

Conceptual Study

Conceptual study: Nasya chikitsa in Urdhwajatrugata vikara

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ABSTRACT:

Nasya karma is a therapeutic procedure where drugs are administered through nose in specific manner to cure different systemic disorders though it cures majority systemic disorders *nasya* treatment is mainly considered for *urdhwajatrugata*. As stated by *Ashtangasangraha*, Nose is closest route to head (Brain) so the medicine that used in *nasya* move from nostril in the channels of head and spread to whole interior of head and to the junction place where all the channels of eyes, ears, throat situated together thus influences head region by removing all accumulated doshas from head region and cure *urdhwajatrugata vikara* as well as nourish the sensory organs viz eyes, ears.

KEY WORDS: *Nasya, Nasa, Urdhwajatrugata vikara*

INTRODUCTION:

Nasa is one of the *panchgyanendriya* whose function is not only limited to olfaction & respiration but also considered as a pathway for drug administration. Since it is a gateway to brain medicine that is put into the nostril moved in the channel and spread to whole interior of the head and to the junction place where all the channels related to the eyes, ears, throat situated together (i.e. *shringatak marma*) thus influences *shir* removing out accumulated doshas from *shirpradesha* and from all the sinuses in the skull this action is known as *shirovirechana*. *Nasya* opens and cleanses channels of the head & improves the oxygen supply which improves the function of brain & sensory organs.

Nasya karma not only act as a *shirovirechana* but also play vital role in nourishing the *panchgyanendriya* and their *adhishtana* located in *shirpradesha*.

Mechanism of Nasya:

According to *ashtangasangraha* entry of *shir* is nostril to administrate the drug which reaches to *shringataka marma* and spread into *murdha pradesha* and removes doshas which are present in *urdhwajatrugata bhag*.

Nasya karma is explained as follows:

Diffusion of drug:-

Liquid soluble substances have greater affinity for absorption through cell wall of nasal mucosa, cilia of olfactory bulb and portion of body of olfactory cells. It is route of absorption of drugs and excretion of waste.

Neurological pathway:

Stimulation of olfactory nerve causes stimulation of cells of hypothalamus olfactory nerves are in close relation to brain which shows action on regulation of endocrine & nervous system functions, cardiovascular system.

Vascular pathway:

Transportation of drug is possible through the pooling of nasal venous blood into facial vein to venous sinuses of brain is more likely to occur in head lowering position due to gravity, further drugs absorption can be enhanced by local massage and fomentation.

Drugs used in Nasyakarma:

Drugs in the form of medicated *ghrita*, *taila*, *swarasa*, *kwatha*, *churna* and the form of drug is selected

according to *dosha, vyadhi awastha, rugna bala etc,*

Action of drugs used in nasyakarma on urdhwajatrugata vikara:

- Action of drugs depends upon absorption and this absorption is based on:
- Routes of administration
- Physical state of drug
- Solubility and absorbing surface
- Anatomical and physiological considerations
- Role of kala, position, poorvakarma and pashyatkarma.

Routes of administration:

- The route is transnasal drug directly enters in brain and lymphatic channels.

Physical state:

- For good absorption and result physical state of drug most important
- The drugs such as ghrita, taila, swarasa, churna are used in nasyakarma liquids are better absorbed than solid.

Solubility and absorbing surface:

- Absorption depends upon solubility of the drugs. The drugs which are water soluble will be quick in action and duration of action is short while liquid soluble drugs are delay in absorption but long in action.

Anatomical and Physiological consideration:

- The nasal mucosa which comes into direct contact with drugs directly involved into nasyakarma is supplied by both ophthalmic as well as maxillary branche of trigeminal nerve.
- Direct counter irritation or stimulation of the nerve done through nasya.
- Nasal cavity directly opens into the frontal, maxillary and sphenoidal sinuses along with its epithelial layer these sites are rich with blood vessels entering the brain.

Role kala and Position:

- After completion of nasya patient should be lie down in utthana position upto 100 matra.

Role of Poorvakarma and Paschyatkarma:

- Snehana, *swedana* karma at mookhapradesha, *dhoompana* and *kaval, gandusha* playes important part, the procedure like head lowering and mild fomentation after *nasya* seems to have an impact

on blood circulation to head, receives stimulation and increase blood circulation.

Urdhwajatrugata Vikara Treated by Nasya:

- Hoarsness of voice, slurred speech and stiffness in head, neck, jaw *Bala taila nasya* or *goghrhita nasya* can be useful.
- Earache, pain in nose, throat, headache, migrain, chronic rhinitis, deviated nasal septum, allergic rhinitis, sinusitis, anosmia, nasal polyp in such cases *Anutail* and *Shadbindu taila nasya* will be useful.
- For chances of eyes disorder due to old age, also to increase the strength of *panchgyandendriya, Panchgyanendriya vardhan taila* will be useful.
- To firm veins, joints, tendons and ligaments of neck, cervical spondylosis. Strengthening hair as well as to prevent whitening or greying of hair root to prevent hair fall or alopecia *Anutaila nasya* is useful.
- In goiter, tonsillitis, adenoids *Amrutadi taila nasya*.
- Prevent loose teeth, gingivitis and other diseases of oral cavity.
- To cure hyper pigmentation in face *Kumkumadi taila* is used for *nasya*.
- *Shodhan, Shaman nasya* positively impact sensory organs, reduce mental, emotional stress, anxiety fear.
- Increases the flow of Prana through *Ida Pingla nadi*.

Thus nasya eliminate excess doshas from head. Ghrith and tail are deeply nurturing. It cleares and soften tissue.

This allows for smooth flow of oxygen by eliminating stagnation and blockages.

DISCUSSION:

For the desired action of *Nasya Karma* on *Urdhwajatrugata vikaras* selection of drug according to *doshawastha, vyadhibala, rugna bala*, is very important.

- For the kaphaj vikara, and for virechana and lekhana purpose the drug used should be churna, kwath or swaras mostly and for brihan, shaman and pittaj vikara sneh like ghee should be used.
- Purva Pashchyat sneha swedana should be proper and well mannered for progression of nasya dravya in the channels of Urdhwajatrugata Pradesh.
- Nasya karma can do daily in low matra for the health of sense organ and Urdhwajatrugata Pradesh.

CONCLUSION:

Keeping the view of the above it can be said that the *veerya* or essence of the *Nasya dravya* with the help of *snehan and swedana* procedure is reach to the brain and improves the functions of brain which ultimately improve the functions of sense organs controlled by brain which situated at *Urdhwajatrugata Pradesh* also cured the many disease.

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