



A CONCEPTUAL STUDY ON THE PREVENTIVE ASPECT OF PRATIMARSH NASYA IN DINCHARYA

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ABSTRACT

Panchakarma includes five main procedures for *Shodhan* (purification) i.e., *Vamana*, *Virechana*, *Asthapana Vasti*, *Anuvasana Vasti* and *Nasya*. *Nasya* is a procedure in which medicine or medicated oil is administered through nostrils. *Pratimarsha Nasya* (a type of *nasya* in which only two drops of oil are used in each nostril) is the only procedure of *Panchakarma* included in *Dincharya* for the prevention of diseases as well as promotion of health. Other types of *Nasya* are used in specific conditions or diseases. In comparison to other *Nasya*, *Pratimarsha Nasya* is easy to take, it has no complication, and it can be used in all age group and in every season. The objective of this study is to justify the use of *Pratimarsha Nasya* in *Dincharya* for the prevention of diseases as well as promotion of health. The study of different *Ayurvedic* and modern literature has been done to fulfil the objective of study. On the basis of literature procedure, dose, benefits, indications, contraindications and usefulness of *Pratimarsha Nasya* in deferent conditions has been explained.

In *Nasya* the medicine reached to whole head through nose and prevents the diseases. Therefore medicine applied in *Nasya* can affect the ears, eyes and brain also. *Shrigataka Marmas* are four in number which enrich the nose, eyes, ears and tongue, and *Nasya* works as *Santarpana* for all these. As the modern point of view, nose is directly connected to ears by Eustachian tube, to eyes by nasolacrimal duct, and to brain by porous cribriform plate. *Pratimarsha Nasya* is valuable procedure for prevention of *Urdhwajatrugata Roga* and diseases due to seasonal variation.

KEYWORDS: *Shodhan, Panchakarma, Pratimarsha Nasya, Urdhwajatrugata Roga, Shrigataka Marmas.*

INTRODUCTION

Ayurveda is one of the oldest systems of medicine in the world. The practice of *Ayurveda* is based on two principles, *Shodhan* and *Shaman*.^[1] *Shodhan* is an evacuative therapy includes five main procedures (*Panchakarma*) i.e., *Vamana, Virechana, Asthapana Vasti, Anuvasana Vasti* and *Nasya*.^[2] *Nasya* is a procedure in which medicine or medicated oil is administered through nostrils.^[3] *Nasya* is classified as.

On the basis of medicine used^[4]

- i. *Navana*
- ii. *Avapeeda*
- iii. *Dhmapana*
- iv. *Dhopana*
- v. *Pratimarsha*

On the basis of action^[5]

- i. *Virechana*
- ii. *Vrinhana*
- iii. *Shamana*

Pratimarsha Nasya is the only procedure of *Panchakarma* included in *Dincharya* for the prevention of diseases as well as promotion of health. Other types of *Nasya* are used in specific conditions or diseases. In comparison 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.^[6]

Aims and objectives

In the present time a lot of problems are emerging due to our faulty diet, life style and environment i.e., allergic rhinitis, bronchial asthma, migraine and other headaches, early greying of hair, early ageing etc. Use of *Pratimarsha Nasya* may able to prevent these problems. The objective of this study is to justify the use of *Pratimarsha Nasya* in *Dincharya* for the prevention of some specific diseases as well as promotion of health.

MATERIAL AND METHOD

The study of different *Ayurvedic* and modern literature has been done to fulfil the objective of study. On the basis of literature procedure, dose, benefits, indications, contraindications and usefulness of *Pratimarsha Nasya* in deferent conditions has been explained.

Review of literature

Use of Pratimarsh Nasya in Dincharya^[7]

Pratimarsha Nasya should be used twice daily in every season for the prevention of diseases as well as promotion of health. Other types of *Nasya* are used in specific conditions or diseases. There are 14 specific times for *Pratimarsha Nasya* has their specific 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^[8]

The index finger should be dipped in oil (Murchhit Til /Anu Tail) and oil should be dropped in one nostril keeping the other closed, now inhale the oil. Repeat the procedure for other nostril.

