



## A Conceptual Critical Review of the Therapeutic Applications of Pratimarsha Nasya Karma.

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### ABSTRACT

To begin: The practice of giving medicine through the nasal cavity is known as Nasya Karma. Drugs enter the brain through the special Shodhana Chikitsa process, which eliminates the vitiated Dosha that causes the illnesses. It has both preventative and curative effects. All of the Panchakarma Shodhana techniques are straightforward, easy, uncomplicated, and incredibly beneficial when performed correctly. To administer it, dip a finger into the necessary Sneha and then drop it into each nostril. Materials and techniques: Several Ayurvedic classics and remarks were consulted in relation to Pratimarsha Nasya. Discussion: Pratimarsha Nasya has both therapeutic and preventative effects. One form of Nasya Karma that is recommended for daily use is Pratimarsha Nasya, which aids in the prevention of respiratory conditions as well as ailments of the head, neck, and mouth. In summary, Pratimarsha Nasya offers numerous benefits, including nearly no contraindications, a relatively low dosage (2 bindu), the ability to be taken several times throughout the day, and self-administration.

**Keywords:** *Critical review, pratimarsha nasya..*

### INTRODUCTION

In the ancient Indian medical system known as Ayurveda, Pratimarsh Nasya is a method of administering medications through the nose. [1] Pratimarsh Nasya is a comprehensive method of healing that goes beyond simple medical care and is based on a holistic understanding of the human body and its relationship to the cosmos. [2] This article examines Pratimarsh Nasya's philosophical foundations, including its tenets, practices, and more general metaphysical ideas that guide its work. The "science of life," or Ayurveda, is predicated on the equilibrium of the three Doshas: Kapha, Pitta, and Vata. [3, 4] The body's various elements and energy are represented by these doshas, and preserving health depends on their balance. [5] This more

comprehensive view of health and illness gives rise to the idea of Pratimarsh Nasya. Classical Ayurvedic books like Charaka Samhita [6], Sushruta Samhita[7], and Ashtanga Hridaya [8] have copious documentation on Nasya practice. The types of Nasya, indications, contraindications, and how medicated oils are prepared are all covered in length in these works. [9, 10, 11] Because of its gentle properties, Pratimarsh Nasya is advised for everyday use. [12-14]

### Nasya Karma Classification: [15-19]

Various authors have classified Nasya Karma in various ways. Depending on the medication types, the medications' mechanisms of action, or the Karmukata (indication) and the quantity of medicine used.

According to Charak	According to Sushrut	According to Vaghbhat	According to Kashyap	According to Sharangdhar
Navan Nasya	Shirovirechan	Virechan	Brimhana	Rechana
Avapida Nasya	Snehana	Brimhana	Karshna	Snehana
Dhmapan Nasya	<ul style="list-style-type: none"> <li>● Nasta</li> <li>● Avapeed</li> <li>● Pradhama</li> <li>● Shirovirechan</li> <li>● Pratimarhsa</li> </ul>	Rechana		
Dhuma Nasya				
Pratimarshya Nasya				

### Difference between marsh and pratimarsha nasya [20]

MARSH NASYA	PRATIMARSHA NASYA
Sneh dravyas are used	Sneh dravyas are used
Dose of the medicinal drug used differs (Quantity differs)	Dose of the medicinal drug used differs (Quantity differs)
Mode of administration same	Mode of administration same
Shodhana mode of action	Shodhana mode of action
Does the action of snehana	Does the action of snehana
6,8,12 Bindu pramana is advised in Heena, madhyam, uttammatra respectively	But here it is only 2 bindu and no demarcations like heena, madhyam, uttammatra

Ashukari	Chirkari
Sometimes complications may rise	No complications
Is indicated in the patients who are strong and able to sustain	It is advocated in ksheena, vriddha, bala, sukumar and stree in any age group and in any season
Parihara is required	Parihara is not required

### **PRATIMARSHA NASYA:**

To maintain the nasal cavity's health, Pratimarsha Nasya is advised as a daily practice excerpts from Ayurvedic literature [21]. Instilling lipid base drops (oil or ghee) via the nostrils is a part of both Marsa and Pratimarsha Nasya [22]. Of them, Pratimarsha Nasya is a highly convenient technique that is well accepted and has few complications. It has no restrictions and can be administered to anyone at any time [23].

Since Pratimarsha Nasya has a two-bindu dosage and doesn't cause any adverse effects, it can be used as a preventive treatment option when long-term administration is taken into account to lessen allergy problems. According to Acharya Vagbhata, the Pratimarsha Nasya is beneficial from conception to death [24]. Correct application of Nasya Karma will keep a person's eyes, nose, and ears intact.

### **OBJECTIVES**

1. To understand Pratimarsha Nasya as a pharmacological way of treatment and prevention.
2. To comprehend how Pratimarsha Nasya operates.

### **MATERIALS AND METHODS**

Pratimarsha Nasya was cited in a number of Ayurvedic classics, commentaries, articles, and text books.

