

AYURVEDIC PRACTICES OF NASYA KARMA; THEIR TYPES AND CLINICAL IMPORTANCE: A REVIEW

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ABSTRACT

Nasya is a practice of ancient *Shodhana* therapy which utilizes for detoxification purpose that ultimately provides some therapeutic benefits against several health issues. This practice mainly employed for treating diseases of head region known as *Uttamanga Shuddhi*. In this practice medicinal substances administered through the nostril for health benefits. The nose is considered as gateway of head region therefore, *Nasya* is used for managing diseases related to the neck and head region. There are many types of *Nasya* therapy amongst them *Navana*, *Dhmapana*, *Avapidana*, *Pratimarsha* and *Dhuma Nasya* are important ones. The medicine given through this therapy reaches *Shringataka* via *Nasa Srotas* and spreads in head region to exerts therapeutic responses. This review summarizes clinical importance of various types of *Nasya Karma*.

KEYWORDS: Ayurveda, *Nasya*, Detoxification, *Uttamanga*, *Shodhana*

INTRODUCTION

The *Nasya* therapy is one of the modality of Ayurvedic *Panchakarma* practice, in which medicine administered through the nasal route in the form of *Kwatha*, *Swarasa*, *Kalka* and *Sneha*. *Nasya* is very effective treatments since nose is considered direct passage of head region to relieves diseases of upper body parts. *Nasya Karma* mainly indicated for the management of *Urdhwajatrugata Roga* (disorder of body parts above the clavicle region). Thus this therapy can be implemented for managing diseases of eyes, nose, head and ears, etc. *Nasya Karma* employed for treating conditions such as; *Ardita*, *Pakshaghata*, *Shirasoola* and *Dustapratishyaya*.^[1-4]

Ayurvedic scholars classify *Nasya* into different categories as depicted in **Figure 1**. It is also divided according to the pharmacological action into different types such as; *Shodhana*, *Shamana* and *Brimhana*. It also categorizes into different preparations like *Churna* and *Sneha*, etc. *Nasya* mainly employed for the management of diseases of head and neck area (*Urdhwajatrugata Vikaras*).^[4-7]

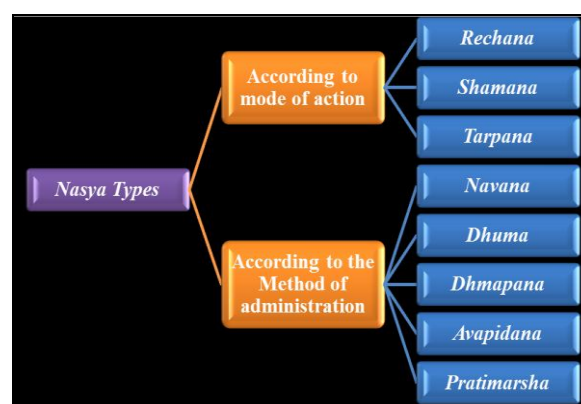


Figure 1: Various types of *Nasya* Therapy.

The *Shira* is considered very important and vital part of body which controls all *Indriyas* and nourishes sensory function. Medications reach head through the passage of nose and nourish *Tarpak Kapha*. The *Shringatak Marma* lies in the central inner region of the head and *Nasya* therapy targets this *Marma* to removes vitiated *Doshas*

from the upper body parts. In this way *Nasya* helps to manage *Urdhwajatrugata Roga*.^[6-8]

Various Types of *Nasya Karma*^[7-10]

✓ *Pradhamana Nasya*

Pradhamana Nasya involves instillation of *Churna* keeping the patient's head in lower position. Special instrument *Nadiyantra* mainly used for this purpose, it also referred as *Dhmapana Nasya* and considered useful for the treatment of *Pratishyaya* using drugs like *Saindhava*, *Pippali*, *Maricha* and *Vidanga*. Indications include *Shiro Roga*, *Nasa Roga* and *Akshi Roga*.

