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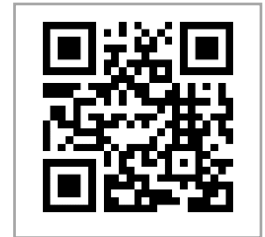


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Preventive and Promotive Role of *Nasya* in *Urdhvajatrugata Roga*: A Review

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ABSTRACT:

Classical texts emphasize the nose as the gateway to the head, enabling direct drug delivery to cranial structures. *Urdhvajatrugata roga* comprises diseases affecting structures above the clavicle, including the nose, eyes, ears, brain, and throat. Ayurveda described *Nasya Karma* (nasal administration of medicated oils, *ghrita* or *churna*) as a principal therapeutic and preventive intervention for these disorders. Contemporary research supports this view by demonstrating that intranasal administration can bypass hepatic first-pass metabolism and even the blood-brain barrier. This paper reviews classical Ayurvedic concepts alongside modern scientific evidence to evaluate the preventive and promotive roles of *Nasya*. Evidence suggests that *Nasya* contributes to neuroprotection, mucosal immunity, improved cognitive function, and disease prevention in the head and neck region.

KEYWORDS: *Nasya Karma*, *Urdhvajatrugata Roga*, Intranasal Drug Delivery, Preventive & Promotive Treatment,

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INTRODUCTION:

Ayurveda is fundamentally rooted in preventive healthcare, aiming to preserve health (*Swasthasya Swasthya Rakshanam*)^[2] while treating disease. Urdhvajatrugata roga includes disorders such as sinusitis (*Pratishyaya*), migraine (*Ardhavabhedaka*), cervical disorders, eye diseases, and neurological conditions. *Nasya Karma*, one of the five major procedures of Panchakarma, is specifically indicated for these diseases. It involves instillation of herbal formulations through the nostrils, allowing direct access to the cranial cavity and systemic circulation. Modern medicine has increasingly recognized the nasal route as a promising drug delivery system due to its rapid absorption and ability to target the central nervous system.

Materials and Methods

This study is a narrative review based on:

- Classical Ayurvedic texts (*Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya*)
- Peer-reviewed journal articles on *Nasya* and intranasal drug delivery.
- Experimental and clinical studies evaluating efficacy and pharmacokinetics.

Databases reviewed include PubMed, AYUSH journals, and indexed Ayurveda research publications.

Conceptual Framework of Nasya**1. Ayurvedic Perspective**

When medicinal substances are administered via the nasal route, they act through specialized neurological and vascular pathways to reach the *Shringataka Marma* (a primary anatomical junction in the head).

Nasya is defined as the administration of medicated oil, powder, or juice through the nasal route. It is classified into:^[4]

- *Virechana Nasya* (eliminative)
- *Brimhana Nasya* (nutritive)
- *Shamana Nasya* (palliative)
- *Navana Nasya* (oil-based)

- *Pratimarsha Nasya* (daily low-dose)

Among these, *Pratimarsha Nasya* is widely recommended for preventive use due to its safety and ease of administration.

Benefits of *Pratimarsha Nasya* : Administering *Nasya* during the first five time-periods mentioned above leads to the purification of the body's channels (*Srotas*). Subsequently, utilizing *Nasya* during the next three time-periods alleviates *Klama* (fatigue); following this, administering *Nasya* during the subsequent five time-periods enhances visual acuity. Furthermore, regarding the remaining two time-periods (the 14th and 15th), a dosage of 1 or 2 drops is prescribed. Administering *Nasya* during these final two periods respectively results in the stabilization of the teeth and the pacification of the *Vata Dosha*.

Administration of the *Pratimarsha Nasya* advise from birth until just before death.

2. Modern Scientific Correlation

Modern pharmacology correlates *Nasya* with intranasal drug delivery systems, which offer:

- Rapid absorption through nasal mucosa
- Avoidance of first-pass metabolism
- Direct access to brain via olfactory and trigeminal pathways.

Recent experimental studies aim to evaluate its effects on brain activity using functional MRI, suggesting measurable neurophysiological modulation.

Mode of Action**1. Ayurvedic Mechanism**

- Liquefaction and expulsion of aggravated *Doshas* (especially *Kapha*).
- Nourishment of sense organs and brain tissues.
- Cleansing of channels (*Srotoshodhana*).

