



**DHOOM NASYA: PREVENTIVE, CURATIVE, PROMOTIVE ASPECT FOR UPPER
RESPIRATORY TRACT DISEASES**

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ABSTRACT

Ayurveda is the system of medical branch by which diseases not only cured but prevented for people who are prone. Also can be restores the energy of healthy individual. Vata, pitta, kapha are the doshas mentioned in ayurvedic classics, which are causative factors in pathogenesis of disease. Specific management for specific doshas have been Elaborated in all ayurvedic texts. The importance of panchakarma lies in the fact that it helps in Uprooting the disease and bringing the vitiated doshas to their original Places, by which Vaman karma for kapha dosha. Virechana karma for pitta dosha & basti karma for vata dosha. Nasya is shodhan procedure which is amongst the panchakarma which are mainly using for the urdhvajatrugata vikara. Urdhvajatrugata Rogas and their management have a special place in Ayurveda. Hence, the diseases occurring in the Urdhvajatru have been very clearly highlighted in the Ayurvedic classics along with their management. Nasa is considered to be that Indriya, whose functions are not only limited to respiration but is also considered as a pathway for drug administration. Medicated decoction, oil, ghee through the nasal route is called as nasya.

KEYWORDS: Nasya, Urdwajatrugata Roga, Prevention, Cure.

INTRODUCTION OF NASYA KARMA

Nasyakarma is a therapeutic measure in which the drug administered through nose, by eliminating vitiated Doshas situated in head and its constituent parts^[1]; cures the diseases of those parts (Urdhvajatrugata Vikaras).

Synonyms

Shirovirechana, Shirovireka, Murdhavirechana, Navana and Nasthakarma are the synonyms of Nasya Karma

Importance of nasya in urdhvajatrugata roga^[2]

Urdhvajatrugata Rogas and their management have a special place in Ayurveda. The diseases occurring in the Urdhvajatru have been very clearly highlighted in the Ayurvedic classics along with their management. Nasa is considered to be that Indriya, whose functions are not only limited to respiration but is also considered as a pathway for drug administration. In Ayurveda, from one of Panchakarma procedure called Nasya has been mentioned. Nasa is continued with the pathway of respiratory system. The Dhoom nasya is inhaled through the nasal cavity & directly reached up to alveoli of lungs, removed the morbid doshas which are placed.

Classification of Nasya

All the Acharyas have classified Nasya in different way but sum total of classification is that all are practically the same. Mainly classified according to its function and on the basis of use of preparation for the Nasya e.g. Churna, Sneha, Dhoom etc.

Dhoom Nasya

Dhoom Nasya is defined as medicated fume taken by nasal route and eliminated by oral route, on other hand if dhoom is taken by mouth then it called as dhoompana. Acharya Sushruta has not described it as a type of Nasya. The smoking per mouth is known as Dhoompana and is not included in Nasya & it's harmful to eye sight. Dhoom Nasya is of the following types.^[3]

Types of Dhoom Nasya

1. Prayogika
2. Sneihika
3. Vairechanic

Charaka has mentioned special dhoom netra (smoking pipe) to errhine smoke. It should be of 24 fingers length and breadth of measuring one's own finger. This measurement is for Virechana type. 32 Angula length for

Snaihika Dhoom and 36 Angula length of Prayogika Dhoom is advocated.^[4]

Dose

During the prescribed times, a wise person should smoke twice for habitual variety of smoking Once for Sneihika Dhoom (Unctuous variety) and three to four times for the Vairechanic Dhoom (eliminative variety of smoking). For Prayogika Dhoom drugs like Priyangu, Ushira etc. should be used. For Sneihika Dhoom Vasa, Ghrita etc. and for Vairechanic Dhoom, drugs like Aparajita, Apamarga etc. should be used.

Indication^[5]

Dhoom Nasya is indicated in Shiroroga, Nasaroga and Akshiroga. Sushrutacharya mentioned that if doshas which are vitiated in shira & nasa then have to give a dhoom by nasal route.

Procedure

As a pradhana karma nasya can be given with the help of nasyaushadhi. Procedure 8- 10 inches long tube which is specially made for Dhoompa is selected. The drugs which are to be used for smoking are roughly powdered and filled in tube. The patient is advised to smoke; the smoke should be inhaled nasally and also exhaled from nasal. Time duration for administration of Dhoompana.

- 1) Snigha Dhoom Once in a day.
- 2) Madhyama Dhoom Twice in a day.
- 3) Rechaka Dhoom trice/four times in a day

Mode of Action of Dhoom Nasya

Drugs used for Nasya Karma which helps in stimulation of vasodilator nerves which are spread out on the superficial surface of Urdhwanga, this increases the blood circulation to the brain. These drugs are considered as Bronchodilators dilates the bronchial tubes that are constricted due to muscular spasm. These drugs act upon the bronchial tubes and dilate them thus making the breathing easy. When the head is kept in lower position, it aids retention of medicine in nasopharynx and help in providing sufficient time for local drug absorption. This medication is meant for expelling the mucous and other allergic materials from the lungs, bronchi, and trachea. Commonly we can term it as expectorant, which promotes drainage of mucus from the lungs by thinning the mucus and also lubricates the irritated respiratory tract When the Nasya Dravya are administered through the nasal cavity, the drug gets absorbed by the passive process across the cell wall directly through the cell membrane as lipid soluble medicine has greater passive absorption. Then the later transverse may be carried through capillaries and veins which stimulate Olfactory nerve which is connected with the higher centres of the brain like Limbic system, Basic ganglia and Hypothalamus which in turn stimulates endocrine and nervous system. Here Dhoom is given as Paschat Karma to Nasya Karma which does the Shesha dosha nirharana. The smoke of these drugs reaches lungs, bronchi and alveoli. Due to Teekshna property of drug, the tenacious

sputum get liquefy and comes out easily giving comfort to the patient. These drugs act as expectorants. The drugs used in Dhoompana possess' teekshna properties, so that they help in Chedana of Kapha situated in lungs, the drugs used for Dhoompana act by liquefying the thick and tenacious sputum situated in lungs and facilitate its removal by coughing which gives comfort to the patient.

DISCUSSION

Dhoom nasya is used for the preventive aspect in day to day life, also mention to use of it in diseased condition like Akshiroga, Nasaroga.

Drugs used for Nasya Karma which helps in stimulation of vasodilator nerves which are spread out on the superficial surface of Urdhwanga, this increases the blood circulation to the brain. These drugs are considered as bronchodilators dilate the bronchial tubes that are constricted due to occlusion by sputum. Dhoom nasya act as bronchodilators and expectorants in Tamaka Swasa, the drugs used in Dhoompana possess teekshna properties, so that they help in Chedana of Kapha situated in lungs.

That Drug administered through nose the door way to shira reaches the shringatakaMarma of head (Shira) which is a Siramarma and formed by the siras of Nasa Netra Kantha and shrotra. Thus we can say that the drug administered through Nasya may enter the siras above & purified them. Under the complications of Nasya Karma AcharyaShushruta has mentioned that excessive eliminative ermine may cause Mastulungasrava which suggested the direct relation of Nasal Pathway to the brain. According to all prominent Acharyas, Nsa is said to be the gateway to Shiras. Thus Nasya Karma helps a lot to strengthen all the urdhwajrugata organs & to eliminate the vitiated dashes.

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