



ROLE OF PRATIMARSHA NASYA IN STRENGTHENING THE HOST DEFENCE MECHANISM

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Article Received on 26/10/2021

Article Revised on 16/11/2021

Article Accepted on 06/12/2021

ABSTRACT

Ayurveda is most ancient science of life which aims to maintain the healthy status, as well as the prevention of disease. Acharyas have highlighted many alarming diseases before decades itself. Among which allergic conditions and respiratory disorders are at high prevalence. In current scenario due to lifestyle, urbanization, work pressure, environmental pollution and other factors, people are unable to follow proper Dinacharya and Rutucharya. In Ayurveda it is explained like Immunity, body metabolism, healthy life can be maintained by following proper Dinacharya and Rutucharya. Hence there is a need of hour to emphasize the important procedures of Dinacharya to common people. Acharya explained Pratimarshya nasya as one among the dinacharya which is a very effective protocol. It plays a significant role in building immunity and boosting the defence mechanism against host. Pratimarsha nasya is beneficial from birth to death and it helps in prevention of entry of *rajo*, *dhuma* and also strengthens the body defence mechanism to fight against allergic conditions. In present days it can be incorporated based on different *kaala* mentioned by our acharyas. Clinical trial is carried out as observational study in 30 patients associated with allergic conditions. It is explained in detail in the present paper.

KEYWORDS: Panchakarma, Immunity, Allergic conditions, Pratimarshyanasya, Anutaila.

INTRODUCTION

The present life is filled with stress, over work, sedentary lifestyle, over utilizations of sense organs, resulting in various disease conditions. *Ayurveda* emphasizes on health promotion of an individual with the help of various regimens like *Dinacharya*, *Nishacharya* and *Rutucharya* among them *dinacharya* is very important for prolonged healthy life. For prevention of many *yurdwajatrugatavyadhis* and to make sense organs strong *pratimarsha nasya* is administered. As *acharya* said *NASA HI SHIRASO DWARAM*, it is considered as gateway of *shiras*, to remove the deep seated *doshas* in *shirasnasya* has been recommended. *pratimarsha* is easy process, it can be done quickly and having many benefits, *pratimarshanasya* can be applied from birth to till death. *Pratimarsha Nasya* is rewarded as having both properties of *Snehan* and *Shodhana*. Normally in this process the *Sneha* or medicated oil is instilled into nose in the dose of 2 drops of finger dipped in oil up to the second metacarpophalangeal joints and instilled into the nostrils. *Pratimarshanasya* should be ideally done with *anutaila*. A person practicing *pratimarshanasya* daily as per prescribed method sense organs never get affected with diseases.

MATERIALS AND METHODS

Source of data: It was an observational clinical study on 30 Subjects were selected approaching the OPD and IPD of Sri Kalabyraveswaraswamy Ayurvedic Medical College, Hospital & Research Centre, Bengaluru and subjected for *pratimarshanasya* with *anutaila* for 2 months.

Statistical analysis was done by using Wilcoxon signed rank test by using SPSS.

Inclusion criteria

Patients of either sex in between the age group 18 to 60 year who has the *kshavathu*, *swarabheda*, *galashosha* and are fit for *nasya karma*.

Exclusion criteria

Other complicated respiratory disease.

Other systemic disease which interferes with course of treatment.

Assessment criteria: Assessment was done before treatment and after treatment on *kshavathu* (sneezing),

galashosha (dryness of throat), swarabheda (hoarseness of voice).

Table 1: Kshavathu assessment scale.

0	Absent
1	Present only during exposure
2	Present only in the morning and evening
3	Present throughout the day

Table 2: Galashosha and Swarabhedha assessment scale.

0	Absent
1	Present only during exposure
2	Present only in the morning and evening
3	Present throughout the day

RESULTS

Age - In the present study, 6 subjects belonged to the age group of 31-40years, 18 subjects belonged to the age group of 21-30years, 6 subjects belonged to the age group of 41-50years.

Gender - In the present study, 20 subjects were males and 10 subjects were females.

The subjective parameters like *kshavathu*, *galashosha*, *swarabheda*, were subjected to wilcoxon signed rank test to compare the mean rank within the group.

The differences in the mean values were considered highly significant at $p < 0.001$ and $p < 0.001$, significant at $p < 0.05$ and non significant at $p > 0.05$.

Assessment was taken at – BT- Before treatment

AT-After pratimarsha nasya

Effect of treatment on subjective parameters

Effect of treatment on Kshavathu is shown in Table 3 and Figure 1

Reduction in kshavathu was found clinically and statistically significant from BT-AT ($Z = -4.764$)

Table 3: Kshavathu assessment scale.

Parameter	Rank	Mean rank	Sum of rank	Z-value	P-value	Remarks
BT-AT	NR 0 PR 30 Ties 0	14.50	406	-4.764	<0.001	HS

Effect of treatment on *Galashosha* is shown in Table 4 and Figure 2.

Reduction in *Galashosha* was found clinically and statistically significant from BT-AT ($Z = -4.949$)

Table 4: Galashosha assessment scale.

Parameter	Rank	Mean rank	Sum of rank	Z-value	P-value	Remarks
BT-AT	NR 0 PR 30 Ties 0	15.50	465.00	-4.949	<0.001	HS

Effect of treatment on *Swarabheda* is shown in table 5 and figure 3

Reduction in *Swarabheda* was found clinically and statistically significant from BT-AT ($Z = -4.930$)

Table 5: Swarabheda assessment scale.

