**NASYA CRITICAL REVIEW**

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**ABSTRACT**

Ayurveda being the most ancient science of the world and Panchakarma being its integral part helps in the management of chronic diseases. It includes Vaman, Virechan, Basti, Nasya and Raktmokshana. It is not only an art of life but also a treatment science which deals with restoration of health, prevention and management of diseases. Nasya is one of the therapy among Panchakarma in which drug can be administered through nasal passage. The Nasya is considered the best and specific procedure for disease of Supraclavicular region like Nasa rogas, shiro rogas, karan rogta etc. Acharya Sushruta, has mentioned that instillation of Aushada or Aushadi Siddha Sneha into Nasa Chidhra is defined as Nasya. The dose of drug required is very minimal and action of drug is faster and effective. According to Acharya Charaka nose is the gateway of head so the drug administered through nose as Nasya reaches the brain and eliminates only the morbid Dosha responsible for producing the diseases. The drug administered through nose, acts locally as on Urdhva atratragata roga and well as systemic diseases such as Parkinson, Frozen shoulder and also for Pasavana karma. So present paper deals with the critical review of Nasya therapy.

**KEYWORDS:** Nasya, Nasa chidra, Aushdha, urdhvajatrutagata.

**INTRODUCTION**

Panchakarma is the specialty branch of Kayachikitsa, which deals with five major therapies, as well as preparatory procedures and post operative procedures and nasya karma is one of these therapies. Nasya karma is the best treatment for the Shirogata Roga and specially Nasagata Roga according to Acharya’s and ancient ayurvedic literature. Nasya therapy is also indicated in the diseases of Mukha, Karna and Netra Roga. Urdhva rogta chikitsa is one of the important branch of Ashtanga Ayurveda and Nasya karma is the main therapeutic measure of Urdhva jatrutragata Roga.

Nasya is a term applied generally when a medicine is administered through the Nasal passage Arunadutta states “Nasyayama Bhavam Nasyayam” that which can be administered through nasal passage. The Nasya karma is considered the best and specific procedure for disease of Shira, Acharya Vagbhata quote “Urdhwa Jatru-Vikaresu Visesaunayamisayate”¹ The nasal passage is considered as portals of head or Shira “Nasa Hi Shiraso Dwaram”. Nose is the gateway of the head. So, systematically performed Nasya karma cures almost all the diseases of the head as easily, as a vein of grass is removed from its blade.² The word Nasta is derived from Nas Dhatu which is used as Samjna Vachaka, also meant for Nasya Karma useful for nose.

**DEFINITION OF NASYA**

In Ayurveda, the word Nasya denotes the nasal route for administration of various drugs. According to Vagbhata “Nasyayam Praniyamanaam Ahushadam Nasya” medication instilled through the route of nose is defined as Nasya. As per Acharya Sushruta, instillation of Aushada or Ahushadi Siddha Sneha into Nasa Chidhra is defined as Nasya.

**SYNONYMS**

- Shirovirechana
- Shirovireka
- Navana
- Nastaha Karma
- Mudravirechana
- Prachchardana
Importance of Nasya Karma
Nose (Nasa) is the only gateway of Shira to eliminate the doshas from the shira. Nasya karma is the process in which the drug is administered through the nasa to treat the diseases of urdhwanga. According to Acharya’s Nasa is the gateway of shira. Medicine or Medicated oil administered through the nasa which reaches to the shira & shringataka marma. Shringataka Marma is the junctional area of the channels of nutrition of urdhwanga. The drug administered through nasa reaches to the shringataka marma by nasa strotas and spreads in murdna reaches at the junctional place of netra, karna, kantha and eliminates the morbid doshas present in urdhwanga. Medicated oil or Medicine administered through the nasa reaches to the shringataka sira marma and eliminate the morbid doshas responsible for producing the diseases of Nasa, Netra, Karna & Shira.

Advantages of Adequate Nasya
1. Prevention of urdhwajatrugat vikara.
2. Reduces greying & Falling of hair

