

## Role of Nasya Karma in Shalaky Tantra: A Critical Review

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### ABSTRACT

Ayurveda is an ancient Indian system of medicine, which stresses principally on prevention of body ailments rather than simply relieving pathological problems or symptoms. Ayurveda is categorized into 8<sup>th</sup> different branches and collectively it knows as Ashtanga Ayurveda. Shalaky tantra is one branch among them. Shalaky tantra is a branch of Ayurveda which deals with the disease affecting body parts above Jatrukasthi (clavicle bone) as per Eye, Ear, Mouth, Nose and head as said by Acharya Sushruta. Nasa is that Indriya whose functions are not only limited to respiration but also considered as a pathway for drug administration<sup>1</sup>. In Ayurveda special procedure Nasya has been mentioned. Nasya is most important Shodhana method in Urdhwajatrugata Roga. Nose is the gateway of Head hence it acts as inlet for the Nasya karma. It destroys the disease of Urdhwajatrugata Roga. In this article we described about Role of Nasya karma in Shalaky tantra.

**KEYWORD:** Shalakyatantra, Nasya karma, Karna roga, Nasa roga, Mukha roga, Shirah roga and Netra roga.

### I. INTRODUCTION:

In Ayurveda concept of Chikitsa done by Shodhana (Purification therapy) & Shamana (pacification therapy). Acharya Charaka explain the importance of Shodhana Therapy by noting that the ailment held by Shodhana will never recur<sup>2</sup>. In Shodhana Chikitsa Acharya explained about Panchakarma Procedure. Nasya Karma is one of procedure of Panchakarma therapy which is for

Urdhwajatrugata Roga. Nasya is the chief procedure to drain Doshas from Shirah. "Aushadham Aushadha sidhho va Sneho Nasikabhyam diyate Iti Nasyam]" Su Chi 40/21.

Aushadha (drugs) or fats (Oil, gheeetc.) processed with drugs are administered through the nostril that is called Nasya<sup>3</sup>. Nasya gets its name from the root word "Nasa" which means "Path" as in 'Gati'. 'Gati' is pointing to internal structures such as Netra, Shirah, kanth and mukha<sup>4</sup>. For medicine administration of a different routes are used in Ayurveda. But to reach the "Shirah" the head it is difficult with other routes there by the "Nasya" is developed. Nose is the most important organ of "Urdhwajatra" and it is gateway for Head (Cranial cavity) as well as Respiratory System. "Nasa Hi Shirso dwaram tenadappya Hantitana]" A. H. Su.20/1<sup>5</sup>. Nose is automatically connecting and cranial cavity and other organs like Eyes, Ears, Throat, Nose and Shirah. It is preventive preservative, promotive, curative and rehabilitation therapy.

### II. MATERIALS & METHOD

Material related to Nasya karma in Shalaky tantra is collected from Ayurvedic text books, modern text books, Samhita, index medical journals & websites. In Classics Synonyms of the term Nasya are mentioned as Navan, Shirovinechana, Shirovireka, Murdhavirechan, Nastakarma, prachhardana etc<sup>6</sup>.

The Nasya dravya acts by reaching Shringataka Marma (a main vital point situated on the surface of the brain corresponding to the nerves

centres, which consisting of nerve cells & fibres responsible for the function of speech - Broca's centre vision, hearing, taste & smell) from where Nasya Dravya spreads into various strotasas (vessels & nerves) & brings out vitiated Doshas

from the head. Shringataka is a Composite structure consisting of four siras (arteries) in Connection with four sense organs viz. nose, ears, eyes & tongue<sup>7</sup>.

**Classification of Nasya Karma:**

All the Acharyas have classified Nasyain different way. According to Prayogbheda (method of administration)

Sr. No. / Acharyas	Charaka Ch.Si 9/89-91 <sup>8</sup>	Sushruta Su.Chi. 40/21 <sup>3</sup>	Vagbhata A.H.Su.20/7 <sup>9</sup>	Sharangadhara Sha.U.8/11 <sup>10</sup>
1.	Navana (Snehana, Shodhana)	Nasya	Snehana (Marsha, Pratimarsha)	Avapida
2.	Avapida (Shodhana, stambhan)	Avapida	Avapida (Kalka)	Pradhmana
3.	Dhumpana (Rechana)	Pradhmana	Dhmapana (Virechana, Churna)	-
4.	Dhuma (Prayogika, Snehika, Vairechanika)	Shirovirechana	-	-
5.	Pratimarsha (Snehana, shodhana)	Pratimarsha	-	-