Parameter	Rank	Mean rank	Sum of rank	Z-value	P-value	Remarks
BT-AT	NR 0 PR 30 Ties 0	15.50	465.00	-4.930	<0.001	HS

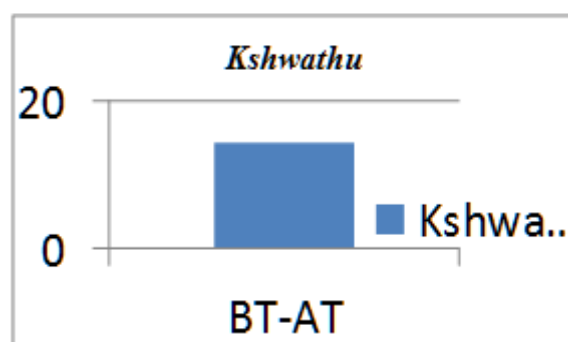


Figure 1: Effect of treatment on kshwathu.

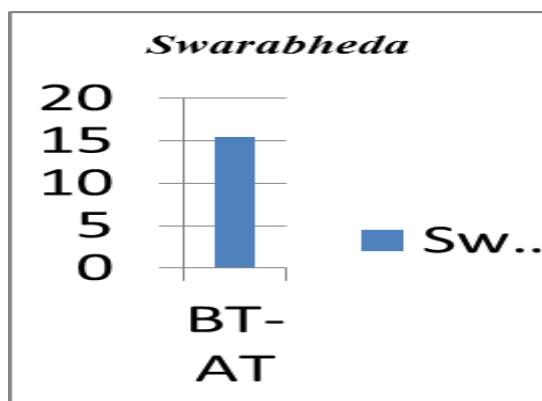


Figure 2: Effect of treatment on swarabheda.

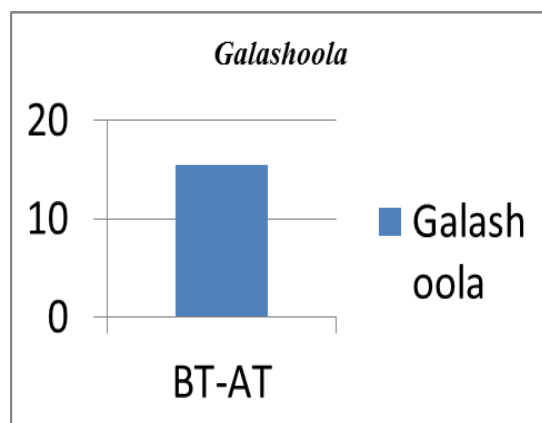


Figure 3: Effect of treatment on galashoola.

DISCUSSION

Pratimarsha can be given in any age, any season, in *Bala*, *Vridhdha*, *Bhiru*, *Sukumara*, *Kshata*, *Kshama*, *Trishnapidita*, *Mukhashosh*, *Valita*, *Palita*, even in not suitable time & season i.e. in *Varsha*, and *Durdina*. *Acharya Charaka* has mentioned use of *Anutaila* for the *Pratimarsha Nasya* as a preventive as well as curative aspect while explaining the *Dinacharya*. Most of the ingredients of *Anutaila* possess *tridhoshahara* property and gives the strength to *indriyas*. Ultimately these functions of *Anutaila* will lead to enhancement of respiratory immunity. While explaining the etiology of *Shwas*, *Acharya Charaka* has clearly mentioned the allergic factors like dust, fumes, exposure to wind, etc. which can initiate pathology of respiratory disorders. If a person regularly uses *Anutaila* in the form of *Nasya*, he can prevent respiratory disorders in future with increase of respiratory immunity.

Benefits of nasya as preventive effects

The healthy person who undergoes the *Nasya Karma* in suitable season with suitable drugs will never suffer from the impaired functions of *indriyas*.

Anutaila Nasya administered in the suitable season nourishes the *Sira* (veins), *Sandhis* (joints), *Snayu* (ligaments), *Kandara* (tendons) of the head and makes them strong. The person's face becomes cheerful. His voice will become soft and clear, It imparts *Vaimalya* (clarity) and *Bala* (strength) to all sense organs.

Grahannirgachhata sevitho nasashrotashasha klinnatayaa rajodhumo vaa na badhate

Acharya sushruta have explained 14 *nasyakalas* among which one is *Grahannirgachhata* means while going out of the house *pratimarshyanasya* is beneficial for preventing the entry of dust and allergens, as the *taila* is *klinna* it will act as a barrier to stop the entry of dust and allergens into the nasal tract. To substantiate, it can be stated that the Pharmacodynamic action of *Pratimarsha Nasya* is potent to check the contact as well as the absorption of pollutant particles through nasal mucosa. Medicated oil used will probably kill or deactivate the micro organism entering into nasal tract with air flow. Thus, it prevents the nasal irritation and sneezing.

CONCLUSION

The overall results in the study revealed statistically significant result after *pratimarsha nasya*. The *Pratimarsha Nasya* is very simple procedure which is cost effective and can be employed easily by the person of all age group and in any season without any complication. *Anutaila* has *tridoshahara*, *balya*, *bhrumhana* and *rasayana* properties which may help to increase immunity. *Pratimarsha Nasya* should be used twice daily for prevention of various respiratory disorders and to strengthen the defence mechanism related to respiratory system.

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