Dose of Pratimarsha Nasya^[9]

Two drops in each nostril.

Indications^[10]

Children, old persons, weak or traumatised persons, one who is in the habit of living happily and cheerfully and it can be used in cloudy season.

Contraindications^[10]

Dushta Peenas, person having drink, deaf person, *Krimi* in head. In these situations *Pratimarsha Nasya* is unable to cleanse *Doshas* or *Krimi*.

Benefits of Nasya^[11,12]

Pratimarsha Nasya has advantage that of *Marsha Nasya* but it is slowly active. The benefits are.

- Prevents from diseases of eye, ear, nose and other supraclavicular disorders
- Prevents early greying of hair, hair fall and wrinkling of skin
- Delays the ageing
- Strengthens the bones, joints, ligaments and tendons of head
- Strengthens the jaws, teeth, chest, arms etc.
- Provides fragrance of mouth
- Makes the face enriched and graceful
- Makes the voice smooth, instance and instance
- Improves the working power of sense organs
- It is used therapeutically in *Peeansa* (coryza), *Ardhavabhedaka* (hemicrania), *Manyastambha* (torticollis), *Shirahshool* (headache), *Ardita* (facial paralysis), *Hanugraha* (lock jaw) etc.

DISCUSSION

All the diseases explained above are due to vitiation of *Vata* and *Kapha Dodhas*. The oil used in *Pratimarsha Nasya* alleviates *Vata* and *Kapha Dosha*. The probable Mode of action of *Pratimarsha Nasya* may be explained as.

- *Nasya* is especially useful for *Urdhwajatrugata Roga*, because *Nasika* is the way to head. The medicines reached to whole head through nose and cure the diseases.^[13]

- The medicine administered through inhalation therapy enters into the head and draws out exclusively the morbid matter as the *Ishika* (pith) is taken out after removing the fibrous coating of *Munja* (a type of grass) adhered to it.^[14]

It means only the morbid matter is drawn out from the brain without causing any damage to the brain material.

As the modern point of view, nose is directly connected to ears by Eustachian tube, to eyes by nasolacrimal duct, and to brain by porous cribriform plate. Therefore medicine applied in *Nasya* can affect the ears, eyes and brain also.

- *Shirah* is the seat of *Kapha*, so oil should use for a healthy person but not *Ghrita*, *Vasa* and *Majja*. *Pratimarsha Nasya* has *Shodhana* effect on head by its *Virya*.^[15]
- Oil stimulates olfactory nerve and shows the cleansing effect and prevents the diseases of head. Therefore *Nasya* is indicated in all *Shiraroga* with different medicine or medicated oil according to predominance of *Doshas*.
- *Shringataka Marmas* are four in number and situated between *Shiras* which enrich the nose, eyes, ears and tongue, and *Nasya* works as *Santarpana* for all these.^[16]
- In the eyes there is predominance of *Pitta*, *Kapha* is harmful for eyes. *Kapha* can be eliminated by daily use of *Pratimarsha Nasya*. Therefore *Pratimarsha Nasya* is preventive for eye diseases.^[17]
- *Shravanendriya* is seat of *Vayu*, and most of diseases of ears are due to vitiation of *Vata*. *Pratimarsha Nasya* can prevent the ear disorder.
- Diseases of *Nasika* are mainly due to vitiation in *Vata* and *Kapha*, *Pratimarsha Nasya* alleviate *Vata* by the *Snehana* effect and *Kapha* by *Shodhana* effect. Therefore can prevent the *Nasika Roga*.
- Oil on the mucous membrane of nose prevent its irritation by pollen, dust, bacteria etc., so it can check the allergy or infection.
- Oil on the mucous membrane can check the sudden decrease in temperature in cold season, so it prevents sudden vasoconstriction and thus infection can be checked.

SUMMARY AND CONCLUSION

- *Pratimarsha Nasya* is easy to take.
- There is no 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.

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