



ROLE OF NAVAN NASYA KARMA AS AN ANTI-WRINKLE TREATMENT IN AGEING PROCESS: A CASE REPORT

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Abstract

Aging of the skin is the result of continuous "wear and tear" processes. This study gives a case report of 35 years married female patient with complaints of wrinkles formation in early age. This study was planned to evaluate the Role of *Navan Nasya Karma* as an anti-wrinkle treatment in ageing process. *Navan Nasya* was done by instilling drops of *Yashtimadhukadi tail* in the nostrils for 21 days. The improvement evaluation was done by **Wrinkle Severity Rating Scale (WSRS)**. It was observed that before treatment the score was 4 and improvement was seen until score 2. Further studies may be conducted by taking more samples with more number of sittings.

Keywords: *Navan Nasya*, *Yashtimadhukadi tail*, Anti-wrinkle treatment

Introduction

Wrinkles make even the bravest frown with worry. They are a sign of ageing; something that all humans are worried of. Anti-wrinkle treatment through Dermatology is getting very popular these

days but it is not cost effective. Most people do not welcome wrinkles, and billions of dollars are spent globally on treatments to remove or delay them. Some of these therapies make great claims but may have no effect or may act for short duration. However, in *Ayurveda* there are several remedies and dietary modifications that can help to treat wrinkles. The aggravation of the *vata dosha*, according to *Ayurveda* is the cause of wrinkles. Therefore, *Ayurvedic* treatment of wrinkles seeks to balance the *dosha* with remedies, herbs, yoga and [meditation](#) for a youthful glow and exuberance, devoid of wrinkles. *Tail* being considered *sarva shreshta vataghna*, hence *Yashtimadhukadi tail* was administered through nasal route. The present article gives a case report early wrinkle formation treated with *Nasya* treatment.

Aim

- Role of *Navan Nasya Karma* as an anti-wrinkle treatment in ageing process.

Objectives



- To give effective *Ayurvedic* anti-wrinkle treatment.
- To create awareness about *Ayurvedic Shodhan* procedures as an Anti-wrinkle treatment.

Case report:

A 35years married female patient working as a fashion designer visited our OPD with so much stress in her mind and the chief complaint was wrinkles with very deep and long folds, visible when stretched and prominent facial feature. She had habit of occasional smoking and regular alcohol consumption. Rest all vitals were normal. Bowel was constipated (on & off). Sleep was disturbed. No history of trauma or any other systemic illness. Menstrual cycle was irregular since 3months.

Examination

Vitals – pulse 86/min, regular, full volume, BP 120/90 mmHg (right arm sitting), temperature 99.4°F (oral, 9 am), and respiratory rate – 22/min. The nervous system, cardio-vascular system, and respiratory system were within normal limits (WNL).

Pathological investigations & findings

Blood Hb 12.6 g/dl, ESR 10mm/h, TC 15,300. DC: N 79%, L 18%, E 2%, B 01%.

Random Blood Sugar 110 mg/dl.

Materials and Method:

Drug Administration details:

NASYA KARMA

Purvakarma

The patient was asked to lie down comfortably in supine position on the procedure table. *Sthanik Snehan* was done on face, temporal region, neck region with lukewarm *til tail*. After *abhyang*, *sthanik mrudu swedan* was done by covering the eyes.

Pradhankarma

After *Purvakarma*, the patient was asked to lie down comfortably in supine position and head part was made to extend further from the edge of table bending at an angle making it head low position. 8-8 bindu of lukewarm *Yashtimadhukadi Tailam* was administered in each nostril for 21days daily in the second half of day.

Paschatkarma

After Nasal administration, patient was allowed to relax in supine position. Patient was advised to spit out the nasal secretions reaching the throat. *Kawal* with *koshan jal* was given. Patient was advised to follow *nidanparivarjan* like avoid cold water for bathing and drinking.

The patient was advised to follow daily routine. Lakshans were noted.

Assessment Criteria

Photographic images of the lower face and rate of nasolabial fold severity on each side using the 5-grade Wrinkle Severity Rating Scale (WSRS) was done. Standardized definitions of the five grades were provided to the investigators in visual (photographic) and descriptive formats.



Wrinkle Severity Rating Scale (WSRS)

Score	Description
5	Extreme: Extremely deep and long folds; detrimental to facial appearance. 2-4 mm visible v-shaped fold when stretched.
4	Severe: Very long and deep folds; prominent facial feature. Less than 2 mm visible fold when stretched.
3	Moderate: Moderately deep folds; clear facial feature visible at normal appearance but not when stretched.
2	Mild: Shallow but visible fold with a slight indentation; minor facial feature.
1	Absent: no visible fold; continuous skin line

Observation & Result:

- Before (day 0) the treatment was started the score recorded was 4 i.e. Severe. After completion of the 10 days it was observed that the score was 3 and at the end of 21st day score 2 was found. Initially the patient had complaint of disturbed sleep which was absent till 21st day.
- Regular smoking accelerates the aging process of skin, because of the reduced blood supply to the skin. Alcohol dehydrates the skin, and dry skin is more likely to wrinkle. The patient was strictly asked not to smoke or consume alcohol.

Discussion

तत्र यः स्नेहनार्थं शून्यशिरसां ग्रीवास्कन्धोरसां च बलजननार्थं दृष्टिप्रसादजननार्थं वा स्नेहो विधीयते तस्मिन् वैशेषिको नस्यशब्दः / तत्तु देयं वाताभिभूते शिरसि दन्तकेशश्मश्रुप्रपात

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- After taking *nasya* treatment the patient reported about sound sleep as compared to before treatment. Sleeping at least 7 hours a night help to maintain overall health, and this may include skin quality, although this has not been extensively proven by research.
- According to *Ayurveda*, balancing the *vata dosha* is extremely beneficial in getting rid of wrinkles and discovering healthy skin. The active ingredients of *Yashtimadhu* i.e. Glycyrrhiza glabra are glabridin, glabrene, licochalcone A, licoricidin, licoisoflavone B. Glycyrrhiza glabra has potent antioxidant activity.
- Owing to the persistent environmental changes, the

recurrences have also increased. So, the treatment as well as the prevention of recurrence is a necessity of the era.

Conclusion:

Aging is a natural process, and eventually, everybody has wrinkles and lines that become more prominent over time. *Navan Nasya* followed on regular basis might help to delay the wrinkle formation and provides elasticity and tone to the skin. Further studies may be conducted by taking more samples with more number of sittings.

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