2. Biomedical Mechanism

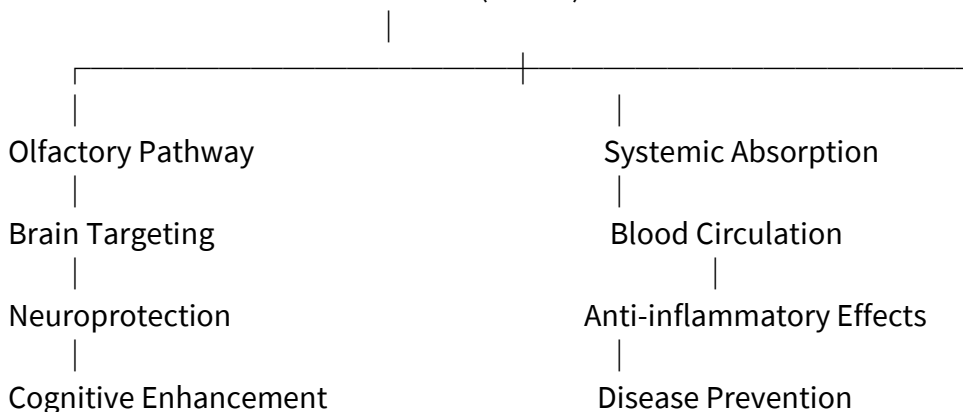
- Drug transport via olfactory neurons.
- Improved mucociliary clearance.

- Anti-inflammatory and immunomodulatory effects

Pharmacokinetic studies confirm systemic absorption of herbal constituents after *Nasya* administration.

Mechanism of Action of *Nasya* [7]

NASAL ADMINISTRATION (*NASYA*)



Preventive Role of *Nasya*

1. *Dosha* Balance
Nasya helps in maintaining the balance of doshas in the head region, preventing accumulation and subsequent disease manifestation.
2. Cleansing of Channels (*Srotoshodhana*)
Nasya clears the nasal passages and sinuses, removing accumulated mucus and toxins. This helps prevent respiratory and sinus-related disorders.
3. Protection Against Environmental Factors
Daily *Nasya*, especially with medicated oils like Anu Taila, forms a protective barrier against dust, allergens, and pollutants.
4. Prevention of Degenerative Changes
Nasya nourishes tissues and prevents dryness, stiffness, and degeneration associated with aging, especially in the cervical and cranial regions.
5. Enhancement of Immunity
By strengthening local defence mechanisms, *Nasya* reduces susceptibility to infections such as rhinitis, sinusitis, and throat infections.
6. Anti-aging Effects [9]
 - Prevents hair fall and premature greying

- Maintains skin tone and facial vitality (Useful in patient of facial paralysis)
Classical and modern interpretations suggest that daily *Nasya* acts as a rejuvenative therapy with neuroprotective benefits.

Promotive Role of *Nasya*

1. Improvement of Sensory Functions [8]
Nasya enhances the functioning of sense organs, improving vision, hearing, and olfactory perception.
2. Cognitive Enhancement
It supports mental clarity, memory, and concentration by nourishing the brain and nervous system.
3. Hair and Skin Health
Regular *Nasya* contributes to healthy hair growth, prevents premature greying, and improves complexion.
4. Voice Quality Enhancement
It strengthens the vocal cords and improves voice clarity, benefiting singers and public speakers.
5. Stress Reduction and Mental Well-being
Nasya has a calming effect on the mind, reducing stress, anxiety, and promoting better sleep.

Clinical Evidence in *Urdhvajatrugata Roga* ^[9,10]

Sr. No	Condition	Type of <i>Nasya</i>	Observed Outcome
1	Sinusitis (<i>Pratishyaya</i>)	<i>Shamana Nasya</i>	Reduced congestion
2	Migraine	<i>Virechana Nasya</i>	Pain relief
3	Facial paralysis (<i>Ardita</i>)	<i>Navana Nasya</i>	Functional improvement
4	Allergic rhinitis	Oil-based <i>Nasya</i>	Reduced symptoms
5	Thyroid dysfunction	<i>Nasya</i> (experimental)	Hormonal modulation

Preventive vs Promotive Role ^[11]

Sr. No	Aspect	Preventive Role	Promotive Role
1	<i>Dosha</i> Balance	Removes <i>Kapha/Vata</i>	Maintains equilibrium
2	Immunity	Prevents infections	Enhances resistance
3	Nervous System	Prevents disorders	Improves cognition
4	Aging	Delays degeneration	Promotes vitality

DISCUSSION:

Nasya Karma bridges ancient Ayurvedic wisdom with modern drug delivery science. The concept of “nose-to-brain delivery” aligns strongly with contemporary pharmacological approaches. Studies indicate that intranasal administration can bypass biological barriers and directly influence brain function, supporting classical claims.

However, limitations include

- Lack of large-scale randomized controlled trials
- Standardization issues in formulations
- Variability in procedure techniques

Despite these limitations, emerging research highlights its potential in preventive neurology and respiratory care.

CONCLUSION:

Nasya Karma is a highly effective preventive and promotive therapy for *Urdhvajatrugata roga*. It offers a unique combination of

detoxification, nourishment, and neuroprotection through a non-invasive route. Modern scientific evidence increasingly validates its traditional claims, making it a promising integrative therapy for future healthcare systems.

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