According to Ashrayabheda (various parts of drug utilised): Acharya Charaka<sup>11</sup>:-

- 1) Mula 2) Twaka 3) Patra 4) Pushpa 5) Phala 6) Kanda 7) Niriyasa

According to Karmabheda (Mode of action):

Sr. No. / Acharya	Charaka Ch.Si. 9/92 <sup>12</sup>	Sushruta Su.Chi. 40/21 <sup>3</sup>	Asthang Hrudaya A.H.Su. 20/2 <sup>13</sup>	Sharangdhar Sha.U.8/2 <sup>14</sup>
1.	Rechana	Nasya (Pratimarsha)	Virechana	Brihmana
2.	Tarpana	Shirovirechana (Pradhmana, Avapida)	Brihmana	Rechana (Pradhmana, Avapida)
3.	Shaman	-	Shaman	-

**Nasya Pranidana Kala: -**

Acharya have described the Nasya kala according to Ritu and Dosha Pradhanyata according to

doshavastha & depth of disease we do the Nasya any time (kala).

According to Ritu (season) and Doshas (Vagbhata A.H.Su.20/14-16<sup>15</sup> and Vagbhata A.H.Su.20/13<sup>16</sup>/Sushruta)

Sr. No.	Ritu	Kala
1	Sharada & Vasanta	Prataha
2	Sheeta kala	Madhyana
3	Grishma	Aparahna (Sayankala)
4	Varsha	Adurdin (When The sun shines)

Sr. No.	Dosha	Kala
1	Kaphaja disease	Prataha/ Purvanha
2	Pittaja disease	Madhyana
3	Vataja disease	Aparanaha/ Sayankala

**Suitable time for Nasya Karma:**

Nasya Generally be delivered in pravrita, Vasanta & Sharada Ritu according to Acharya Charaka, but Nasya can be given in any Season in emergency condition.

**Nasya Matra:**

Acharya Sushruta & Vagbhata have mentioned, the dose in the form of Bindu (drops). One Bindu means the drop which is formed after dipping the two phalanges of Pradeshini (Index finger).

Sr. no.	Bala	Acharya Sushruta <sup>17</sup>		Acharya Vagbhata <sup>18</sup>	
		Sneha/Nasya	Avapida/Shirovirechana	Marsh/Sneha	Avapida
1	Uttam	64 (Panishukti)	8	10	8
2	Madhyam	32 (1 Shukti)	6	8	6
3	Avara	8	4	6	4

**Nasya Karma Vidhi (Procedure):-**

The procedure of administration of Nasya can be divided into 3 steps: -

- 1) Purva karma
- 2) Pradhan Karma
- 3) Paschat karma

**1) Purva karma: -**

In Purva karma stage includes Samagri, selection of the patient & preparation of the patient.

- I. Samagri-
  - 1) Nasya Dravya
  - 2) Oil for Abhyanga
  - 3) Cotton pad
  - 4) Gauze
  - 5) Gokarna (dropper)
  - 6) Warm Water for Gandush
  - 7) Dhumvarti for Dhumpana
  - 8) Towel for Sweden

II. Selection of the patient:

Before preparing the patient for Nasya Karma, Doctor should check whether the patient is fit or unfit for the Nasya Karma.

III. Preparation of the position<sup>19</sup>:

Patient is asked to relieve him or her from natural urges. After that wash the face with Lukewarm water Bahya Snehana by application of oil (Taila) in manya pradesh, Mukha pradesh (Uttamang) & Sweden over it. Patient will be asked to lie down in comfortable supine position on table & head low position will be made with the help of pillow. A range of 30° to 45° extension will be made during administration of Nasya drops.

**2) Pradhan Karma: -**

After the Purvakarma, eyes of the patient are covered with Chaturguna vastra (four folded cloth). Later tip of the patient's nose is drawn with upward by the vama pradeshini and with Dakshin Hasta, the medicine is instilled into both nostrils, in one nostril first closing the other nostril & vice versa by using Gokarna or dropper. Patient should remain relaxed during & after the time of administration of Nasya.

**3) Paschat Karma:**

The patient should lie in supine position for 100 matra kalas & spit out the secretion reaching the mouth & not swallow it. The palms & sole of the patient are rubbed well with hands. Acharya Sushruta advise to Gandush. Gandush will do with

hot water. patient will be advised to avoid polluted air, hot bath, excitement & smoke, sunshine, alcohol, riding, anger, excess fat & liquid diet.

