



NASYA - A MIRACLE TO INDIAN SOCIETY

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<https://doi.org/10.46607/iamj13p7012022>

(Published Online: November 2022)

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Article Received: 09/12/2022 - Peer Reviewed: 14/12/2022 - Accepted for Publication: 28/12/2022



ABSTRACT

Speed and accuracy are required in today's fast paced world. People rarely pay attention to the obvious symptoms, particularly the stressful ones. Furthermore, the Indian atmosphere is naturally dry and dusty, and the dust is exacerbated by pollution in urban areas. These microparticles can enter the body through the nose, which is an obvious and unprotected body region and cause a variety of diseases. *Ayurveda* has its own set of principles for diagnosing and treating illness. The primary therapy for sustaining health of Nasal route is "*Nasya*". We are fortunate that this great knowledge has been written down for us in our sacred writings. According to all ancient literature, "*Nasya*" is the most significant therapy for maintaining the health of "*Urdhvajatru*" i.e., the body above the clavicle region (ENT, Eye & Head) and curing the "*Urdhvajatrugata rogas*" particularly "*Nasa rogas*" (Nasal Disease) "*Nasya karma*" is the most effective method for removing debauche *Doshas* from *Shirah* and *Nasa*

Key words: *Nasya Karma, Nasa, Urdhvajatrugata rogas, Allergy, ENT.*

INTRODUCTION

India is a country with a population of 138 million people, 70% of whom live in rural areas with dusty environments and urban areas with pollution, and 2293 square kilometers of land per capita. Because there are so many bacteria, pollutants, and other contaminants in our environment, allergies are the most frequent problem these days. 33% of Indians are facing it. As a

result of the booming IT sector and urbanization, everything is becoming digital, significantly increasing the screen time of even youngsters, stress levels have risen, and eye strain is becoming more common in children. The majority of them suffer from insomnia, which is defined as difficulty sleeping and staying asleep. Depression is also a less addressed and more

experienced thing nowadays. We regard *Ayurveda* as a rescuer in the midst of all this chaos because of its unique principles for comprehending a disease from a preventing and remedial standpoint. It's a science that has existed since the dawn of time. The disorders and symptoms listed above are described as abnormalities in *Tridosha's* homeostasis. It is treated with the utmost priority in *Ayurveda*, yet the lack of this view is a flaw in people's minds, and modern science, despite its incredible advancement. In the world of medicine, the ability to access nanoscale information through procedures and machines has caused doctors to lose sight of the human being as a whole. The question of life in general remains unanswered. The *Urdhvajatru*, particularly *Shirah*, is considered the most significant portion of the body by *Ayurveda*, and the nose is considered an entry gateway for the head. The therapy for *Urdhvajatru rogas* in *Nasya karma* given in the scriptures is the administration of therapeutic oils and *Ghee* via nasal tube as mentioned in the literature. It is impossible to eliminate *Doshas* in *Shirah* and *Nasa* without "*Nasya karma*". Because it not only lubricates the nasal mucosa and protects it from allergens, but also boosts *Nasa* and *Shirah* immunity.

Etymology

Nasya is derived from the word "*NASA*" which means "*GATI*". The *Gati* [Flow] here is towards the nose nasal passage and the head.

The pathway from nose to head

नासाहिशिरसोद्धारं" (अ.ह.सु२०/९) "द्वारं हि शिरसो नासातेन तद् व्याप्य हन्ति तान्" (च.सि९/८८)

"प्राणं श्रोत्रं जिह्वा संतर्पणीनां सिराणां मध्ये सिरासन्निपातः शृंगाटकानि"

(सु.शा६/२८)

As per *Acharya Charak* and *Vagbhat*, *Nasa* is the gateway of *Shirah* (Head). The medicine is administered through the nose as *Nasya* reaches to brain and eliminates morbid *Doshas* responsible for the disease. As per *Acharya Sushrut* "*Shringataka marma*" is *Sira Marma* present in the middle of the convergence of *Siras* (Vessels) supplying nourishment to the nose, ears, eyes, and tongue. According to modern preposition, the olfactory nerve fibers leading backward from the bulb are called *CNI* or the olfactory tract. The Olfactory bulb lies over the cribriform plate, separating the brain cavity from the upper reaches of the nasal cavity. The cribriform plate, which is a component of the ethmoidal bone, has multiple small perforations through which an equal number of small nerves pass upward from the olfactory membrane in the nasal cavity to

enter the olfactory bulb in the cranial cavity. The olfactory tract enters the brain at the anterior junction between the mesencephalon and cerebrum, there the tract divides into two pathways, one passing medially into the medial olfactory area of the brainstem and the other passing laterally into the lateral olfactory area. The anterior part of the roof of the Sphenoid sinus is also related to the olfactory tract, optic chiasma, and frontal lobe. The posterior part of the roof of the Sphenoid sinus is related to the pituitary gland in the *Sella turcica*.

