

CONCEPTUAL VIEW OF NASYA (NASAL MEDICATION) IN POISONING

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ABSTRACT

Nasya as a *panchkarma* procedure is used as a *shodhan* to eliminate the vitiated *dosha* from the body and enhance the normal functioning of *dosha* and keep the health of a individual. *Nasya* is also mentioned as a treatment modality in treating the *visha* (poisonous cases) as mentioned by the literatures of *charak*, *sushruth*, *vagbhata*, etc. In cases of poisoning *Nasya* as a Nasal medication are given in the form of liquids and fine powders. *Pradhmana* (Blowing) nasal medication is usually given when the patient is unconscious. To revalidate the conceptual claim of *nasya* in the treatment of poisoning cases, the present article is undertaken.

Keywords: *Nasya, Visha, Pradhmana*

INTRODUCTION

Nasya (Nasal Medication) is one amongst the *panchkarma* treatment modality in *Ayurveda* its references can also be traced from the period of *veda, ramayana and buddha*. In *Ayurveda*, the word *Nasya* has been taken specifically to mention the route of administration of the drugs through nasal route. *Ayurveda* literatures suggest there are two main treatments described for cure of the diseases.

1. *Shaman*
2. *Shodhan*¹

Samhitas mention that in *Bahudhosha* we have to do *Shodhan Karma* because *Shodhan Karma* expels the vitiated *Dosha* from the body.

Acharya Charaka has highlighted the role of *Panchakarma* therapy by stating that the disease treated by *Shodhana* will never recurrent, whereas the treatment with *Shamana* therapy may reoccur in due course of time,² *Nasya* as a treatment modality is also been mentioned in the cases of poisoning.³ *Nasya Karma* is the *Shodhana* process, which eliminates the vitiated *Doshas* of the *urdhvanga* ensuring the

smooth functioning of the brain and ultimately whole body. As compared to other *Shodhana* therapies *Nasya* is easy, less time consuming and simple to administer. The chances of complications are few but have wide range of application in treating different morbid conditions.

Aims & Objectives:

- To study the conceptual view of *Nasya* according to *Ayurveda*.
- To collect the literature references of *Nasya* in cases of poisoning from *Charak samhita*, *Sushruta Samhita* and *Astanga Samgraha*.

Materials and Methods:

- Literatures of *Charak samhita*, *Sushruta samhita*, *Astanga samgraha* of *Ayurveda* mentioning *Nasya* as treatment modality will be studied.
- Literatures mentioning *Nasya* in the treatment of poisoning will be studied.

Definition of Nasya:

According to *sushruta samhita* medicines or medicated oils administered through the nose are known as *Nasya*.⁴ According to Aruna Dutta & Bhava Prakash all drugs & measures that are, administered through the nasal passage are called *Nasya* (Bh. Pr. Purvakhanda 5/189).

Synonyms:

Shirovirechana, *Shirovireka*, *Murdhavirechana*, denoting a therapeutic measure in which the drug is administered through nose, to eliminate vitiated *Dosha* situated in head and its constituents parts curing the disease of those

parts (*Urdhvajatrugata Vikaras*). *Navana* and *Nastahkarma* as synonyms of *Nasya* which denote the site of administration.

Classification of Nasya:

According to Charaka: *Nasya* is mainly of five types as

1. *Navana* (Again sub classified into *Snehana* & *Shodhana*)
2. *Avapida* (Again sub classified into *Shodhan* and *Stambhana*)
3. *Dhmapan*
4. *Dhuma* (Again sub classified into *Prayogika*, *Vairechanika* and *Snaihika*)
5. *Pratimarsha* (Again sub classified into *Snehana* and *Shodhana*)

The above mentioned five types of *Nasya* are regrouped according to their function into three groups viz. – *Rechana*, *Tarpana* and *Shamana*.⁵ *Charaka* has also mentioned 7 types of *Nasya* according to parts of the drugs to be used in *Nasya Karma* via – *Phala*, *Patra*, *Mula*, *Kanda*, *Pushpa*, *Niryasa*, *Twaka*.⁶

According to Sushruta:

According to *Sushruta Nasya* is mainly 2 types

1. *Shirovirechana*
2. *Shamana*.

Further *Nasya* is divided in 5 types: *Avapida*, *Pradhamana*, *Shirovirechana*, *Nasya* and *Pratimarsha*.

