



A Thoughtful Examination of the Therapeutic Uses of Navan Nasya Karma.

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ABSTRACT

The nose is an Indriya that is the main respiratory organ in addition to being a sense of smell. Nasa is one of the drug administration routes. Nasya is a Panchkarma procedure that Acharyas have been assigned, which emphasize the significance of Nasya as Shodhana Karma (the process of purification), particularly for the disease Urddhva-jatrugata Vikara, which affects the body above the clavicle. Navana is one of the most important and widely applicable Nasya Karma therapies. The purpose of Navan Nasya Karma, a therapeutic technique, is to eliminate the vitiated Dosha present in Shira and its constituent parts by administering a drug (Medicated Oil, Ghee) through Nasa. By enhancing the functions of the endocrine glands and nervous system, Navan Nasya can have an indirect impact on every bodily part.

Keywords: *Nasya, Navan, Shodhana karma, Urdvajatrugata vikara.*

INTRODUCTION

The nose is an Indriya that is the main respiratory organ in addition to being a sense of smell. Nasa is one of the drug administration routes. Nasya is a Panchkarma procedure that Acharyas have been assigned, which emphasize the significance of Nasya as Shodhana Karma (the process of purification), particularly for the disease Urddhva-jatrugata Vikara, which affects the body above the clavicle. In the Classics, Nasya is synonymous with Shirovirechana, Shirovireka, Nastakarma, Navana, and Murdha Virechana, among others. Acharya Sushruta asserts that Shirovirechana is a unique manifestation of Nasya Karma.[1] Navana is one of the most important and widely applicable Nasya Karma therapies. The Navan Nasya Karma, a therapeutic technique, is to eliminate the vitiated Dosha present in Shira and its constituent parts by administering a drug (Medicated Oil) through Nasa.[2]

Navan Nasya can indirectly affect every part of the body by improving the nervous system and endocrine glands' functions.

Anatomically, the nose is connected to the cranium and other organs, including the pharynx, eyes, and ears. Therefore, the medication that is administered in this way can be used to treat conditions that affect all of these structures.[3]

IMPORTANCE OF NASYA

नस्तकर्म च कुर्वीत शिरोरोगेषु शास्त्रविद्। द्वारं हि शिरसो नासा तेन तद् व्याप्य हन्ति तान्।८८।।

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[4]

The nose is the gateway of head. When treating head and neck disorders, a Skilled Ayurvedic physician should administer the medication as nasta-karma (nasya).

CLASSIFICATION OF NASYA KARMA: [5-9]

Various Acharyas have classified Nasya in different ways.

Acc. to Acharya Charak	Acc.to Acharya Sushrut	Acc.to Acharya Vagbhat	Acc.to Acharya Kashyap	Acc.to Sharangdhar
1.Navana	1.Shirovirechana	1.Virechana	1.Brimhana	1.Rechana
2.Avapida	2.Snehana	2.Brimhana	2.Karshana	2.Snehana
3.Dhmapana	Further classified into 5 types;	3.Shamana		
4.Dhuma				
5.Pratimarsha		1.Nasya 2.Avapeeda 3.Pradhamana 4.Shirovirechana 5.Pratimarsha		

NAVANA NASYA:

Navana is one of the most important and widely applicable Nasya Karma therapies. To perform Navana Nasya, drops of Ghrita or medicinal oil are placed into the nose.

METHOD AND MATERIALS

CLASSIFICATION OF NAVAN NASYA: [10]

It can be broadly divided into two categories: Shodhana Nasya
: Snehana Nasya

1] SNEHANA NASYA

The Snehana Nasya is administered by injecting medicated ghee and oil into the nose.

Snehana Nasya is used as Dhatuposhaka and, as the name Sneha implies, gives strength to all the Dhatus.

DOSE: [11]

L(i) Hina Matra – 8 Bindu

(ii) Madhyamamatra – Shukti Pramana - 16 Bindu

(iii) Uttama Matra - Panishukti Pramana – 32 Bindu

BENEFITS OF SNEHA NASYA :

- Strengthens the Nasal Passages
- Relieves Headaches & Migraine
- Treats Allergies & Sinusitis
- Clears Mucous Blockages
- Opens Blocked Channels
- Treats Nasal Infections

INDICATIONS OF SNEHA NASYA:

- Vatika Shirahshula,
- Keshapata, Shmashrupata, Dantapata
- Tivra karnashula
- Timira
- Nasaroga
- Mukhashosha
- Avabahuka
- Akalaj Vali- Palitya
- Darunaprabodha
- Vatapittaja Mukharoga

2]. SHODHANA NASYA:

The Shodhana type of Navana Nasya includes Sushruta's Shirovirechana type. That gets rid of the vitiated Doshas.