Classification of nasya

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Name of Acharya</th>
<th>Types</th>
<th>Classification</th>
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<tr>
<td>1</td>
<td>Sushruta</td>
<td>2</td>
<td>Nasya, Shirovirechana</td>
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<td>Shirovirechana, Pradhamana, Avpeedana, Nasya, Pratimarsha</td>
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<tr>
<td>2</td>
<td>Charaka</td>
<td>3</td>
<td>According to mode of action:</td>
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<td>5</td>
<td>Rechana, Tarpana, Shamana</td>
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<td>7</td>
<td>According to the method of administration:</td>
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<td>Navana, Avpeedana, Dhmapana, Dhuma, Pratimarsha</td>
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<td>According to parts of the drug used:</td>
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<td>Phala, Patra, Mula, Kanda, Pushpa, Niryasa, Twaka</td>
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<td>3</td>
<td>Vagbhatta</td>
<td>3</td>
<td>Virechana, Brimhana, Shamana</td>
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<td>4</td>
<td>Sharangdhara</td>
<td>2</td>
<td>Rechana, Snehana</td>
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<td>5</td>
<td>Kashyapa</td>
<td>2</td>
<td>Brimhana, Karshana</td>
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<td>6</td>
<td>Bhoja</td>
<td>2</td>
<td>Prayogika, Snaihika</td>
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<tr>
<td>7</td>
<td>Videha</td>
<td>2</td>
<td>Sangya Prabodhaka, Stambhana,</td>
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1. Navana Nasya
Navana is one of the important and well applicable therapies of NasyaKarma. Navana is administered by instilling the drops of a medicated oil or Ghrita (mostly) in the nose. Navana is known as Nasya in general. It can be mainly classified into Snehana and Shodhana Nasya.

- Snehana Nasya:
  As the word Sneha suggests, Snehana Navana gives strength to all the Indriyas and Sthanas (Local) Dhatus and is used as Dhatuposhaka and Indriya Balavardhaka. It also does Vata Shamana

- Dose
  The following is the dosage schedule for Sneha Navana.[3]
  
  - Hina Matra – Matra- 8 drops in each nostril.
  - Madhyama Matra – Shukti Pramana – 16 drops in each nostril.
  - Uttama Matra – Panishukti Pramana – 32 drops in each nostril

Indications
Navana can be given above 8 & below 80 yrs. of age.

- Shodhana Nasya
  Acharya Sushruta’s Shirovirechana type is included in Shodhana type of Navana Navana. It eliminates the vitiated Doshas. In this type of Nasya, oil prepared by Shirovirechana Dravyas like Pippali, Shigru etc. is used.

Dose: Uttama Matra - 8 drops
Madhyma Matra - 6 drops
Hina Matra - 4 drops.[4]

Indications:
Navana can be given above 8 & below 80 yrs. of age

2. Dhmapana Nasya
Dhmapana or Pradhamana is a specific Shodhana Nasya.

Definition: This type of Nasya is instilled with churna (powder) specifically for Shirovirechana. Dhmapana mentioned in Charaka & Pradhamana described in Sushruta.

Method: In Pradhamana Navana, Churna (powder of drugs) is administered (inhaled) by Nasal passage with the help of Nadi Yantra/Shadangula Nadi both side open ended). The Churna (fine powder) of required drug is kept at one end and air is blown from the other end, so that the medicine could enter into the nostrils.[5]

Dose: According to Videha the dose of Dhmapana Navana is three Muchutti (3 pinch). For the Pottali method Churna should be atleast 2 Tolas i.e. 20 gms.

Drug: Generally Tikshna drugs like – Rock salt, Garlic, Guggulu, Maricha, Vidanga, etc. Are used for this type of Nasya. Hence caution should be taken during its administration.
**Indications:** Pratimarsha could be given in Any age, Any season, Even in not suitable time & season i. e. in Varsha and Durdina.  
- Bala - Vridhdha - Bhiru - Sukumara  
- Weak patients - Kshtakshama - Trishna Pidita - Mukhashosha  
- Valita – Palita

**Contraindications:** It is contraindicated in  
- Dushhta Pratishyaya - Krimija Shiroroga  
- Madhyapi (drunkers –habitual) - Badharya (deafness)  
- Bahudoshha - Utklisha Doshas

It is contraindicated in such persons because the Sneha Matra is quite insufficient to eliminate Doshas or Kriminas and already aggravated Doshas may get vitiated further.

Sushruta and Sharangdahara have described 14 suitable times for Pratimarsha Nasya, while Vagbhata has mentioned fifteen Kala.

**Marsha:** According to Vagbhata dropping of Sneha in the nostrils from 6 to 10 drops is known as Marsha. According to Vagbhata Marsha Nasya gives more side effects (Vyapada) but again he opined that it gives quick result and it is more effective than Pratimarsha Nasya.

**5. Avapeedana nasya**

Avapeedana Nasya is a procedure where, Swarasa (expressed juice) of the prescribed drugs is administered directly into the nostril. It is administered for the purpose of Shodhana and Shamana.

Charaka has described two types of Avapeedana Nasya.

1. Shodhana Nasya, here drugs such as Saindhava, Pippali etc. are used for the purpose of Shirovirechan
2. Stambhana Nasya, in which drugs like Sharkara, Ikshurasa, Ksheera, Gritha and Mamsarasa are administered.