Shirovirechana, *Avapida* and *Pradhamana* are used for *Shirovirechana* i.e. for the elimination of morbid *dosha* from *Shira*. *Pratimarsha* and *Nasya* are used for *Snehana*.⁴

Classification of Nasya

According to Vagbhata:

Vridha Vagbhata (Ashtanga Samgraha) has mainly classified Nasya according to the function as,

- 1.Virechana
- 2.Brihana
- 3.Shamana.

Avapida Nasya may be given for both Virechana and Shamana while Pradhamana Nasya is given only for Shirovirechana.⁷

Laghu Vagbhata (Ashtanga Hridaya) has mainly classified Nasya in 3 types viz. Rechana, Brihana and Shaman. Snehana and Brihana Nasya have been subdivided in to 2 types according to the doses 1) Marsha. 2) Prati-marsha.

Table 1: Nasya Classification According to Different Acharyas/Samhita:

Sr.No	Texts/Samhita	No. of Classification	Classification types
1.	Charaka Samhita	3	According to Mode of Action - Rechana, Tarpana, Shamana
		5	According to Method of Administration – Navana, Avapida, Dhmapan, Dhuma, Prati-marsha
		7	According to Various Parts of Drugs utilized – Phala, Patra, Mula, Kanda, Pushpa, Niriyasa, Twaka
2.	Sushruta Samhita	5	Shirovirechana, Pradhamana, Avapida, Nasya, Prati-marsha
3.	Vagbhata	3	Virechana, Brihana, Shaman
4.	Kashyapa	2	Brihana and Karshana
5.	Sharang dhara	2	Rechana and Snehana
6.	Bhoja	2	Prayogika and Snaihika
7.	Videha	3	Snagya, Sthambaka and Prabodaka

Nasya in Poisoning:

Drugs having pungent properties are commonly given for poisoning conditions, with different drug combinations, in different types of poisoning the literature references are given as follows,

According to Charaka samhita:

- Nasya is mentioned as one amongst 24 treatment modality for treating poisoning cases.⁸
- Kakanda & Shirish drugs are used for ashotana anjana and for nasya in the 5th stage of poisoning.⁹
- Combination of kakanda, tulasi patra, gavakshi, punarnava mula, vayasi, shirish

fruit in the form of *lepa*, *upadhi*, *pana* and *nasya* is done in the 8th stage of poisoning.¹⁰

- **Mrutasanjeevani agada** in the form of *nasya*, *vilepana*, *dharana*, *dhuma grahana* and keeping it along will relieve the poisonous effects.¹¹
- **Pradhmana nasya** if there is increase in the *kapha dosha* and eventually producing *avarodha* of *vayu* in such conditions *upadhana karma* followed by *pradhmana nasya* with *katabhi*, *kata*, *kataphala* is given to relieve *avarodha* caused by *kapha dosha vrudhi*.¹²
- **Avapida nasya** is given in a condition when *visha* produces *avarodha* of *nasa*, *chakshu*, *karna*, *jivha* and *kanta* then drugs extract of *vartaku*, *bija nimba rasa*, *jyothismathi* etc, is used as *avapidana nasya*.¹³
- **Mamasadi yoga** having ingredients as *jatamamsi*, *kumkum*, *tejapatra*, *tvak*, *rajani*, *nata*, *chandan*, *manashilla*, *vyagranakhi* and *surasa* in a fine powder will relieve all types of *shotha* and *vishavikara*.¹⁴
- **Chandanadi yoga** having ingredients as *rakta-chandan*, *tagara*, *kushta*, *haridra*, *daruharidra*, *tvak*, *manashila*, *tamala patra*, *keshara*, *shardula* mixed with *tandulodaka* can be used in the form of *pana*, *nasya* and *anjana*.¹⁵
- **Shrishapushpa yoga** in which *shwetha maricha* is mixed with *shirish patra* extract for 7 days thereafter dried and used in the form of *pana*, *nasya* and *anjana* in the treatment of snake bite poisoning.¹⁶
- **Darvikara sarpa vishagna nasya** having ingredients as *sindhuvana mula*, *shwetha*

aparajitha taken in equal parts in the form of paste or *churna* is given as *pana* with water or in a mixture with *ghritha* is used as *nasya* will restrict the prognosis of *darvikara sarpa visha*.¹⁷