Types of *Nasya*:

A} According to the *Doshas*

1) ***Shodhan Nasya***: Specifically used to treat *Kapha* diseases such as nasal congestion, headache, cough inflammation of the nasal mucosa, sinusitis, sticky eyes, and hoarseness of voice due to sticky *Kapha*, includes drugs in the form of *Kwath*, etc. It can be used as a cleansing *Nasya*.

2) ***Brihana Nasya* / *Snehan Nasya***: In this type of form of *Nasya* drug used is *Sneha* i.e., *Ghee*, *Tailam*, *Vasa*, *Majja*, and their byproducts. This type of *Nasya* is specifically given in *Vata* disorders. It is beneficial to cure migraine, dryness of voice, hemicranias, and anxiety neurosis. Can be called as Nourishing *Nasya*.

3) ***Shaman Nasya***: This type of *Nasya* (quenching *Nasya*) uses drugs in the forms of *Swarasa*, *Sneha*, *Ksheera*, *Udaka*, etc. *Shaman Nasya* is used according to the aggravated *Doshas* in the body. It is mainly administered to treat *Pittaj* & *Raktaj*-type disorders such as Greying of hairs, Alopecia, conjunctivitis, and pigmentation of the face.

B} According to The Quantity of Drugs Used

1) ***Marsh Nasya***: Administering *Ghee*/ *Oil* in a calculated amount into the nostrils under all favourable conditions. This therapy is administered for diseases and symptoms arising from particular diseases. Contraindications: *Marsha Nasya* is contraindicated before the age of 7 years & after the age of 80 yrs. **Quantity of *Marsha Nasya***: *Uttamamātra* - 10 *Bindu* (Drops), *Madhyamamatra*- 8 *Bindu* (Drops), *Hraswamatra* - 6 *Bindu* (Drops)

2) ***Pratimarsha***: This therapy is done by dipping a clean little finger in ghee or oil, inserting it into each nostril, and giving a gentle massage. This lubricates the nasal passage. Doing *Pratimarsha* on a regular basis can prevent many diseases initiation Generally, it is given in weak persons, in old age, children, delicate persons, etc. *Pratimarsha* can be administered

anytime, on any day, even in rainy seasons, and also from birth to death. It's a lifestyle habit we can add to our routine as we lubricate our outer body, we should be doing this also.

CONTRAINDICATIONS: *Pratimarsha Nasya* cannot be given to chronic catarrhal, Worm infestation, and Alcoholic patients.

DIFFUSION OF THE DRUG:

Because lipid-soluble substances have a higher proclivity for passive absorption through the cell membrane, which is made up of lipids and protein and is semipermeable, the volatile and essential oils of the medications will traverse the pathway. Even the cilia of the olfactory cells, as well as the majority of the body of the olfactory cells, contain considerable amounts of fatty molecules. These hydrophobic compounds pass through the plasma membrane's lipid bilayer and into and out of cells. Oxygen, nitrogen, carbon dioxide gases, steroids, fat-soluble vitamins, and fatty acids are among these compounds. It is a lipid-soluble pathway for the absorption of some nutrients and the outflow of waste by body cells. It is also possible to increase medication absorption by local massage and fomentation.

VASCULAR PATHWAY:

The septum's Kiesselbach's plexus, also known as Little's region, has a Retro columellar vein that runs vertically downward just behind the columella, crosses the floor of the nose, and joins the venous plexus on the lateral nasal wall. The blood from the nasal plexus drains into the facial vein anteriorly and pterygoid plexus posteriorly, and the inferior ophthalmic vein likewise drains in the facial vein, allowing for vascular route transit. "The facial vein communicates to the cavernous venous sinus through the angular vein". The absorption of the drug into meninges and intracranial organs from nasal veins is

more likely to occur in head lowering posture due to gravity.

CONCLUSION

Nasya, as previously noted, can be used to cure and prevent *Urdhvajatrugat rogas* and can be incorporated to one's daily routine. Because of their ability to absorb through numerous routes and operate on the brain, they can help avoid a wide range of psychosomatic and allergy symptoms.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Himanshi Goyal et al: Nasya - A Miracle to Indian Society. International Ayurvedic Medical Journal {online} 2022 {cited November 2022} Available from: http://www.iamj.in/posts/images/upload/77_79.pdf