**Mode of Action:**

A clear description regarding the mode of action of Nasya karma is not available in Ayurvedic Classics.

Acharya Vagbhata has given some details about the mode of action of Nasya Karma

(A.S.Su.20/2,29). Acharya Vagbhata explain that Nasa being gate way to Shirah. The drug administrated through nostrils (Nasa) reaches Shringataka. Shringataka marma is a siramarma. Siramarma by Nasa & spreads in the Murdha (Brain), taking routes of Netra (Eyes), Shrotra (Ear), Kantha (Throat) & stretches the morbid doshas from Urdhwajatru & expels them from Uttamang.

**Interpretation of Shringataka marma<sup>20</sup>:**

Sr. no.	Facts	Interpretation
1	Shringataka marma is the union of shrotas of Ghrana, Netra, Shrotra & Jihwa. (Su Sha 6/27)	Confirms the influence of Nasya karma on Senses
2	Shringataka is a sadya Pranahar-Marma	Proper stimulation causes described effect suddenly
3	Shringataka is a Siramarma	Through these Nasya Dravya is absorbed in vascular circulation

Sr.no.	Pharmacokinetics	Ayurvedic Comparison
1	Drugs absorption may be through 1) Receptor cells of olfactory mucosa 2) Cavernous sinus.	Shringataka marma
2	Circulation of drug, Neural Pathway- 1) Olfactory 2) Trigeminal	Prana
3	Circulating Pathway 1) Cavernous sinus.	Sira marma
4	Target- • Limbic System. • Sensory area trigeminal nerve circulation	• Psychic level of Prana • Sensory level of Prana • Physical level of Prana

So, In Ayurvedic point of view transportation of Nasya drug take place through Shringataka marmareaches to local & general circulation.

**Nasya karma in Shalakyatantra can be describe under the following headings:**

- 1) Nasya Karma in Netra Roga (Disease of Eye)
- 2) Nasya Karma in Karna Roga (Disease of Ear)
- 3) Nasya Karma in Nasa Roga (Disease of Nose)
- 4) Nasya Karma in Mukha Roga (Disease of Oral cavity)
- 5) Nasya karma in Shiro Roga. (Disease of Head).

**1) Nasya Karma in Netra Roga [Disease of Eye]**

- A. Acharya Sushruta has described the indication Nasyakarma in the Uttantantra Adhyaya 17 Drishtigat Roga & Adhyaya 18 Kriyakalpa & out of 76 Disease indicated for Vataja Timir. Pittaja Timir, Pitta vidagdha Drishti.
- B. Acharya Vagbhata has described the indication of Nasya karma in the "Uttarsthana" Adhyaya 9 Vartmagat Roga pratishedha, Adhyaya 11 - Sandhi sitasit Roga Pratishedha, Adhyaya 14 Lingnash Pratishedha & Adhyaya 16 Sarva Akshi Roga Pratishedha & out of 94 diseases indicated for Pakshmasaht, kaphotklisha, Pakshmarodh, Nimna, Shudh Shukra, Timir, Kaphaja Timir, Shushka Akshipak, Pilla Roga, Netra Rakshak.

C. Acharya Charaka: has not indicated Nasya Karma in Netra Roga.

➤ **The Disease of Netra (Eye) indicated for Nasya Karma are:**

- 1) Timir (Immature superficial cortical cataract)
- 2) Vataja Timir
- 3) Pittaja Timir
- 4) Kaphaja Timir
- 5) Pitta Vidagdha Drishti (Hemeralopia)
- 6) Pakshma Shaat (madarosis)
- 7) Kaphotklishta (Blenorrhoea)
- 8) Pakshmarodh (Trichiasis)
- 9) Nimna & Shudh Shukra (corneal Ulcer)
- 10) Shushka Akshipaka (stiffness of lid with Xerophthalmia)
- 11) Pilla Roga
- 12) Netra Rakshak (Eye Protective)

**2) Nasya Karma in Karna Roga (Disease at Ear):**

A. Acharya Sushruta has described the indication of Nasya Karma in the Uttartantra Adhyaya 21 Karnaroga Pratishedha & out of 28 Diseases indicated for karnapratinah.

B. Acharya Vagbhata has described the implication of Nasya karma in Uttansthana Adhyaya 18 Karnaroga Pratishedha and out of 25 diseases indicated for Pittaja karnashool, Kaphaja-karnashool, Pakva-karna, Karnanaad, Karna-Badhira, Karna Mala, Palishosh & Unmada.

