Conceptual study: Nasya chikitsa in Urdhawajatrugata vikara

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ABSTRACT:
Nasya karma is a therapeutic procedure where drugs are administered through nose in specific manner to cure different systemic disorders though it cute majority systemic disorders nasya treatment is mainly considered for urdhwajatrugata. As stated by Ashtangsangraha, 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 urdhwajatrugata vikara as well as nourish the sensory organs viz eyes, ears.

KEY WORDS: Nasya, Nasa, Urdhwajatrugata vikara

INTRODUCTION:
Nasa is one of the panchgyanendriya whose function is not only limited to olfaction & 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 shringatak marma) thus influences shir removing out accumulated doshas from shirpradesh and from all the sinuses in the skull this action is known as shirovirechana. Nasya opens and cleanses channels of the head & improves the oxygen supply which improves the function of brain & sensory organs.

Nasya karma not only act as a shirovirechana but also play vital role in nourishing the panchgyanendriya and their adhishthana located in shirpradesha.

Mechanism of Nasya:
According to ashtangsangraha entry of shir is nostril to administrate the drug which reaches to shringatak marma and spread into murdha pradesha and removes doshas which are present in urdhwajatrugata bhag.

Nasya karma is explained as follows:

Diffusion of drug:-
Liquid soluble substances have greater affinity for absorption through cell wall of nasal mucosa, cilia of olfactory bulb and portion of body of olfactory cells. It is route of absorption of drugs 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 & 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 occurs in head lowering position due to gravity, further drugs absorption can enhanced by local message and fomentation.

Drugs used in Nasyakarma:
Drugs in the form of medicated ghrita, taila, swarasa, kwatha, churna and the form of drug is selected
according to dosha, vyadhi awastha, rugna bala etc,

**Action of drugs used in nasyakarma on urdhwajatrugata vikara:**

- Action of drugs depends upon absorption and this absorption is based on:
- Routes of administration
- Physical state of drug
- Solubility and absorbing surface
- Anatomical and physiological considerations
- Role of kala, position, poorvakarma and pashyatkarma.

**Routes of administration:**

- The route is transnasal drug directly enters in brain and lymphatic channels.

**Physical state:**

- For good absorption and result physical state of drug most important
- The drugs such as ghrita, taila, swarasa, churna are used in nasyakarma liquids are better absorbed than solid.

**Solubility and absorbing surface:**

- Absorption depends upon solubility of the drugs. The drugs which are water soluble will be quick in action and duration of action is short while liquid 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 the 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 kala and Position:**

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

**Role of Poorvakarma and Paschyatkarma:**

- Snehana, swedana karma at mookhapradesha, dhoompana and kaval, gandusha 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 circulation.

**Urdhwaajarugata Vikara Treated by Nasya:**

- Hoarsness of voice, slurred speech and stiffness in head, neck, jaw Bala taila nasya or gogrhrita nasya can be useful.
- Earache, pain in nose, throat, headache, migrain, chronic rhinitis, deviated nasal septum, allergic rhinitis, sinusitis, anosmia, nasal polyp in such cases Anutaila and Shadbindu taila nasya will be useful.
- For chances of eyes disorder due to old age, also to increase the strength of panchgyandendriya, Panchgyanendriya vardhan taila will be useful.
- To firm veins, joints, tendons and ligaments of neck, cervical spondylisis. Strengthening hair as well as to prevent whitening or greying of hair root to prevent hair fall or alopecia Anutaila nasya is useful.
- In goiter, tonsillitis, adenoids Amrutadi taila nasya.
- Prevent loose teeth, gingivitis and other diseases of oral cavity.
- To cure hyper pigmentation in face Kumkumadi taila is used for nasya.
- Shodhan, Shaman nasya positively impact sensory organs, reduce mental, emotional stress, anxiety fear.
- Increases the flow of Prana through Ida Pingla nadi.

Thus nasya eliminate excess doshas from head. Ghrit and tail are deeply nurturing. It clears and soften tissue.

This allows for smooth flow of oxygen by eliminating stagnation and blockages.

**DISCUSSION:**

For the desired action of Nasya Karma on Urdhwaajarugata vikaras selection of drug according to doshawastha, vyadhibala, rugna bala, is very important.

- For the kaphaj vikara, and for virechana and lekhana purpose the drug used should be churna, kwath or swaras mostly and for brihan, shaman and pittaj vikara sneh like ghee should be used.
- Purva Pashchyat sneha swedana should be proper and well mannered for progression of nasya dravya in the channels of Urdhwaajarugata Pradesh.
- Nasya karma can do daily in low matra for the health of sense organ and Urdhwaajarugata 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 Urdhwa jatragata Pradesh also cured the many disease.

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