

A Review of Application of Immunomodulator Drugs in Nasya Treatment

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Date of Submission: 10-10-2024

Date of Acceptance: 20-10-2024

ABSTRACT: Nasya karma is one of the important therapeutic aspects for urdhwajatrugata diseases. It is the process of administering the medicated oils, other dravyas, etc through the nasal route. It is the unique panchakarma process of shodhanachikitsa in which medicine reaches to the brain and ejects the vitiated dosha responsible for producing the disease. Immunomodulator drugs are the substances that can change the immune system's response to help the body fight disease. In ayurveda shashtra immunomodulatory drugs are compared to the rasayana Dravya. Taking rasayan is helpful to increase the immunity of the person to keep him away from diseases and also reverse the disease process and re-occurrence. In this paper the application of immunomodulator drugs for nasyakriya is studied.

KEYWORDS: Nasya, Dosha, Rasayana

I. INTRODUCTION

The word Nasya is derived from 'Nasa' Dhatu which indicates nose or things beneficial to the nose [1]. Nasya karma is mainly seen in the process of Panchakarma. Administration of drugs through the nasal route is called as Nasya, which are in the form of Kwatha, Swarasa, Kalka, Sneha etc. Nasya is considered as the best procedure because Nasa (nose) is considered as a direct gateway of Shira. It is used in the treatment of UrdhwajatrugataRoga largely. All the disorders pertaining to eyes, ears, nose, or head i.e. regions above the clavicle are considered as UrdhwajatrugataRoga. Different types of Nasya Karma are described in Ayurveda and in different contexts. As per the Acharyas, Shira is considered as the master of all Indriyas. TarpakKapha resides in Shira.[2]

RasayanaTantra is one of the eight clinical specialties of Ayurveda. It refers to nutrition, natural resistance and geriatrics. Apparently, Rasayana means an improved state of nourishment, which in turn upholds increased immunity and youthfulness. Rasayana can be a drug, diet or even a lifestyle and conduct i.e., Acar, which may be

helpful in achieving the above goal. The Rasayanas are supposed to strengthen Oja and Bala i.e., vitality and biostrength with natural resistance against aging and disease. It is stated to contribute to the integrity of body tissues and thus increases longevity. The other benefits of this therapy are the promotion of memory and intelligence, the preservation of youth, luster, complexion and voice. The various measures comprehended by this therapy are termed as Rasayana, because they lead to the replenishment of Rasa and other body tissues. Rasayana measures act by one of the following three ways [3]:

- (1) Acting at the level of Rasa: It directly improves the quality of nutrition.
- (2) Acting at the level of Agni: i.e., by improving the digestion and metabolism of the body and thereby affording better nutrition.
- (3) Acting at the level of srotas: i.e., by improving the micro-circulation, it ensures proper perfusion and nourishment of the tissues. The integrity of channels is equally important for the distribution of Ojas to the Dhatus, as discussed earlier, which provides body immunity against degeneration and diseases.

Rasayana drugs in Nasya Treatment

Nasya can be used to administer Rasayana drugs. The active ingredients in Nasya drugs can reach the Shringatakarma (Siramarma) and then spread to the Moordha, Netra, Shrotra, and Kantha. The drugs can then be transported via the lymphatics, systemic circulation, or nerve tract.

Ayurveda describes a number of drugs as Rasayana and Ojovardhak remedies, which are claimed to possess immunomodulatory effects. As per scientific studies, some of the Rasayans which are found to possess immunomodulatory effects are Aswagandha (Withaniasomnifera), Shilajatu, Amalaki (Embliaofficinalis), Tulasi (Ocimum sanctum), Guduci (Tinosporacordifolia), Pippali (Piper longum) and Punarnava (Boerhaaviadiffusa), of which Guduci and Tulasi. [4]

Nasya Karma procedure

Nasya is performed in three stages like other Panchkarma processes:

Poorva Karma (Pre procedure)

1. Patients are asked to get relieved from natural urges & follow fasting after which Snehana&Swedana of Jatrurdhwa organs i.e. organs above the neck are carried out. (PrayogikaDhumapana is carried out to cleanse the channels before Abhyanga and Swedana.[5]
2. The patient is made to lie down with a raised chin, lowered neck and slightly raised legs. The palms and plantar are kept in relaxed condition.
3. Head, scalp, ears, face and neck are subjected to MruduSwedana repeatedly by Hasttapa.
4. While performing Swedana a wet cotton pad is applied over the eyes to protect Netra from heat.

Pradhana Karma (Main procedure)

1. NasyaDravya is lukewarm to be poured in one nasal cavity with the help of AnamikaAnguli (finger). While dropping the oil in each nostril, the other nostril is blocked by the concerned finger placed near to that nostril.
2. After administration of Nasya, Samwahana i.e. light massage of ears, forehead, scalp, cheeks, neck, shoulders, palms and soles is done.[6]
3. Repeated Hastasweda is given to Jatrurdhwa organs.[6] This procedure is continued till the medicines starts coming out through saliva (spits).

PashchatKrama (Post procedure)

1. Patients are made to lie down for a while after the above processes.
2. Patients should take light diet, cover their ears, keep calm & follow the rules mentioned in Snehapana.

II. CONCLUSION & DISCUSSION

Attempts may be made to develop newer methodologies for such a research focusing on the nutritional dynamics as the basis of the immunomodulatory effect of a Rasayana drug. These herbal Rasayana drugs, which are widely available in our country, have wide scope for application in the normal population for the enhancement of their immune status. The benefits of these drugs can be increased if combined with Nasya Treatment. It cleanses and opens the channels of the head by refining the progression of oxygenation (Prana) to the brain. It can be concluded that there is a need to develop

immunomodulatory drugs which can be easily used for Nasya Karma

Further, the role of immunomodulators in modern medicine is yet to be fully appreciated or perceived as our understanding of the immune system is changing at a rapid pace.

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