



**PRATIMARSHA NASYA IN PROMOTION OF HEALTH**

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**ABSTRACT**

Race and accuracy are primary demand of modern era .To deal with this situation everybody has to face competitive, hectic and stressful life; because of which people can't pay attention to their physical and mental health. Irregular eating habits, suppression of natural urges, irregular and insufficient sleep pattern, sedentary lifestyle, over and wrong utilization of sense organs enhances the probability of many diseases. Ayurveda's principle is to prevent disease and promote health. Either medicines or medicated oils are administered through the nose this is known as Nasya. According to Ayurved, Shira is the center of all Gyanendriya and Nasya does snehana and tarpan of those indriyas and help them to rejuvenate. Pratimarsha Nasya is a type of snehana nasya having both snehana (oleation) and shodhana (purifying) properties. It is easy process and can be done quickly. It has no complications and can be used in all age groups and in all seasons. There is no post procedure care needed. Nasya karma is the prime karma in urdhvajatrugata Rogas. It also prevents premature graying of hair, hair fall, skin disorder, allergies, and sleeplessness. Pratimarsha Nasya done daily prevents diseases and keeps the individual healthy.

**KEYWORDS:** Pratimarsha Nasya, Promotion of health, Panchakarma, Urdhwajatrugata rog, Dinacharya, Nasya.

**INTRODUCTION**

In our day to day life due to tobacco, alcohol, irregular food habits, sleeping disturbances, suppression of natural urges, mental stress, depression, night awakening and day sleeping, increased levels of environmental pollutions, on and off use of A.C., combined with decreased immunity have subjected man to various diseases specially respiratory tract diseases. The classical recommendation of Nasya is not only limited to be therapeutic procedure but also refers to one among the daily activities of health and has been mentioned as a part of Dinacharya which offers a great effect on prevention of diseases and promotion of health. Nasya is one of the five Panchakarmas. The procedure of instilling of medicated oils, liquids or powder into the nostrils is known as Nasya.

**Classification**

On the basis of medicine used

- i. Navana
- ii. Avapeeda
- iii. Dhmapana
- iv. Dhoopana
- v. Pratimarsha

On the basis of action

- i. Virechana
- ii. Brihana
- iii. Shamana

Pratimarsha Nasya is the only procedure of Panchakarma described in Dinacharya for the prevention of diseases as well as promotion of health. In consideration to other Nasyas, Pratimarsha Nasya is easy to take, it has no complication, and it can be used in all age group and in every season.

**Kala**

Pratimarsha Nasya should be used twice daily in every season for the prevention of diseases as well as promotion of health. There are 14 specific times for Pratimarsha Nasya which has their own benefits.

- after awakening in morning- remove Doshas from channels of nose
- after cleaning the teeth- leads to firmness of teeth and fragrance of mouth
- while going out from home- nasal passage remains moist so dust and smoke do not give any trouble
- after exercise, sexual intercourse and long walk- remove the exhaustion
- after passing urine and stool- remove the heaviness of eyes and improve the vision

- after taking gargles and Anjan- improve the vision
- after taking food- purifies the channels and the person feel lightness of body.
- after vomiting- remove Kapha from channels and stimulates appetite.
- after day time sleep- removes the drowsiness, heaviness and Mala, and concentrate the mind
- In evening- produces sound sleep and happy wakefulness.

### Procedure of pratimarsha nasya

#### Preparatory procedure

- Massage and fomentation on face and neck region with lukewarm oil
- Passages of natural urges e.g. stool, urine etc.
- Fomentation of face and neck region
- Position: lying down in supine with head low position, head slightly hanging down and feet slightly raised.

#### Main Procedure

- Eyes should be covered with cloth.
- Lukewarm oil is instilled in one nostril while the other nostril is closed and vice-versa
- The patient is asked to inhale the medicine, and spit it out. Never swallow it.
- Again massage and fomentation on head

#### Post operative Procedure

- Gentle massage on face, forehead, neck, palms, soles, ears, shoulder
- Fomentation on face, forehead
- Gandusha (gargling) with lukewarm water
- Avoid exercise, excess movement, mental stress, anger, fear etc.

#### Dose

2 drops in each nostril.

#### Indication of pratimarsha nasya:

1. Children, old persons, weak or traumatised persons,
2. Every healthy individual
3. Urdhwajatrugata vyadhi
4. It can be used in cloudy season also

#### Contraindication of pratimarsha nasya

1. Dustapeenasa
2. Madyapeeta
3. Abalastrotra
4. Utklishta dosha

If we give Pratimarsha Nasya given in these conditions, it will worsen the pathology as Doshas are in highly aggravated state.

#### Benefits of nasya

##### Preventive effects

The healthy person who takes the Nasya Karma in suitable season with suitable drug will never suffer from

the impaired functions of eyes, nose, and ears. The hairs of the scalp, beard will not fall and will not turn white or grey. The scalp hairs will start growing. (khalitya and palitya)

#### Curative effects

Nasya Karma performed in conditions like Manyastambha (torticollis), Shirashula (headache), Ardita (facial paralysis), Hanu Sangraha (lock jaw), Ardhavabhedaka (hemicrania), Peenasa (chronic coryza), Shirakampa (head tremor) helps to cure these conditions.(urdhwajatrugata vyadhi).

#### Mode of action

In Ashtanga Samgraha it is explained that Nasa being the door way to Shira (head),( **Nasa hi shiraso dwaram.**) the drug administered through nostrils, reaches Shringataka (a Sira Marma) by Nasa Srota (nasal passage) and spreads in the Murdha (brain) taking route of Netra (eye), Shrotra (ear), Kantha (throat), Siramukha (opening of the vessels) etc. and removes the morbid Dosha in supra clavicular region and extracts them from the Uttamanga (head).

As it is discussed above lines that, nose is the gateway of head. It does not actually shows any channel directly connecting brain and nose, but it may be suggestive of any connection through blood vessels, lymphatic and nerves.

#### CONCLUSION

- Pratimarsha Nasya is easy to take.
- There is no major complication of using Pratimarsha Nasya.
- Pratimarsha Nasya can be used in all age group.
- Pratimarsha Nasya can be used in every season.
- Pratimarsha Nasya should be used twice daily for prevention of Urdhwajatrugata Roga or diseases due to seasonal variation.

So it should be used to prevent the disease and promotion of health.

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