- **Visha nashak pradhmana nasya** having ingredients as *kutaja phala*, *tagara*, *jaalmaalini*, *tikta ikshwaku* taken in equal quantity in the form of *churna* or as *pradhmana nasya* is said to be much beneficial in the treatment of *vruschika*, *musshaka*, *luta visha* and *sarpa visha*.¹⁸
- **Vachadi yoga** having ingredients as *vamsha*, *vamsha tvak*, *pata*, *nata*, *surasa*, two varieties of *bala* and *nakuli*, *kushta*, *shirish*, *haridra*, *daruharidra*, *prushnaparni*, *shaalaparni*, *shwetha*, *ajagandha*, *shilajatu*, *katruna*, *katabhi*, *yavakshara*, *gruhadhuma* and *manashila*, *rohitaka* bark mixed with cow's bile is used as *nasya*, *anjana* and *pana* in cases of *keeta visha*.¹⁹
- **shatapadhi visha nashak yoga** having ingredients as *svarjikshara*, *ajashakrut kshara*, *surasa patra*, *akshipidak* mixed with *madhira* as a fine paste in the form of *anjana pana*, *lepa*, *nasya* relieves the poisoning occurred by *shatapadhi*.²⁰

According to *sushrut samhita*:

- Poisoning occurring by the inhalation of poisonous vapours from poisoned food leading to pain in the cardiac region, rolling of the eyes and head ache in such condition *anjana* and *nasya* prepared from *kushta*, *lamajja*, *nalada* with *madhu* should be used as an antidote.²¹

- In case of inanimate poisoning when the poison is in the third stage *Agadapana* along with *nasya*, *anjana* is beneficial.²²
- In case of inanimate poisoning when the poison is in the seventh stage, *nasya* followed by a incision of triradiate shape over the head of the patient with flesh along with blood is kept is beneficial to restrict the prognosis of poisoning.²³
- In case of *Darvikara sarpa* (Hooded snakes) bite when the poison is in the third stage *Agada* as *nasya*, *anjana* is beneficial.²⁴
- In case of *Mandali sarpa* and *Rajimana sarpa* (Viper snakes and krait) bite anti venomous *agada* in the form of expressed juice *avapidana* type of *nasya* is beneficial.²⁵
- Dosage of Anti-venomous *nasya* should be equal to 2 *mashak* in weight for a desired anti-venomous effect.²⁶
- Use of medicated *nasya* is to be done in case the patient is having headache and heaviness of the head, lassitude, lockjaw, spasm of the throat and violent wry-neck.²⁷
- Treatment of unconsciousness due to snake bite poisoning in a patient with widely opened eyes and drooping of the neck due to (snake) poisoning, should be treated well with nasal insufflations with drugs of strong potency.²⁸
- **Mahaagada** having ingredients as *trivrut*, *visalya*, *madhuka*, both kinds of *haridra*, *rakta*, *narendra* of the salt group and *trika-tu* pasted with honey should be placed inside the horn and used as drink, collyrium and snuff neutralizes the poison. Its potency cannot be overpowered by any poison,

it annihilates the force of poisons and is of great effectiveness.²⁹

- **Sanjivanagada** used in cases of poisoning to restore the life as a ant poisonous preparation this drug contains ingredients as *laksha*, *harenu*, *nalada*, *priyangu*, both kinds of *shigru*, *yastika*, *prithvika* and *rajani* are powdered and mixed with honey and stored in cows horn its used as collyrium, snuff or to drink.³⁰
- **Vamshatvadi Agada** with the ingredients as *vamsha*, *amalaka*, *kapithhha*, *katutrika*, *hemavathi*, *kushta*, *karanja seeds*, *tagara* and *shirisha* flowers are powdered with cow's bile used as a *lepa*, collyrium, snuff or as a drink, it destroys the poison of spider, mouse, snake or insect.³¹
- As a general measure for Rat-bite poisoning extract of *shirish* fruit is used as *shiro-verechana karma*.³²
- In cases of spider bites *nasya* is indicated as and when there is a need to eliminate the aggravated *dosha* along with *avapida nasya* & other treatment modality.³³

According to *Astanga Samgraha*:

- In the third stage of *sthavara visha chikitsa* after *vamana* and *virechana* therapies drinking of anti-poisonous recipe along with nasal medication and collyrium to the eyes is beneficial.³⁴
- In the seventh stage of *sthavara visha* poisoning *avapida nasya* is done just before *upadhana karma*(before taking the incision on scalp).³⁵
- **Sanjivana agada and yapana agada** in the form of oral, nasal, collyrium, inhalation, fumigation, topical application will restore

