

**A LITERARY VIEW OF PANCHAKARMA MODALITY IN
SHALAKYA TANTRA W.S.R. NASYA KARMA- A WAY DRUG
ADMINISTRATION THROUGH NASAL PATHWAY**

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ABSTRACT

Ayurveda is a Science and art of appropriate living which helps to achieve longevity. Ayurveda prescribes Panchakarma therapy for the cleaning of body toxins. It is the process, which gets the root cause of the problem and correct the essential balance of Tridosha in the body. Panchakarma comprises five main procedure viz Vamana, Virechan, Basti, Nasya and Raktamokshana. Shalakyta tantra is one of the important aspects of Ayurveda which deals with the treatment of disease associated with Upper body parts (above the neck). **Nasya the Nasal administration of medication is called Nasya.** The nose is the doorway to the brain. An excess of bodily humors accumulated in

Sinus, Throat, Nose or Head areas is eliminated by means of the nearest possible opening, the Nose. About 60% of people suffering from Shiro gata roga and having other complication. So it is the demand of time to know about Nasya karma in Panchakarma and its importance. Among all Panchakarma Nasya is one of therapy among Panchakarma which is popular remedy for various nasal (Nasagata) as well as disorder related to Brain (Shirogata). Drugs can not be absorbed orally may be delivered to the systemic circulation through nasal drug delivery system and it is a convenient route when compared with parenteral route for long term therapy. In Shalakyta, the treatment remedy like Nasya very fruitful as it is very simple and well accepted to cure various disorders.

KEYWORDS: Panchakarma, Shiroroga, Nasya karma, Shalakyta tantra.

INTRODUCTION

Ayurveda is a Science and art of appropriate living which helps to achieve longevity and care of physical, mental and spiritual health of human being. The perfect balance of mind, body and soul is considered as complete health in Ayurveda. Ayurvedic therapy focus on rebalancing the doshas, eradicating the lifestyle and dietary error. The doshic imbalance is determined by a combination of pulse (Nadi parikshan) and tongue (Jivha) diagnosis, questioning, and observation. According to Ayurvedic physician, breathing and meditation exercises to eradicate mental illness. Ayurveda prescribes Panchakarma therapy both for serious illness and cleaning of body toxins. It is the process, which gets the root cause of the problem and correct the essential balance of Tridosha in the body. Panchakarma is unique and super specialized therapy in Ayurveda. It is very particular and result oriented natural therapy of body purification.^[1]

Panchakarma involves therapeutic mono diet fasting, oil massage, sweating, purging, vomiting and enema. The goal of Panchakarma therapy is to expulsion of Ama through tissue and channels into the Centre of body (kosta). Where it can be more easily removed through the digestive tract with either method like Vamana or Virechana.

Conceptual overview on panchakarma

Panchakarma therapy is very imperative part of Samshodhan Chikitsa and this therapy has attracted the people worldwide as it is an exclusive type of treatment for different chronic and acute disease, auto immune, degenerative disorder. Panchakarma is a Shodhan (detoxification) therapy in which various type of disorder get away and also normal health can be restore.^[2-3]

Ayurveda has evolved bio – purification procedure like Panchakarma to neutralise toxins which created in our body due to high level of stress.

Panchakarma^[4,5]

According to Acharya Charaka, it has comprises five major procedure like Vaman, Virechana, Niruah basti, Anuvasan basti and Nasya.

According to Sushrut, five procedure – Vaman, Virechan, Basti, Nasya and Raktamokshan.

1. **Vamana:** Therapeutic induced vomiting or emesis therapy by some medications like Madanphal yoga.
2. **Virechana:** Purgation therapy by like Erand taila.
3. **Basti:** medicated enema therapy by like oil or decoction.
4. **Nasya:** drug administration through nasal path (a opening door to brain).
5. **Raktamokshana:** Blood letting therapy by Jaloka.