C. Acharya Charaka has not indicated Nasya karma in Karna Roga.

➤ **The Ear disease indicated for Nasya karma are:**

- 1) Pittaja Karnashool (Ear Ache)
- 2) Kaphaja Karnashool (Ear Ache)
- 3) Pakva Karna (otitis media)
- 4) Karna Naad (Tinnitus)
- 5) Karna Badhira (Hearing loss)
- 6) Karna Pratinaah (Eustachian Tube dysfunction]

**3) Nasya Karma in Nasa Roga (Disease of Nose):**

A. Acharya Sushruta has described the indication of Nasya Karma in the Uttartantra Adhyaya 23 Nasaroga Pratishedha, Adhyaya 24 Pratishyaya Pratishedha out of 31 Diseases indicated for Puyarakta, Kshavathu, Branshtu,

Nasatrav, Nasa-Shosh. Nav-Pratishyaya, Vataja Pratishyaya.

B. Acharya Charaka has described the indication of Nasya Karma in the Chikitsasthan Adhyaya 26 Trimarmiya & out of 10 diseases indicated for Vataja Pratishyaya, Apinas, Pittaja Pratishyaya, Puyarakta, Kaphaja Pratishyaya.

C. Acharya Vagbhata has described the indication of Nasya Karma in the Uttarsthana Adhyaya 20 Nasa Roga Pratishedha & out of 18 diseases indicated for Vataja Pratishyaya, Pittaja-Pratishyaya, Kaphaja Pratishyaya, Sannipataj Pratishyaya, kshavatu, Putaka, Nasa-shosh, Nasa-Naah.

➤ **The nose diseases indicated for Nasya Karma are:**

- 1) Apinas (Atrophic Rhinitis)
- 2) Puya Rakta (Purulent sinusitis)
- 3) Pratishyaya (Rhinitis)
- 4) Vataja Pratishyaya (Acute viral Rhinitis)
- 5) Pittaja Pratishyaya (Bacterial Rhinitis)
- 6) Kaphaja Pratishyaya (Allergic Rhinitis)
- 7) Sannipataj- Pratishyaya
- 8) Kshavatu (Sneezing)
- 9) Branshtu (Chronic Rhinitis)
- 10) Nasa – Strava (discharge from nose)
- 11) Nasa Shosh (Dryness of Nose)
- 12) Nav Pratishyaya
- 13) Putaka Crepitus)

**4. Nasya karma in Mukha Roga (disease of oral cavity):**

A. Acharya Sushruta has described the indication of Nasya Karma in the Chikitsasthan Adhyaya 22 Mukha Roga Chikitsa & out of 65 diseases indicated for Shitad, Danta- Puputak, Dentaveshtak, Saushir, Upkush, Danta Harsh, Krimidanta, Chala danta, Rahini & sarvasar.

B. Acharya Vagbhata has described the indication of Nasya Karma in Uttarsthana Adhyaya 22 mukhrog Pratishedha & out of 75 diseases indicated for khandostha, Vataja Ostharoga, kaphaja Ostharoga, Shitadanta, Krimidanta, Dantashool, Shitad, Upakush, Dantasaushir, Vaidharbha, Danta Nadi, Pittaja jivhakantak, Talushosh, Vataja-Rohini, Kaphaj-Rahini, Vataja Mukhpak, Arbuda, Putimukha.

C. Acharya Charaka has not indicated Nasya Karma in Mukha roga.

➤ **The Mukha roga (Oral cavity diseases) indicated for Nasya karma are:**

Sr. No.	Disease Name	Sr. No.	Disease Name
1	Shitad (Gingivitis)	13	Rohini (Diphtheria)
2	Danta Puppatak (Periodontal Abscess)	14	Vataja Rohini (Faucial diphtheria)
3	Danta veshtak (Chronic Periodontitis)	15	Kaphaj Rohini (Faucial diphtheria complicatory)
4	Saushir (Periodontitis)	16	Sarvasar (Stomatitis)
5	Upakush (Inflammatory Periodontitis)	17	Vataja - Mukhpak (orolabial Herpes)
6	Danta Harsh (Hyperesthesia of tooth)	18	Khandostha (Cleft lip)
7	Krimi danta (Dental caries)	19	Vataja- Oshtaroga
8	Chala danta (Tooth mobility)	20	Kaphaja Oshtaroga
9	Shitadanta (Cracked Tooth)	21	Pittaja- Jivhakantak (Benign migratory glossitis)
10	Dantashool (Tooth ache)	22	Talushosh (Xerostomia)
11	Vaidharbha (Traumatic Periodontitis)	23	Arbuda (Carcinoma of palate)
12	Danta Nadi (Alveolar fistula)	24	Putimukha (Halitosis)

**4. Nasya Karma in Shiro Raga (Disease of Head)**

A.Acharya Charaka has described the indication of Acharya Charaka has described the indication of Nasya Karma in the "Chikitsasthan Adhyaya 26 Trimarmiya out of as disease & indicated for Khalitya, Palitya, Sarva murdha Roga.