- the life of a person who is unconscious by the effect of poison.³⁶
- *Navana nasya* is said to be beneficial in the diseases arising in the ears, eyes, throat and tongue with juice of beejapura, arya-bruhati, phala and *vyotismathi*.³⁷
 - ***Mrtasanjivani Ghrita*** used in the form of drink, anointing, nasal drops destroys the poison, artificial poison and restores the life of unconscious persons from poisoning.³⁸
 - In case of *haratala* (Arsenic) poisoning the *ankoladi* drugs are given after *vamana vi-rechana* the *nasya* is followed with same drugs to have anti poisonous effect.³⁹
 - whenever there is aggravation or the prognosis of poisoning is seen at head it should be mitigated by *gandusha*, *kavala*, confections, strong insufflations and collyriums.⁴⁰
 - In a state of unconsciousness as a result of poisoning because of aggravation of *vata dosha* caused by blocking of the channels by poison vitiated *kapha dosha* then after taking *kakapada* incision the powder of *katabhi*, *jalini* and *katuka* is beneficial.⁴⁰
 - When the seat of poison is at place of *vata dosha* then decoction prepared from *yastimadu* is used for drinking, nasal medication, anointing, enema and mixed with food mitigates the poison present at *vata dosha* places.⁴¹
 - In hooded snakes bites *pakala*(*Kushta*) along with *madhu* is used as *nasya*.⁴² In both hooded snakes and krait bites *agada* prepared from *tanduliyaka*, *kasmarya*, *kinihni*, *girikarnika*, *matulunga*, *sita*, and *selu* is used as *pana*, nasal medication and collyrium is beneficial.⁴²
 - In cross breed(*Vyantara*) snakes *sitamari-cha*(*shigrubeeja*) soaked for seven days in the fresh juice of *shirish* flowers is beneficial in the form of drinking, *nasya*, collyrium.⁴³
 - *Nasya* to restore the consciousness in case poison is present head the juice prepared from root of *bandhuiva*, *bharangi* and *asita surasa* or the powder of *pippali*, *hingu*, *vruschikali*, *manashila*, *shirish beej*, *apamarga* and *lavana* are blown into the nose which brings the consciousness, similarly paste or powder of *krsna*, *ksavaka*, *ativisha* and *ushna* are used.⁴⁴
 - To protect the eyes from penetrating property of *nasya* causing dryness and irritation caused by strong *nasya* and collyrium ghee should be drunk in large doses.⁴⁵
 - In hooded snake bites, vipers and krait bites in the third and seventh stage of poisoning *nasya* and collyrium along with anti-poisonous recipe are given.⁴⁶
 - In cases of krait snake bites specially in the sixth stage strong collyrium and *avapida nasya* are given with other anti-poisonous remedies.⁴⁶
 - ***Tarkasya agada*** mentioned for the treatment of *takshaka* snake bite is useful in the form taken as internally, *nasya*, collyrium and anointing will minimize the effect of poisoning.⁴⁷
 - ***Bilwadi agada*** and ***mahaagada*** used as collyrium, drink, *nasya*, cures the persons suffering from poison of snake, spider, rat, scorpion and also cures gastro enteritis, indigestion, fever, seizures.⁴⁸
 - ***Vachadi yoga*** is the best *agada* when used as paste, nasal medication, collyrium and

when taken orally in the cases of poisoning caused by *vishwambaradhi kita* (insects).⁴⁹

- In all cases of scorpion poisoning of severe degree the patient should be made to drink a mixture of honey and ghee along with *nasya* and other treatment modality. *Kutajadi* fruits made into fine paste or powder, used for drink, nasal insufflations cures the poisoning of scorpions, rats, spiders and snakes.⁵⁰
- In case of poisoning by spider poison in such case *nasya* is given prepared from juice of *girikarnika*, *bandhuka*, *kinhi* added with sugar, or from *sadgrantha*, *lasuna*, *vyosha*, *brhati*, *vella* and *saindhava*, or from fruits of *apamarga*, *bharangi*, *nakuli* and *sarpagandha*. Also juice prepared from *syama*, *yavaphala*, seeds of *phanijjaka*, *shirish*, *vartaka* is considered as the best drug of choice in spider poisoning.⁵¹
- Nasal drops with scum of *ghee* is ideal after purification of head.⁵¹
- Similarly *nasya* given by *shirish*, *padmaka*, *ushira*, *patali*, *sindhuvaraka*, *panchavalkala*, *nata*, *udichya*, *sariva*, *kushta*, and *chandana* with *selu* is considered as the best as *nasya* in spider poisoning.⁵¹
- Treatment of *kapila* variety of spider bite should be done by *nasya* and other measures with the drugs prepared from *nishapadmakadhi* and *sthira-arkaparnyadhi* specifically cures the spider poisoning.⁵²
- Treatment of *agnimukhi* variety of spider bite should be done by *nasya* and other measures with the drugs prepared from *kushta-lamajjakaadi*.⁵²
- in case of dog bite *nasya*, collyrium, external application and internally drugs pre-

pared from *lasuna*, *usana*, *vaidehi* and *vara* macerated with ox-bile is considered as the best.⁵³