Poorva karma (preparatory therapy)

Before initiation of Panchakarma one should undergo Poorvakarma for the further procedures. It includes the following measures.

Deepan- Pachan, Snehana and Swedana

Deepan – Pachana, Snehana and Swedana constitute poorva karma. These are aimed at preparing the body for main treatment procedures i.e. Panchakarma.

Deepan- Pachana – deepan drugs like pippali, chitraka, marich a are helpful to enhance agni and ignite vata dosha like pippli, chitrak. Pachana drugs like Musta, ajmoda, hingu are stimulate peristalsis of intestine, increase secretion of digestive enzyme and absorption.

Snehana - it is the administration of oily substances (medicated oil or ghee) either internally or externally, or both.

Externally: as Abhyanga (oil massage) Shiroabhyang, Shirodhara, Shiropichu, instillation of medicated oil drops in ear (karna pooran), nose.

Internally: the medicated ghee or oil given orally for a specific duration and is known as Snehana. Proper samyak snehana lakshan is observed during this period.

Swedana - It is a method of inducing sweating in the body by various means of heat application. For example, application of warm poultice over the skin or steam bath, it is in the form of peti-sweda, Patra pinda sweda, Shali shastik pinda sweda, Upnah sweda, Nadi swedana, Sankar sweda.

Pradhan karma (main procedures)

Vamana (Emesis therapy)

Vamana therapy is generally carried out in early hours of day preferably in the early morning after properly Snehana and Swedana, when kapha dosha is dominant. The process in which

apakva pitta and kapha are forcibly expelled through the upper route i.e. mouth systematically induced emesis. Detoxification through Vamana is suggested in disease which mainly involve kapha dosha or arises due to vitiation of kapha dosha.

Therapeutic vomiting is also indicated in kushtha (skin disease), Granthi (nodular swelling), Svasa (asthma), Visarpa (erisipalis), Stanya dushti (vitiation of breastmilk).^[6]

Virechana (Purgation therapy)

The process in which, the elimination of morbid humors occurs through the adbhoga / Guda (anal route) is known as Virechana. Therapy can be conducted as an individual detoxification therapy or as a follow up therapy next to Vamana to ensure complete detoxification. When excess pitta is accumulated gall bladder, liver and small intestine, it tends to result in rashes, skin inflammation, acne, chronic attacks of fever, biliary vomiting, nausea and jaundice related pittaj disorders. In these condition the administration of therapeutic purgation i.e. Virechana is suggested for pitta dosha Shamana.^[7]

Basti (Medicated enema therapy for Shodhan)

Basti therapy is considered as Chikitsa ardha among all therapy and some physician recognize it as complete therapy. It is considered as prime treatment modality for Vata dosha. It is defined in two ways: first definition indicate the whole of the karma mainly for purification and the other definition indicates, the instrument used for the karma. Basti karma is expelling body toxins and vitiated doshas from colon by introducing medicated kwath (decoction) or oils through Anus, Urethra or Vaginal canal. Basti improve vision, weight decrease in obese people, in emaciated person weight increase and nourishes, slow down ageing process. It also indicate in neurological disorder, Gout, Sciatica, Rheumatoid arthritis, Osteo arthritis, Lumber pain.^[8]

Nasya therapy

Nasya is the most important therapy as it is used for the treatment of Urdhavajatrugata disease. According to Charaka nose is the gateway of head. Nasya karma is therapeutic measure where the medicated oil, ghee, kwath, churna, swarasa, etc. are administered through nose to eliminate the vitiated dosha situated in Sira. It is useful in the conditions like Migraine, headache, Pinasa (rhinitis), Manyastambha (stiffness of neck), Ardita (facial paralysis).^[9]

Raktamokshana (therapeutic blood letting)

Raktamokshana is a procedure of removing the vitiated Rakta in disease caused mainly by Rakta and Pitta. It is carried out either by using sharp surgical instruments like Siravedha or by parasurgical procedures like Leech, Alabu, Ghati, Shrung.^[10]

Pashchat karma (Post operative procedure after Panchakarma)**Samsarjana karma**

A strict diet preferably using Peya, Vilepi, Yush, Mansa rasa are used to enhance the digestive power and restricted life style procedure has to be followed through out Panchakarma treatment.