✓ *Pratimarsha Nasya*

Pratimarsha Nasya is mild type, in which drops of *Taila* like *Anu Taila* is instilled through *Gokarna*. Indications include diseases of children as well as disorders of elderly patient. This can also be employed for weak and emaciated patient with dryness of the mouth.

✓ *Navana Nasya*

In this practice *Sneha Dravya* is instilled through the nostrils, it further divided into two subtypes; *Snehana Nasya* and *Snehana Nasya*. *Snehana Nasya* used for *Vatika* conditions like stiffness and headache, etc. *Shodhana Nasya* used for eliminating *Kapha* related problems of head and neck region. The major indication of this therapy includes sinusitis and migraines, etc.

✓ *Avapida Nasya*

This therapy utilizes *Swarasa* or *Kalka* of herbs which administered through the nostrils. This therapy mainly used for headaches, sinus infections and mental illnesses due to the *Tikshna* and *Stambhana* properties of drugs.

✓ *Dhuma Nasya*

Medicated fumes administered through the nostril which expelled out through the mouth subsequently. It can be further classifies into three types which includes

Shamana, *Brimhana* and *Rechana*. *Dhumanadi* of different lengths can be used for this purpose to treat diseases of head and nasal route, etc.

✓ *Virechana Nasya*

This treatment uses drugs with *Tikshna* and *Ushna Virya* to clear nasal and throat channels. It mainly indicated for *Kapha* dominating diseases such as; allergic rhinitis, sinus infection and heaviness of head, etc.

✓ *Tarpana Nasya*

Commonly referred as *Snehana* or *Brimhana Nasya* in which oily and sweet drugs administered through the nasal route to restore balance. Indications include tremors and facial paralysis along with other neurological conditions.

✓ *Shamana Nasya*

This therapy treats vitiated *Doshas* without causing purgation or expulsion action. Major indications include graying, hair fall, pigmentation issues and bleeding disorders, etc.

General Guidelines of *Nasya*

Nasya should not be performed in *Durdina*, similarly *Anritu* is considered *Viparita Kala* for this therapy. The time of administration of *Nasya* according to season and *Dosha* vitiation is depicted in **Table 1**. It is prohibited when person engaged in *Madhya* and after *Basti* therapy. It should not be used in *Vyayamaklanta*, *Trishnarta* and *Ajirna* conditions. The other contradictions are as follows.^[8-12]

Contradiction of *Nasya* Therapy

- ✚ Acute fever
- ✚ Digestive disorders
- ✚ Menstruation & pregnancy
- ✚ Severe illness

Table 1: Time of administration of *Nasya* according to season and *Dosha* vitiation.

| Time of administration | Details | |
|---------------------------|-----------------------------|----------------------------|
| According to season | In Winter Season | Noontime |
| | In Autumn and Spring Season | Morning time |
| | In Summer Season | Evening |
| | In Rainy Season | Only if the sun is visible |
| According to <i>Dosha</i> | <i>Kapha</i> Disorders | Morning |
| | <i>Pitta</i> Disorders | Noon |
| | <i>Vata</i> Disorders | Evening |

CONCLUSION

Nasya Karma is a therapeutic measure which mainly performed in *Urdhwajatrugata Roga* and also acts as preventive practice for many other diseases. *Nasya* therapies are categorized into various types on the basis of purpose and methods. *Pradhamana Nasya* includes instillation of medicated powders through *Nadiyantra*, *Pratimarsha Nasya* includes oil drops like *Anu Taila* for nasal administration purpose. *Navana Nasya* uses *Sneha* for *Vata* disorders, *Avapida Nasya* employed for

headache, sinus infection and psychiatric conditions. *Dhuma Nasya* applies smoke delivered through the mouth for the head and nasal disorders. *Virechana Nasya* cleanses the nasal and throat passages with the help of *Tikshna* and *Ushna* drugs. *Nasya Karma* can be considered useful for many other conditions including stiff neck, facial paralysis, dental pain, sinusitis, migraine, insomnia, voice disorders, hair loss and neurological problems, etc.

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