Chakrapani commenting on this mentioned that in Avapeedana Nasya, Kalka (paste) of required medicine is squeezed to obtain the required quantity of Swarasa and administered directly in to the nostrils. Vagbhata and Sharangadha also opine the same.

According to Susrutha, procedure for administration of Avapeedana Nasya is similar to that of Shirovirechana. In Sarpadamsta and for Vishanghnartha, Shirovirechana drugs are squeezed in to the nostrils. In patients who are Ksheena, Krusha, Durbala, Bhiru, Sukumara and suffering with Rakthapitta the drugs such as Sharkara, Ikshurasa, Ksheera, Gritha and Mamsarasa are administered as Avapidana Nasya.

Dalhna commenting on this mention that, Avapeedana Nasya is done for two purposes.  
First, for the purpose of Shirovirechana, the drugs such as Pippali, Vidanga, etc. which are mentioned for
Shirovirechana are made into Kwatha (decoction), Sheeta (cold infusion) or Swarasa and administered with the help of Pichu, or by squeezing the Kalka of the drug directly into the nostrils.

Secondly, it is used for the purpose of Stambhana; Drugs such as Sharkara, Iksurasra, Ksheera, Gritha or Mamsarasa are administered with the help of Pichu in the patients who are Ksheena, Kursha, Durbala, Bhiru, Sukumara and suffering with Rakthapitta.

Videha’s view on Avapeedana Nasya is compiled by Dalhana quoting it for two purposes.
1. Sangya Prabodhaka is indicated for Sanjna Prabodhaka in Vishabigatha, Sanyasa, Murchha, Moha, Apatantrakta, Mada, Apasmara, Krodha, Bhaya, Manasa roga and Vyakulachetas.
2. For the purpose of Stambhana it is given adding Kshaudra (honey) or by Kalka of prescribed drugs in form of juice.

Procedure of Administration of Avapida Nasya
According to Susruta, procedure for administration of Avapeedana Nasya is similar to that of procedure in Shirovirechana.[17]

Dose For Avapeedana Nasya
The dose of drug administered in each nostril for of Avapeedana Nasya is
- Heena Matra - 4 drops
- Madhyama Matra - 6 drops
- Uttama Matra - 8 drops

Indications Of Avapeedana Nasya
Avapida Nasya is indicated in Ksheena, Kursha, Durbala, Bhiru, Sukumara, Rakthapitta, Vishabigatha, Sanyasa, Murchha, Moha, Apatantrakta, Mada, Apasmar, Krodha, Bhaya, Manasa Roga and Vyakulacheta.

Sharanagdhara recommends Avapida Nasya for the patients suffering with Galaroga, Vishamajwara, Manovikara, Krimi, [18] and also in the disorders of Chakshu, Karna, Nasa, Shirogada, Manya, Hanu, Gala, Bhuja, Prusta and Vishama Jwara.[19]

Chakradatta, Yogaratnakara and Bhavaprakasha have indicated numerous Yoga (formulations) of Avapeedana Nasya for Suryavarthha and other Shiroraga.

Time for administration of Nasya

<table>
<thead>
<tr>
<th>Ritu</th>
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<tbody>
<tr>
<td>In healthy individuals</td>
<td></td>
</tr>
<tr>
<td>Shita (Hemanta and Shishira)</td>
<td>Madhyana (noon)</td>
</tr>
<tr>
<td>Sharada and Vasanta</td>
<td>Purvana (morning)</td>
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<tr>
<td>Grishma</td>
<td>Aparana (evening)</td>
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<tr>
<td>Varsha</td>
<td>During bright sun</td>
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<tr>
<td>According to Ritu in patients</td>
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<tr>
<td>Grishma Rutu</td>
<td>Purvana</td>
</tr>
<tr>
<td>Shita Rutu</td>
<td>Madhyana</td>
</tr>
<tr>
<td>Varsha Rutu</td>
<td>Nadurdina (when day is clear)</td>
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<tr>
<td>According to Doshav involved</td>
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</tr>
<tr>
<td>Kaphaja Vikara</td>
<td>Purvana</td>
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<tr>
<td>Pittaja Vikara</td>
<td>Madhyana</td>
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<tr>
<td>Vatija Vikara</td>
<td>Aparana</td>
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CONCLUSION
As well said prevention is better than cure in classic ayurvedic texts Nasya Karma is a treatment modality that not only works just for therapeutic effects for Urdhvatratragata Roga but also act as a preventive measure for the same. There are many forms of administration of Nasya karma but in whole they work for same reason i. e for treatment of all the Siro Rogers. Nose is the gateway of the head, so nasya dravya given reaches the brain and acts on important centers controlling different functions. Nose is the gateway of the head. So, systematically performed Nasya karma cures almost all the diseases of the head as easily.

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