



NASYA KARMA IN SHALAKYA TANTRA - A LITERARY REVIEW

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Abstract -

Nasya Karma is a kind of Panchakarma treatment for body cleansing used in *Ayurvedic* medicine. Administration of drugs by the route of nasal cavity is termed as *Nasya*. *Panchakarma* procedure is the most essential part of *Ayurveda* treatments. For medicine administration different routes are used in *Ayurveda* but to reach the “*Shiras*”, the Head it is difficult with other routes there by the “*Nasya*” is developed. In *Ayurved* diseases of Ear, Nose, Throat & Head and Eye And their Management are studied in Branch Which is Called as *Shalakya Tantra*.

Now a days *Shalakya* (ENT & Ophthalmic) Diseases are Major Concerned Because patient does not want to go for surgical procedure. Looking towards *Ayurved*, there are lot of Panchakarma Procedures Advocated for *Shalakya* (ENT & Ophthalmic) disorders. Among this Panchakarma Procedure *Nasya Karma* is the Primary Procedure.

Key Words- *Nasya* procedure/*Karma*, Panchakarma, *Shalakya Tantra*, *Ayurvedic* Management for ENT & Ophthalmic Diseases, Nasal drops.

Introduction:

Nasya Karma is a kind of Panchakarma treatment for body cleansing used in *Ayurvedic* medicine. Administration of drugs by the route of nasal cavity is termed as *Nasya*. *Panchakarma* is the most essential part of *Ayurveda* treatments. For medicine administration different routes are used in *Ayurveda* but to reach the “*Shiras*”, the Head it is difficult with other routes there by the “*Nasya*” is developed. It is preventive, preservative, promotive, curative and rehabilitative therapy. *Nasya* Procedure is to eliminate vitiated *Kapha Dosha* which in turn helps to prevent the forthcoming *Kapha* disorders and associated *Pitta* disorders or diseases originating or settled in the place of *Kapha*. In *Ayurved* diseases of Ear,

Nose, Throat & Head And Eye And Their Treatment are studied in Branch which is Called as *Shalakya Tantra*.

Now a days ENT & Ophthalmic Diseases Are Major Concerned Because patient could not want to go for surgical procedure. Looking towards *Ayurved*, there are lot of *Panchakarma* Procedures are advocated for this disorders. Among this *Panchakarma* Procedure *Nasya Karma* is the Primary Procedure.

Nasya Karma is also a prime treatment procedures for various Diseases which are related to *Shalakya Tantra* (Ear, Nose, Throat & Head And Ophthalmology). All the three *Acharya* (Pioneer) Of *Ayurved* namely *Charaka*, *Sushruta* And *Vaghabhata* have been explained importance of *Nasya Karma* in Concerned diseases of *Shalakya Tantra* (Ear, Nose, Throat & Head And Ophthalmology).

Nasya Karma in *Shalakya Tantra* Can be describe under the Following headings:

- A) *Nasya Karma in Karna Roga* (Diseases of Ear)
- B) *Nasya Karma in Nasa Roga* (Diseases of Nose)
- C) *Nasya Karma in Mukh Roga* (Diseases of Oral Cavity)
- D) *Nasya Karma in Shiro Roga* (Diseases of Head)
- E) *Nasya Karma in Netra Roga* (Diseases of Eye)

A) *Nasya Karma in Karna Roga* (Diseases of Ear): -

1) *Vagbhatacharya* has described the indication of *Nasya Karma* in the “*UttarSthan Chapter 18 KarnagatrogPratishedh*” and out of 25 Diseases indicated for *Pittaj-Karnashool*, *Kaphaj-Karnashool*, *Pakva-Karna* , *Karna-Naad* & *Karna-Badhirya*.

2) *Vagbhatacharya* has also described the indication of *Nasya Karma* in “*UttarSthan Chapter 18 KarnarogaPratishedh*” for *Karna-Paligat Roga* namely *Karna-Mala*, *Paali-shosh* & *Unmanth*.

3) *Sushrutacharya* has described the indication of *Nasya Karma* in the “*UttarSthan Chapter 21 KarnarogaPratishedh*” and out of 28 Diseases indicated for *Karna-Pratinaah*.

4) *Charkacharya* has not indicated *Nasya Karma* in *Karna roga*.

The Ear diseases indicated for *Nasya Karma* are:

- 1. *Pittaj-Karnashool* (EarAche)
- 2. *Kaphaj-Karnashool* (EarAche)
- 3. *Pakva-Karna* (Otitis media)
- 4. *Karna-Naad* (Tinnitus)
- 5. *Karna-Badhirya* (Hearing Loss)
- 6. *Karna-Pratinaah*. (E T dysfunction)

B) *Nasya Karma in Nasa Roga* (Diseases of Nose): -

1. *Sushrutachrya* has described the indication of *Nasya Karma* in the “*UttarSthan* Chapter 23 *NasarogPratishedh*” and “*UttarSthan* Chapter 24 *PratishyayaPratishedh*” out of 31 Diseases indicated for *PuyaRakta*, *Kshavatu*, *Branshtu*, *Nasa-Straav*, *Nasa-Shosh*, *Nav-Pratishyaya* & *Vataj-Pratishyaya*.