B.Acharya Sushruta has described the indication of Nasya Karma in the Uttartantra Adhyaya 26 Shira Roga Pratishedha out of 11 diseases indicated for Samanya Shiroroga, Pittaj-Shiroroga, Kaphaj-Shiroroga, Kshayaj-Shiroroga, Krimij-shiroroga, ardhavbhedak, Shankhak.

C. Acharya Vagbhata has described the indication of Nasya karmain Uttarsthana Adhyaya 24, Shiroroga Pratishedha & out of 19 Disease (Shirogat & Kapalgat Roga) indicated for Vataj Shirobhitap, Pittaja Shirobhitap, Kaphaj Shirobhitap, Sannipataj Shirobhitap, krimij Shirobhitap, Darunak, Khalitya,

Palitya, Rakta-Pittaja Shiroroga, Ardhavbhedak, Sarvajatrudha Roga.

➤ **Disease of Head indicated for Nasya Karma are:**

- 1) Samanya-Shiroroga (Headache)
- 2) Pittaja-Shiroroga (Headache due to sinusitis)
- 3) Kaphaj Shiroroga (Headache)
- 4) Rakta - Pittaja Shiroroga (Headache)
- 5) Sannipataj – Shirobhitap
- 6) Kshayaj Shiroroga (Post traumatic Headaches)
- 7) Krimij Shiroroga (Maggot/Myiasis)
- 8) Ardhavbhedak (Migraine)
- 9) Shankhak (Temporal arteritis)
- 10) Khalitya (Non scarring inflammatory alopecia)
- 11) Palitya (Greying of Hair)
- 12) Sarva Murdha Roga (Head Disease)
- 13) Darunak (Tinea Capitis)

14) Sarvajatrudha Raga (disease above the clavicle area)

### III. DISCUSSION

Nasya karma is an important Shodhana procedure in Urdhwajatrugata Roga (Eye, Ear, Nose, Mukha, Shira Roga). Acharya Vagbhata described that Nasa is the pathway to Shira. Nasa is an important pathway of drug administration to known to our Acharyas. It is used for administered a drug for preventive and curative purpose. It used to treat Local & Systemic disease. Acharya Vagbhata has some describe about the mode of action. (A.S. Su.20/2,29). Drug administered through nose the door way to Shira. Reaches the Shringataka marma of Head (Shira) which is a Sira Marma and farmed by the siras (Blood vessels) of Nasa (Nose), Netra (Eyes), Shrotra (ears) & Kantha (throat). The drug spreads by the morbid Doshas of Urdhwajatru & expels them from the Uttamang.

Drug administered via nose gets rapidly absorbed through mucous membrane of nose into the general blood circulation. If then gets absorbed into the facial vein through which the back flow of the blood occurs through the inferior ophthalmic vein & to the Venous sinuses of the brain (Shira) After the absorption of the drug it follow neural (olfactory & trigeminal) & circulatory (cavernous sinus) course to reach the site of action. Nasya Karma stimulates the peripheral olfactory System. Prior, to Nasya Karma Snehana and Swedan should be done to the patients. Snehana and Swedan will help to loosen the adhesive Doshas. Many nerves ending which are arranged in the peripheral surface of mucous membrane, olfactory, trigeminal etc. will be stimulated by Nasya dravya (the medicine used to give Nasya) & impulses are transmitted to the central nervous system. This result in good circulation & nourishment of the organs and the diseases will subside.

### IV. CONCLUSION:

Shira (Head) is considered as Uttamang & to protect it from alimant it should remain healthy & disease free. Nasya Karma is the best Shodhana procedure mentioned in disease related to Urdhwajatru. After administered the medicine (Nasya dravya) into the nostrils & get absorbed by mucous membrane at nose due high vascularity and after absorption of the drug it may follow neural & circulatory track to reach the site of action. Nasya is a less expensive & less complicated therapy when compared to other shodhanatherapies. Nasya Karma enhances the activity of sense organs. Nasya

Karma is relatively easy to perform & highly effective treatment.

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