya Karma & Nasya Dravya:

Taila used for *Nasya* purpose, especially in case of *Siroroga*. *Murcchita Krishna Tila Taila*, *Bhringa Rasa*, *Aja Paya*, *Eranda*, *Tagara*, *Shatahva*, *Jivanti*, *Rasna*, *Bhringa*, *Vidanga*, *Yashti*, *Shunthi* and *Saindhava Lavana*, etc. are used for *Nasya* purpose.

These *Nasya Dravyas* offers *Vata* & *Kapha Shamak* action, *Tridosahara* and anti-inflammatory effects. These properties of *Nasya Dravyas* helps to relieve *Vata* & *Kapha Dosha* therefore cure nasal congestion, headache, migraine and stiffness of neck. *Ashwagandha Churna* used for *Nasya* therapy increases *Pitta* thus boost appetite, the *Medhya* and *Vedana Sthapana* effects of *Nasya Dravya* like *Shatavari Churna* relieves pain and improves brain functioning. *Vata* and *Kapha Dosha* are mainly involves in diseases of head and neck region, the drugs used for *Nasya* purpose provides *Vata* & *Kapha Shamak* action therefore imparts beneficial effects in such types of disorders. The *Doshapratyanika* property of Ayurveda relieves symptoms of pain, stiffness and congestion.

Nasya Karma liquefies *Dosha* and *Mala* thereafter these morbid *Doshas* & toxins get eliminated. The cleansing effects on *Srotas* clear congestion and obstruction thus cure diseases caused by *Vata Dosha*. Application of oil through nasal route prevents stress, induces sleep, impart soothing effect and control problems associated with stress and depression. This therapy control intensity of

migraine and headache by virtue of their calming and nourishing effects.

Nasya Karma open up pathways of *Shira* therefore drug through nostrils reaches *Sringaataka* and spreads to the *Murdha*, *Netra*, *Shrotra*, *Kantha* and *Mukha*, gathers morbid *Dosha* in *Urdwajatru* and extract them from *Uttamanga*. The aqueous ingredient easily gets absorbed through mucous membrane of nasal & olfactory mucosa, fat soluble ingredient assimilated through the nerve endings. *Nasya Dravya* gets absorbed through passive process *via* the cell membrane. Blood circulation of head and facial region play important role towards the onset and duration of action of *Nasya Dravya*. Efferent vasodilator nerves receive stimulation by fomentation and increases blood flow to the brain. The *Kapha Vata Nashaka* and *Srotoshodhaka* properties of drugs stimulates vasodilator nerves hence thereby increases blood circulation to the brain and relives symptoms of diseases related to the head region and brings effective relief in case of migraine [9, 10].

Discussion:

The *Nasya kala* means proper time and duration of administration of *Nasya* drug also play important role in the success of *Nasya* therapy. *Nasyadravya* if utilizes in proper time then these drugs control neurological, endocrine and circulatory functioning of body. Drug absorption through nasal route imparts fast onset therefore exerts quick response and prolong action. The bioavailability of drug increases since drug directly reaches to the site of action thus small dose of drug imparts high therapeutic

responses. Site of deposition, degree of absorption and viscosity of drugs contributed toward the contact time between nasal mucosa & drug. When this contact time increases then optimum response of therapy observed. The chemical impulse, electrical impulse and neuronal impulse, etc. are important ways of drug action through nasal route.

The pathways of *Nasya* medicines through nasal route are from nasal cavity to olfactory area of cerebral cortex. Drugs first reaches to nasal cavity then olfactory epithelium followed by olfactory nerve then cribriform plate of ethmoid bone and anterior cranial fossa thereafter reaches to the medial and lateral olfactory area of cerebral cortex. This pathway support action of drug through nasal cavity, neck, throat, respiratory passage and brain, etc. The properties of *Nasya* medicines and pathways of nasal route helps to alleviates diseases located above clavicle region [10-12].

Conclusion

Ayurveda described *Panchkarma* as prime therapeutic approach of detoxification and *Nasya Karma* is one such approach of body purification. *Nasya Karma* involves instillation of drug through nostril and this process helps to alleviate diseases of head, neck, ear and throat, etc. *Nasya Karma* administered medicines in the form of oil, liquid, *Ghee*, medicated smoke, juice and decoction, etc. *Nasya Karma* improves endocrine functioning, since *Nasyaushadhi* reaches to the brain through nasal route therefore alter endocrinal, neurological & circulatory functioning of body. This therapy

helps to cure symptoms of *Supti, Gaurava, Shirashula* and *Stambha*, etc. *Katphala Churna, Pippali Churna, Katu tumbi Churna, Anu taila, Jatyadi taila, Padmakadi taila, Sadbindu taila, Kumkumadi taila* and *Ghrita*, etc. are formulations used for *Nasya Karma*. *Nasya Karma* liquefies *Dosha* and toxins that after these morbid *Doshas* & toxins get eliminated from the body. *Nasya Karma* cleans *Srotas*, clear congestion, removes obstruction, pacify *Vata Dosha* and impart soothing and calming effects. This therapy reduces problems of stress and depression, relives migraine, headache and treats diseases located above clavicle region.

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