2. *Charkachrya* has described the indication of *Nasya Karma* in the “*ChikitsaSthan* Chapter 26 *Trimarmiya*” and out of 10 Diseases indicated for “*Vataj-Pratishyaya*, *Apinasa*, *Pittaj-Pratishyaya*, *PuyaRakta* & *Kaphaj-Pratishyaya*”

3. *Vagbhatachrya* has described the indication of *Nasya Karma* in the “*UttarSthan* Chapter 20 *NasaRogaPratishedh*” and out of 18 Diseases indicated for “*Vataj-Pratishyaya*, *Pittaj-Pratishyaya*, *Kaphaj-Pratishyaya*, *Sannipataj-Pratishyaya*, *Kshavatu*, *Putaka*, *Nasa-Shosh* & *Nasa-Naah*.”

The Nose diseases indicated for *Nasya Karma* are:

1. *Apinas* (Atropic Rhinitis)
2. *PuyaRakta* (Purulent Sinusitis)
3. *Pratishyaya* (Rhinitis)
4. *Vataj-Pratishyaya* (Ac.Viral Rhinitis)
5. *Pittaj-Pratishyaya* (Bacterial Rhinitis)

6. *KaphajPratishyaya* (Allergic Rhinitis)
7. *Sannipataj-Pratishyaya* (Chronic Rhinitis)
8. *Kshavatu* (Sneezing)
9. *Branshtu* (Chronic Rhinitis)
10. *Nasa-Straav* (Discharge from Nose)
11. *Nasa-Shosh* (Dryness of Nose)
12. *Nav-Pratishyaya*
13. *Putaka* (Crepitus)

C) *Nasya Karma* in *Mukh Roga* (Diseases of Oral Cavity): -

1. *Sushrutachrya* has described the indication of *Nasya Karma* in the “*ChikitsaSthan* Chapter 22 *MukhRogaChikitsa*” and out of 65 Diseases indicated for “*Shitad*, *DantaPuputak*, *Dantaveshtak*, *Saushir*, *Upakush*, *DantaHarsh*, *KrimiDanta*, *ChalaDanta*, *Rohini* & *Sarvasar*”.

2. *Vagbhatachrya* has described the indication of *Nasya Karma* in the “*UttarSthan* Chapter 22 *MukhRogaPratishedh*” and out of 75 Diseases indicated for “*Khandoshta*, *Vataj-Oshtaroga*, *Kapahaj-Oshtaroga*, *ShitaDanta*, *KrimiDanta*, *DantaShool*, *Shitad*, *Upakusha*, *Dantasaushir*, *Vaidharbha*, *DantaNaadi*, *Pittaj-Jivhakantak*, *TaluShosh*, *Vataj-Rohini*,

Kaphaj-Rohini, Vataj-Mukhpaak, Arbuda & Putimukh.

3. *Charkachrya* has not indicated *Nasya Karma* in *Mukh roga*.

The Oral Cavity diseases indicated for *Nasya Karma* are:

1. *Shitad* (Gingivitis)
2. *DantaPuputak* (Periodontal Abscess)
3. *Dantaveshtak*. (Chronic Periodontitis)
4. *Saushir* (Periodontitis)
5. *Upakush* (Inflammatory Periodontitis)
6. *DantaHarsh* (Hyperesthesia of tooth)
7. *KrimiDanta* (Dental Caries)
8. *ChalaDanta* (Tooth Mobility)
9. *ShitaDanta* (Cracked Tooth)
10. *DantaShool* (Tooth-ache)
11. *Dantasaushir* (Periodontitis)
12. *Vaidharbha* (Traumatic Periodontitis)
13. *DantaNaadi* (Alveolar Fistula)
14. *Rohini* (Diphtheria)
15. *Vataj-Rohini* (Faucial diphtheria)
16. *Kaphaj-Rohini* (Faucial diphtheria-Complicatory)
17. *Sarvasar* (Stomatitis)
18. *Vataj-Mukhpaak* (Oral Herpes)
19. *Khandoshta* (Cleft Lip)
20. *Vataj-Oshtaroga*
21. *Kapahaj-Oshtaroga*

22. *Pittaj-Jivhakantak* (benign migratory glossitis)

23. *TaluShosh* (Xerostomia)

24. *Arbuda* (Carcinoma of palate)

25. *Putimukh*. (Halitosis)

D) *Nasya Karma* in *Shiro Roga* (Diseases of Head): -

1. *Sushrutachrya* has described the indication of *Nasya Karma* in the “*UttarSthan* Chapter 26 *ShiroRogaPratishedh*” and out of 11 Diseases indicated for “*Samanya-Shiroroga, Pittaj-Shororoga, Kaphaj-Shororoga, Kshayaj-Shiroroga, Krimij-Shiroroga, Ardhavbhedhak & Shankhak*”

2. *Charkachrya* has described the indication of *Nasya Karma* in the “*ChikitsaSthan* Chapter 26 *Trimarmiya*” and out of 05 Diseases indicated for “*Khalitya, Palitya, Sarva-MurdhaRoga*”

3. *Vagbhatachrya* has described the indication of *Nasya Karma* in the “*UttarSthan* Chapter 24 *ShiroRogaPratishedh*” and out of 19 Diseases (*Shirogat and Kapalgat Roga*) indicated for “*Vataj-Shirobhitap, Pittaj-Shirobhitap, Kaphaj-Shirobhitap, Sannipataj-Shirobhitap, Krimijanya-Shirobhitap, Krimij-Shiroroga, Darunak, Khalitya, Palitya, Rakta-PittajShiroroga, Ardhavbhedak, SarvaJatruvdhaRoga*.”