### **DOSE OF PRATIMARSHA NASYA:-**

Two Bindu is the recommended dosage for Pratimarsha Nasya. Chakrapani states that the appropriate dosage of Sneha is just enough to reach from the nose to the gullet, but not so much that it could cause secretion in the gullet [25]. Ashtanga Sangraha states that a drug's dosage should not raise or degrade the Aprakupita Dosha [26]. The appropriate dosage of Pratimarsha Nasya [27], according to Sushruta, is the amount of Sneha placed in the nose that emerges into the mouth when the user sucks air (upwards from the nose). For Pratimarsha Nasya, there is no fear of Vyapath, and it can be done independently without any limitations or Parihara [28].

### **INDICATIONS OF PRATIMARSHA NASYA:-**

Pratimarsha Nasya can be administered at any age or time of year to patients with the following signs and symptoms: Varsha and Grishma, Durdina, Bala and Vriddha, Bhiru and Sukumara, Weak patients, Kshatakshama and Trishna Pidita, Mukhashosha, Khalitya, and Palya. [29]

**CONTRAINDICATIONS OF PRATIMARSHA NASYA:-**

Dushta Pratishtyaya, Krimija Shiroroga, Madhyapi (habitual drinkers), and Badhirya (deafness) are contraindications for Pratimarsha Nasya.[30]

**Reason for contraindications:-**

The cause of the contraindication It is not recommended for these individuals since the Sneha Matra is not very effective in removing Doshas or Kriminasha, and it may vitiate an already inflamed Dosha.[31]

**Pratimarsha nasya kal table:-**

Time for pratimarsha nasya	Sushrut samhita[32]	Ashtanga Hrudaya[33]	Sharangdhara samhita[34]
Talpothita kal	+	+	+
Prakshalitha danta kal	+	+	+
Grihanirgachata	+	-	+
Vyavayottara	+	+	+
Adhvaparishranta	+	+	+
Mutra visarjanottara	+	+	+
Mala visarjanottara	+	+	+
Kavalante/ Gandushante	+	+	+
Anjanante	+	+	+
Bhojanottara	+	+	+
Vamnante	+	+	+
Divaswapnohitena	+	+	+
Sayam kal	+	+	+
Shirobhyangante	-	+	-
Hasyante	-	+	-
Dinantha	-	+	-

**Administration of nasya:-**

Nasya administration involves the patient lying down or sitting comfortably. A light Swedana (sudation) must then be administered after a gentle massage of the face and forehead. Each nostril should receive the recommended dosage of slightly warmed oil. When the oil gets to the throat, the person should spit.

Finally, gargling with warm water may be administered, followed by Dhoomapana (fumigation) via the mouth [35].

**Preventive aspect:**

A person never experiences hair loss, graying of the hair, or impaired eye, nose, or ear function when taking Nasya Karma in the right season and with the right medications [36].

**Curative aspect:**

Manya Stambha (cervical spondylosis), Shirashoola (headache), Ardita (facial palsy), Pinasa (sinusitis), and Ardhabhedak (migraine) are among the ailments for which Nasya Karma can be performed.[37]

**Benefits of pratimarsha nasya:-**

1. Respiratory Health: Pratimarsh Nasya aids in preventing respiratory infections, clearing congestion, and maintaining clear nose passages.
2. Headache Relief: By lowering Kapha buildup in the sinus canals, regular use can help reduce headaches and migraines.
3. Enhancement of Sensation: It supports the well-being of the sense organs, especially the nose, ears, and eyes. [38]

**Advantages for the Mind and Emotions:-**

1. Mental Clarity: Pratimarsh Nasya improves mental clarity, focus, and cognitive abilities by affecting the Prana Vata.
2. Stress Reduction: Stress reduction and relaxation are facilitated by the neurological system's calming influence.
3. Emotional Balance: By balancing Prana's flow and preserving the Doshas' equilibrium, it promotes emotional stability [39,40]

**DISCUSSION**

The nose is the only gateway to the head, making it easy for any medication given through the nose to reach the head and be absorbed. Acharya Vagbhata stated that since the nose is considered to be the entrance to the head, the medication is taken through the nostrils and reaches the head's Shringataka Marma [41]. The Ashtanga Sangraha's Indu commentator states that Shringataka is situated on the inside of the middle part of the head. Sushruta has maintained that the union of Siras, which support the nose, ears, eyes, and tongue, creates Shringataka Marma, a Shira-Marma, or significant portion of the head. The olfactory nerve

plexus, the ophthalmic and maxillary branches of the trigeminal nerve and the vascular system all connect the nose to the brain automatically.[42]

Nasya Dravya administered through nasal route → Then it reaches at Sringataka Marma (cavernous venous sinuses) → Through cavernous sinuses it enters into Murdha (intracranial circulation) → Lastly Nasya drug reaches junction of Netra (eye), Karna (ear), Shiras (head) by the diffusion method → Scratches the morbid dosha from supra-clavicular region just like removing munja grass from its stem.[43]

## CONCLUSION

Pratimarsha Nasya is used to treat and prevent illnesses. Pratimarsha Nasya is simple to use and can be used from birth until death. It can be taken at any time. There is no risk of complications and no special attention is needed. The therapy enhances the process of oxygenation, which directly impacts brain function. Regular use of the therapy is beneficial because it maintains the health of the ears, nose, and eyes. Pratimarsha Nasya is mainly recommended for head disorders because the head is a vital part of the central nervous system that regulates body functions.

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