



Author Nasya A novel route of administration for various Ophthalmic Disorder

Vijay G Dhakate*¹, Apurva Sachan*²

1. Associate Professor
2. 3rd year PG Scholar

Department of Shalaky Tantra, Govt. Ayurvedic College and Hospital, Nagpur

*Corresponding Author: drvijaydhakate@yahoo.in ,9860517302

Abstract:

Charakacharya explains that the channels carrying the sensory and motor impulse from the shiras are like the rays from the sun¹. Since it is described that Nasa is the gateway for Shiras². Dvaram hi siraso nasa. Dvaram denotes door, which is used to facilitate the entry or an exit. Acharya Charaka gives importance to nasya as he compiles Nasya in Panchkarma and devote separate chapter on Nasya procedure, types, indications. As mentioned in Astaangahridya sutra Nasya is useful in all the diseases above clavical². Nasya is the noninvasive method that bypass the blood brain barrier and targets drugs to the central nervous system to treat neurodegenerative disorder as eye resides in head, thus Nasya can be one of the prime procedure to treat eye health and eye disorder.

Keyword: Nasya, Akshi, Urdhvajataru, Ocular disease, Nasa

Introduction:

The concept of Nasya is elaborated by Charakacharya, Sushrutacharya and

Vagabhattacharya with the concept of their work.

Nasya Karma is the procedure of administration of drug in any formation through the nostrils, which is the way to urdhvanga, this therapeutic procedure is called Nasya. In this medicated Sneha (oil and ghee) and other drug (Kwath, Swarasa and Choorna) is administrated through nose.

Nasya karma is one of the panchkarma which is described in panchkarma. Nasya karma enhance the activity of sense organ and prevent the disease of urdhwanga. Sushrutacharya included netraroga in shalaky tantra. Nasolacrimal duct connects the nose to eye directly, i.e. infection of nose or sinus can pass to the eye or excess lacrimation drain to the nose. Nasya is mentioned in many netra roga according to ayurveda eg. Abhishyanda, adhimantha, pittavigdha drushti, timir with different drugs³.

Materials_and_Methods:

Materials:



- 1) Literature review from Ayurvedic Classics.
- 2) Literature review from Modern Text.
- 3) Journals and websites.

Methods:

Ocular Disease:

Nasya is mentioned in many ocular disorder according to ayurveda eg. Abhishyanda, adhimantha, pittavigdha drushti, timir with different drugs.

The common pathogenesis of disease of shalakyatantra is thought by two ways:

Condition related to indriya (sense).

Condition related to adhisthana (organ).

Uttamanga is adhisthana of all Gyanendriya and greater part of disease of shalaky tantra is related with panchagyanendriya.

Concept of Nasya:

According to Acharya Charaka, Nasa is a portal (gateway) of Shira⁴. The drug administered through the nose as nasya reaches to the urdhwanga and eliminates only morbid doshas, responsible for producing the disease. In sodhan chikitsa, vitiated doshas are provoked through nearer route and are removed through nearer opening. Provocation of doshas in urdhwajatrugata Pradesh and removal from nasal route is achieved through nasya.

Indication of Nasya:

Uttamanga Suddhi can be performed with Sodhan nasya.

This is best method to eliminate and alleviate the vitiated Doshas of Urdhva-Jatru.

It is the procedure which have an effect on indriyas.

Taila, Choorna, Kalka, etc are the different forms applied according to Rogabala and Rogibala.

Nasya in different systemic disorders:

Acharya Charak mentioned Rechan Nasya in Stambh, Supti and other Kaphaj Vikar and Tarpan Nasya in Ardita and other Vataj disease. Sirovirechan Nasya induces Timir Rog and increases Jwara if given to patient of Nava Jwara, Shok Pidit and Maddhyapayi (alcohol consumer).

Acharya Shushrut indicated Snehik Nasya in Avabahuk, Aasya Shosh, Karnashool, Swarupghat and Timir. Shirovirechan Nasya advised in Apasmara, Ardhavbhedaka and Urdhvajatrugat Vikara.

According to Ashtanga Shangraha ,Nasya is indicated in heaviness of Urdhvajatru, Kandu, Abhishyand, Dadrukotha, Timir, Aptanak, Vyanga, Nilika etc.

Mode of action of Nasya:

Intranasally administered therapeutic drug reaches the central nervous system via olfactory and trigeminal neural pathway. Eg. Drug absorbed through mucus membrane then olfactory filament then olfactory bulb and further to the forehead. Both the olfactory and trigeminal nerve innervates the nasal cavity providing a direct connection with the central nervous system⁵.



Nasya is the noninvasive method that bypass the blood brain barrier and targets drugs to the central nervous system to treat neurodegenerative disorder⁶.

Neurological disorder specific to eye include optic neuritis, ischemic optic neuropathy, primary glaucomatous optic nerve disease. Since about one third of our brain deals with processing vision in one way or another, almost any disease of the brain is going to affect vision, including dry eye and painful eye movement. In myopia and presbyopia nasya can increase the muscle tone to cure myopia and reduce asthenopic symptoms.

In the same way, in nasal cavity olfactory nerve are connected with the higher center of the brain i.e. limbic system which contains amygdaloidal complex, hypothalamus, basal ganglia etc. so the drug administered through the nose stimulates the higher center of the brain which in turn effect the endocrine and nervous system function⁷.

Hypothalamus is considered to be responsible for the function of endocrine system. It has direct nerve connection with the posterior lobe of pituitary and connected with anterior lobe of pituitary through the hyperphysical portal vessels which supply blood to the gland conveying chemical messages through inhibitory and releasing hormone.

This could help in relieving the gland related ocular disorder of the eye eg blephritis, meibomitis, dry eye etc.

Nasally administered drug reaches to the brain also via trigeminal nerve. So it can also be useful in somatic and motor

disorder of trigeminal nerve i.e. trigeminal neuralgia.

Discussion:

In the ayurvedic classical texts, it is stated that vitiated Tridosha is responsible for producing any of the disease in body. In the pathology of eye diseases, vitiated vatadi Doshas are transmitted through Shira to the Urdhvabhag and produces different ocular diseases.

Nasya Karma is a therapeutic procedure where drugs are administered through nose in a specific manner to cure different disorder. Nasya is gateway of Shiras. The drug administered through the nose as Nasya reaches to the brain and eliminates only morbid Doshas responsible for producing a disease. Nasya karma also nourishes the Panchgyanendriya.

Conclusion:

In this paper an attempt has been made to review nasya mentioned in Akshi roga by Acharya that can be used as an adjunct to cure the disease and also for prevention in various disease like adhimantha, abhishyanda, sushkashipaka with its modern relation in disease like glaucoma, dry eye, blephritis, and neurodegenerative disorders.

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