The Diseases of Head indicated for *Nasya Karma* are:

1. *Samanya-Shiroroga* (Headache)
2. *Pittaj-Shororoga* (Headache due to sinusitis)
3. *Kaphaj-ShiroRoga*. (Headache)
4. *Rakta-PittajShiroroga* (Headache)
5. *Sannipataj-Shirobhitap*
6. *Kshayaj-Shiroroga* (Post traumatic Headache)
7. *Krimij-Shiroroga* (Maggot/Myiasis)
8. *Ardhavbhedhak* (Migraine)
9. *Shankhak* (Temporal arteritis)
10. *Khalitya* (Non scarring inflammatory alopecia)
11. *Palitya* (Graying of hair)
12. *Sarva-MurdhaRoga* (Head diseases)
13. *Darunak* (Tinea capitis)
14. *SarvaJatruvdhaRoga* (Diseases above the Clavicle area)

E) *Nasya Karma* in *Netra Roga* (Diseases of Eye): -

1. *Sushrutacharya* has described the indication of *Nasya Karma* in the “*UttarSthan* Chapter 17-*DrishtigatRoga* & Chapter 18- *KriyaKalpa* ” and out of 76 Diseases indicated for “*Vataj Timir, Pittaj-Timir, PittaVidagdhaDrishti,*”
2. *Vagbhatacharya* has described the indication of *Nasya Karma* in the

“*UttarSthan* Chapter 09
VartmaRogaPratishedh, Chapter-11
SandhisitasitRogaPratishedh, Chapter-13
Timir Pratishedh, Chapter-14
LinganaashPratishedh & Chapter-16
SarvaAkshiRogaPratishedh” and out of 94 Diseases indicated for “*PakshmaShaat, Kaphotklishta, Pakshmarodh, Nimna & Shudh Shukra, Timir, KaphajTimir, ShushkaAkshipaak, PillaRoga* & *NetraRakshak.*

3. *Charkacharya* has not indicated *Nasya Karma* in *Netra roga.*

The Diseases of Eye indicated for *Nasya Karma* are:

1. *Timir* (Immature superficial cortical cataract)
2. *Vataj Timir*
3. *Pittaj-Timir*
4. *KaphajTimir*
5. *PittaVidagdhaDrishti* (Hemeralopia)
6. *PakshmaShaat* (Madarosis)
7. *Kaphotklishta* (Blenorrhea)
8. *Pakshmarodh* (Trichiasis)
9. *Nimna & Shudh Shukra* (Corneal ulcer)
10. *ShushkaAkshipaak* (Stiffness of lid with xerophthalmia)
11. *PillaRoga*
12. *NetraRakshak* (Eye Protective)

Conclusion: -

Panchakarma is the most essential treatments of diseases of Ear, Nose, Throat & Head And Eye (*Shalaky Tantra*). As *Nasya Karma* is Indicted for *Urdhvajatrugat Roga* (Ear, Nose, Throat & Head And Eye Diseases). As per Basic principal of Ayurvedic Treatment Before giving treatment for any Disease; purification of body is necessary.

Nasya can be either hydrophilic or lipophilic in nature. It means *swaras* (Juice), *dugdha* (Milk) or *kashaya* (decoction) as hydrophilic and *Taila* (Oil), *Ghruta* (Butter) as lipophilic are used. Nasal Cavity is covered by a well vascularised thin mucosa therefore, a drug molecule can be transferred quickly across the single epithelial cell layer directly within 5 minute for smaller drug molecule.

According to *Sushrutacharya* "*Nasa hi Shiraso Dwaram*" i.e Nasal cavity is the entry route for brain. The nerve cells of the olfactory epithelium project into the olfactory bulb of the brain, which provide a direct connection between the brain & external environment. The transfer of drugs to the brain from blood brain barrier, which is virtually impermeable to passive diffusion of all but small, lipophilic substances. However, if drug substances can be transferred along the olfactory nerve cells, they can bypass the blood brain barrier and enter the brain directly. Olfactory & Ophthalmic are inter

connected. Thoracic (T1) is the lower limit of the *Nasya Karma* effect. Lateral & frontal lobes are connected with *Nasya* activity.

So it is Concluded that only *Nasya Karma* (Administration of drugs through Nasal Cavity) or *Nasya karma* along with other *Aushadhi Chikitsa* (internal medication) are use full in treatment of above said diseases of *Shalaky tantra*, once should do *Nasya Karma* Procedure with respective use-full *Nasya dravya* with pre & post procedures (Drugs used for Nasal administration)

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