DRUGS:

Shirovirechana Dravyas such as Pippali, Shigru, Vidang and others can be used to make this type of Nasya oil.

DOSE: [12]

(i) Uttama - 8 Bindu

(ii) Madhyama - 6 Bindu

(iii) Hina - 4 Bindu

INDICATIONS OF SHODHAN NASYA:

- Kaphapurna Talu & Shira
- Aruchi
- Shirogaurava

- Pinasa
- Krimi
- Ardhavabhedaka
- Pratishyaya
- Apasmara
- Gandhagayana nasha
- Urdhvajatrugata Kapha rogas.

ADMINISTRATION OF NASYA

POORVAKARMA

1. Patient is asked to get relieved of natural urges.
2. On the Jatrurdhwa organs—the head, forehead, ears, face, and neck—Snehana and Swedana are performed.
3. Ask to lie down on table. With the chin up, neck down, and legs slightly up, the patient is placed in a supine position.
4. Again Mrudu Swedan are performed on organs above the neck.
5. A moist cotton pad will be placed over the eyes during Swedana to shield them from the heat and prevent harm to the Netra.

PRADHANA KARMA

1. The Nasya table should be used to comfortably lie the patient in a supine position.
2. The head (shira) should be lowered, i.e hanging down, and the feet should be slightly up.
3. Avoid extending or flexing your head too much.
4. If the head is not lowered enough, the nasal medication may not reach the desired distinction, and lowering it too much may result in the medication becoming lodged in the brain.
5. Once the eyes have been covered with a clean cotton cloth, the doctor should use his left thumb to lift the tip of the patient's nose and then use his right hand to alternately drop lukewarm medicine (Sukhoshna drug) into both nostrils.
6. The drug should be neither less nor more in the dose i.e it should be in the proper quantity.
7. After administering Nasya, Samwahana, a light massage of the ears, forehead, scalp, chinks, neck, shoulders, palms, and soles, will be performed.[13] Spit should be done lightly.

PASHCHATA KARMA

1. Patients are advised not to laugh aloud or become angry.
2. The patient will be advised to lie down until 100Matra.[14]
3. One of the Dhooma types, such as Vairechanika, or any other appropriate Dhooma depending on the diseased condition, will be administered.[15]
4. Gandusha with lukewarm water to be performed afterwards.[16]

5. Patients should be advised to cover their Jatrurdhwa and use small cotton swabs in their ears.
6. A light diet is advised. [17]
7. Advice to follow the rule mentioned in Snehapana.[18]
8. The patient should stay in a windless environment.
9. The patient should refrain from dust, smoke, sunlight, alcohol, hot baths, riding, rage, and a diet high in fat and liquids. [19]

MODE OF ACTION: [20]



DISCUSSION

1. The Charak Samhita, Sushrut Samhita, and Ashtang Hriday all provide general descriptions of Nasya Karma treatment.
2. NASA is the gateway to Shira, according to all notable Acharyas.
3. Nasya, which involves administering medication via the nose, is one form of treatment. Is used to treat disorders of the face, nose, eyes, ears, and head that are both local and systemic.
4. Nasya therapy cleanses and opens the head's channels, refining the progression of oxygenation (Prana) to the brain, which has a direct impact on brain function.

CONCLUSION

1. In order to attain the best possible therapeutic outcomes, Nasya Karma, or the skillful administration of medications via the nose, is crucial.
2. Nasya Karma is particularly beneficial for illness of the upper clavicular region and disorders of higher mental functions (Mastishka Gata Vikara).
3. Nasy Dravya performed the procedure to remove the morbid humors from the upper supraclavicular region Through its Ushana, Tikshna, Laghu Guna properties.
4. Therefore, standardizing the different Nasya procedures and their applications in the various diseases mentioned in the classics is essential to achieving maximum effectiveness.

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