- Medicated ghee prepared from the decoction of *jalavetas* is the best drug remedy in the form of drinking, *nasya*, anointing and external application in all types of *jalasatras* (Hydrophobia).⁵³
- Complication of poison as in cases of headache the nasal drops prepared from *kakoli*, barks of *kshiravruksha* with cold water helps to subside the complication.⁵⁴
- In case of bleeding disorder or increase in *vata dosha* as a complication of poison in such case *sitopaladhi*, and drugs of *hema* and *sukla* are used as *nasya* to restrict the bleeding.⁵⁵
- Use of poisons as a drug for *nasya* with *manashila*, *anjana*, *ela*, *ala*, *sindhuvara*, *amrahvyam*, *rakta* and *kumkuma* and *visha* (*Vatsanabha*) is made into nice powder and blown into the nose restores consciousness in an unconscious persons.⁵⁶
- *pratyakpushpi*, *sita* and *visha* used as nasal drops cures headache, so also ghee mixed with *yastyahva* sugar and poison. To cure bad smell from nose *sunthi*, *pathya*, *visha*, *patha*, *dravanthi* are used as nasal drops. *katu taila* and *visha* used as nasal drops cures grey hairs, and ulcers on the scalp.⁵⁷

DISCUSSION

Urdvajatrugata (Head) is a place where *kapha* is dominant as far as the structure is concerned with 4 sense organs, *Marma* (Vital Parts) are confined to the head and functions of them are attributed by *vata dosha*, in case of poisoning because of the properties of poison

the normal functioning of the *Dosha*, *Marma* and sense organs are dettoriated.

Hence it is imperative to maintain the healthy functioning of *kapha dosha* especially in the head. When *kapha dosha* is increased to vitiate the structures and normal functions of *vata dosha* it has to be drained out by using *sodhana nasya* and ensure that the *vata* movement are proper and the vitiated *kapha* is reestablished.

According to *Charaka*, *Nasa* is the portal (gateway) of *Shirah*. The drug administered through nose as *Nasya* reaches to the brain and eliminates only the morbid *Doshas* responsible for producing the disease.

In *Ashtanga Samgraha*, it is explained that *Nasa* being the door way to *Shira* (head), the drug administered through nostrils, reaches *Shringataka* (a *Sira Marma* by *Nasasrota* and spreads in the *Murdha* (Brain) taking route of *Netra* (eye), *Shrotra* (ear), *Kantha* (throat), *Siramukhas* (opening of the vessels) etc. and scratches the morbid *Doshas* in supra clavicular region and extracts them from the *Urramanga*.

Sushruta has clarified *Shringataka Marma* as a *Sira Marma* formed by the union of *Siras* (blood vessels) supplying to nose, ear, eye and tongue. It has been further pointed out that injury to this *Marma* may be fatal immediately. Commentator *Indu* of *Ashtanga Samgraha* opined *Shringataka* as the inner side of middle part of the head i.e. *Shirahso Antarmadhyam*. Under the complications of *Nasya Karma Sushruta*, noted that the excessive eliminative errhine may cause *Mastulunga* (cerebro spinal fluid) to flow out to the nose.

The effect of *Nasya* (Nasal medication) procedure at Neuro Endocrinal level, on Neurovascular Junction, at Neuro Endocrinal Level, at Neuro Psychological levels, on Drug absorption and Transportation from modern medicine and researches also relive that the drug administration through nasal route will produce significant drug delivery to combat morbid conditions.

Thus *Nasya* as one of the *panchkarma* procedure is also considered as treatment modality in case of poisonous conditions to protect the vital parts, to restrict the further prognosis, absorption and to eliminate the poison out from the body. Different types of drug formulations have mentioned in the treatment of general and specific type of poisoning conditions. Physicians can give the *nasya* by considering the type of poison, dosage, prognosis of poison, stages, vital parts involved, aggravated *dosha*, with other treatment modality for a better result with the *agada* administrations.

CONCLUSION

There are many formulations for *nasya* have been mentioned but a physicians should wisely use the *nasya* procedure of different types considering the drugs present with the formulations stated in the *samhita* with ascertaining the condition of poison to have a counter action against the poison along with the antidote administration.

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