Role of Panchakarma in Shalaky Tantra:^[11]

Panchakarma has many benefits as it can also be administered in normal healthy individuals, as Rasayan therapy and also helps eliminating various vitiated dosha in various disorders. According to Acharya Charaka and Vagbhatt, in various kapha vitiated disorder Vaman karma is indicated. The conditions like Pinasa (Rhinitis), Mukhapaka (Mouth ulcer), Kanthapaka (inflammation of throat), Galsundika (Tonsillitis). For various Eye disorders Virechana therapy is indicated in conditions like Netradaha (burning in eye), Netrasrava (discharge from eye), Timir (refractive error), Abhishayanda (conjunctivitis). Raktamokshana is indicated in various eye disorders including Akshipaka, Abhishayanda, Upnah, Anjananamika, Mukhhpaka, Sirahshool, Swarbheda, Aruchi etc. Niruh basti is indicated in Adhimantha (glaucoma), Timir, Pratisyaya, Karnashoola, Sirahshoola. Nasya is indicated in kaphaj Shirorog, Suryavarta, Anantvata, Ardhavabhedaka, Shirahkampa, Ardita.

Table No 1: Showing the various disorders in shalaky (ENT) and Nasya administration.

Sr. No.	Disease (Vyadhi)	Nasya drug / type	References
1	Ardhavbhedaka	Shirish mool, Phala avapid	Su. Uttr. 26/31
2	Timir	Gomay siddha tail, trivrutta tail	Su. Uttr. 17/32-33
3	Vataja mukahpaka	Vatahar dravy siddha tail	Su. Chi. 22/67-68
4	Vataja Rohini	Panchmula siddha tail	As, Hri. Uttr. 22/58
5	Kaphaj Rohini	Sweta, vidang, Danti, sandhanamak siddha tail	Su. Chi. 22/63
6	Karnkandu, shool	Shirovirechana, Nasya	Su Uttr. 21/13
7	Pratishyay	Anu tail nasya,	Cha. Chi. 26/140
8	Kaphaj swarpheda	Tikshan nasya	Cha. Chi. 26/ 286
9	Shirorog	Mahanil taila	Cha. Chi. 26/275

Nasya importance in Shalakyia

Shalakyia tantra is one of the important aspects of Ayurveda which deals with the treatment of disease associated with upper body parts (above the neck). The Shalakyia tantra (ENT) describe detail account on cause, diagnosis and treatment approaches of the disease related to the Ear, Nose, Eye and Throat. All Panchakarma Nasya is one of therapy among Panchakarma which is popular remedy for various Nasal (Nasagata) as well as disorder related to Brain (Shirogata). Nose is the doorway to the brain and it is also the doorway to consciousness. Drugs can not be absorbed orally may be delivered to the systemic circulation through nasal drug delivery system and it is a convenient route when compared with parenteral route for long term therapy.^[12]

CONCLUSION

Panchkarma is unique and super specialized therapy in Ayurveda. It is very particular and result oriented natural therapy of body purification.

It is not only good for alleviating disease due to toxins but is also a useful tool in maintaining exceptional health. In Shalakyia it could be bread and butter for Surgeons in curing many illness related to ENT and which requires this therapy for management.

Nasya is one of the excellent and popular remedy for various nasal (Nasagata) as well as disorders of Brain (Shirorog). Most of these new trends in terms of marketing of Panchakarma practices prevailing in the different parts of country by the way spa and massage centre are not property brought to the limelight of scientific evaluation. So therapy like Nasya need to accelerate by scientific thought, its validation of facts and proper documentation are the need of hour. It will help and boost to increase the acceptability and utilization of this therapy along with rest of Panchakarma.

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