



Title: Role Of Nasyachikista In Urdhvajatrugatavikara.

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Abstract:

Nasya karma is a therapeutic procedure where drugs are administered through nose (nostrils) in specific manner to cure different systemic disorders though it cure majority systemic disorder *Nasya* treatment is mainly considered for *Urdhwajatrugatavikar*. As stated by *ashtangasangrah*, 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 *urdhwajatrugatavikar* as well as nourish the sensory organs viz eyes ears.

Keyword:

Nasya, Nasa, Urdhvajatrugatavikar

Introduction:

Nasa is one of the *panchagyanendriya* whose function is not only limited to olfaction and 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. *shringataka marma*) thus influences shir by removing out accumulated *doshas* from *shirpradesh* and from all the sinuses in the skull this action is known as *shirovirechana*. *Nasya karma* not only act as a *shirovirechana* but also play vital role in nourishing the *panchagyanendriya* and their *adhishtana* located in *shirpradesh*. *Nasya* opens and cleanses channels of the head and improve the oxygen supply which improve the function of brain and sensory organs.

MECHANISM OF NASYA-

According to *Ashtangasangrahnasa* being entry to *shir* the drug administered through nostril reach to *shringatakamarma* and spread into *murdha Pradesh* and remove the *dosha* present in *urdhwajatrugatabhag*.

Pharmacodynamics of *nasya karma* is explained as follows:

- **Diffusion of Drug-**

Lipid soluble substance have greater affinity for absorption through cell wall of nasal mucosa, and cilia of olfactory bulb and portion of body of olfactory cells. It is route of absorption of Drug 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 and 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 drug absorption can enhanced by local massage and fomentation

DRUG USED IN NASYAKARMA-

It can be in the form of medicated *ghrit*, *tail*, *swaras*, *kwath*, *churns* and the form of Drug is selected according to *dosha*, *vyadhiawastharugnabala* etc.

ACTION OF DRUGS USED IN NASYAKARMA ON URDHWAJATRUG PRADESH-

Action of used drug depends upon absorption and this absorption is based on following

- Routes of Administration
- Physical state of drug
- Solubility and absorbing surface
- Anatomical and Physiological considerations
- Role of kala, position, *poorvakarma* and *paschatkarma*

ROUTES OF ADMINISTRATION-

Since the route is trans-nasal drugs directly enter brain and lymphatic channels.

PHYSICAL STATE OF DRUG-

For the better absorption and good result the physical state of drug plays an important role. The drug such as *ghrita*, *tail*, *swaras*, *churna* are used in *nasyakarma*. liquids are better absorbed than solid.

SOLUBILITY AND ABSORBING SURFACE-

Absorption depends upon solubility of the drug. The drugs which are water soluble will be quick in action and duration of action is short while lipid 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 branch of trigeminal nerve. direct counter irritation or

stimulation of this 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 OF KAL AND POSITION-

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

ROLE OF POORVAKARMA AND PASCHATKARMA-

Snehan and *swedana karma* at *mookhapradesh dhoompana* and *kaval gandush* plays 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 flow

URDHWAJATRUGATAVIKAR TREATED BY NASYA-

- Hoarsness of voice, slurred speech, stiffness in head, neck, jaws *Bala tail nasya* or *goghrita nasya* can be useful
- Earache, pain in nose, throat, headache, migraine, chronic rhinitis, Deviated nasal septum, allergic rhinitis, sinusitis, anosmia, nasal polyp in such cases *Anutail* and *Shadabindu tail nasya* will be useful
- For chances of eye disorder due to old age, also to increase the strength of *Panchgyanendriya*, *Panchgyanendriya vardhantail* 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 *Anutail nasya* is useful.

- To cure hyper pigmentation in face *Kunkumadi tail* is used for nasya.
- To cure bell's palsy, trigeminal neuralgia *Chandan bala lakshadi tail* or *Bala tail bruhan nasya* will be useful.
- In goiter, tonsillitis adenoids *Amrutadi tail nasya*.
- To prevent dryness of eyes *Go ghrita nasya* or *triphala* or *S* is beneficial
- Prevent loose teeth, gingivitis and other diseases of oral cavity.
- *Shodhan, shaman nasya* positively impact sensory organs, reduce mental, emotional stress, anxiety, fear.
- Increases the flow of Prana through *Ida pingalanadi*. Thus nasya eliminates excess doshas from head. Ghrit and tail are deeply nurturing. it clears and softens tissue. This allows for smooth flow of oxygen by eliminating stagnation and blockages.

Discussions:

For the desired action of nasya Karma on urdhwajatrugat vikaras selection of drug according to doshawastha, vyadhibala, rugana bala, is very important

- For kaphaj vikara, and for virechana and lekhana purpose the drug used should be churns kwath or swaras mostly and for brihan, shaman and pittaj vikara sneh like ghee should be used.
- Purva paschat snehan swedana should be proper and well mannered for progression of nasya dravya in

the channels of urdhwajatrugat pradesh.

- Nasya karma can do daily in low matra for the health of sense organ and urdhwajatrugat 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 *urdhwajatrugat* Pradesh also cured the many diseases of the *urdhwajatrugat* Pradesh.

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