

A LITERARY REVIEW ON EFFECT OF ANU TAIL NASYA ON VARIOUS DISORDERS

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ABSTRACT

In the present era it is seen mostly that people believe Ayurvedic medicine act gradually but on contrary if proper diagnose and proper medicine is prescribed then it acts wonderfully. *Nasya* is the term used generally for medicines or medicated oil administered through nasal routes. *Nasya* called as *Urdhava jatrugata vikareshu visheshanyabhimisnate*. The quotation "*Nasa hi shirasodwaram*" itself explains its importance and it is the only *karma* which is explained in *Dincharya*. Respiratory allergies are major cause of morbidity in both children and adult. Allergic rhinitis is one of the prime disease of respiratory system found in all age groups irrespective of sex. Among *Nasagat rogas Pratishyaya* is the one which is described by almost all the *Acharyas* in detail, which shows its importance due to dreadful nature. Second rising problem is Computer vision syndrome (CVS),

also referred to as digital eye strain, describes a group of eye and vision-related problems that result from prolonged use of a computer, tablet, e-reader, and cell phone. According to *Ayurveda*, this type of exposure to *Tejas* (light) along with some unwholesome diet and regimen leads to vitiation of *Pitta* along with *Vata*. In the era of technology due to use of excessive ear phones and hearing loud sound cases of SNHL (Sensory Neural Hearing Loss) are rising very fast, SNHL occurs when there is a problem in the sensory apparatus pathways of conduction of nerve impulses to the brain. SNHL can be Peripheral and Central (auditory pathway or cortex). It can be congenital or acquired. Congenital: present at birth, due to

anomalies of inner ear or due to pre or perinatal factors. Badhirya (SNHL) is one of the most common ENT disorder and it is one of the challenging problems of all ENT surgeon's, the disease look simples but it doesn't bring satisfactory relief to the patients after repeated visiting the ENT clinic. Hair fall It is progressing disorder people living in sedentary ways of life, stress induced hectic schedules along with indiscriminate dietary habits result in many disturbance and deficiencies in the body which directly reflect in loss of hair. It is one of the minor diseases which is affecting approximately 1.7% of the world population and challenging task for physicians. Hair fall has been described in *Ayurveda* by the name of *khalitya roga* under the heading of *kshudra roga* (minor disease) or *shiroroga* (diseases of head & scalp). We can reduce & manage this rising problem of hair fall through modifying life style, purification therapy and medication practicing in Ayurveda. Modern medicine relieves symptoms very fast but permanent cure is possible through holistic approach of Ayurvedic science. Ayurveda, the science of life if applied systematically has the ability to ensure complete cure. *Nasya karma* is an important part of *Panchkarma* and is the best treatment for "*Urdhavjatruroga*".

KEYWORDS: *Anu taila*, *Nasya Vataja* Allergic rhinitis, Computer vision syndrome (CVS), *khalitya*, *Badhirya*.

INTRODUCTION

Anutaila is an ancient Ayurvedic preparation which is commonly used for *Nasya karma*. This Article emphasis on *Anutaila*, its use, method of preparation, characteristic, probable mode of action and recent works on *Anutaila*. Ayurvedic pharmaceuticals offer a great range of Medicaments. They actually aim at effective potentiation of medicaments with simple methods. *Anutaila* would be the best example of potentiation among Ayurvedic drugs. This potentiation helps *Anutaila* to penetrate deepest channels in the body hence it is said.

Anushu Tailam Anutailam,

Anundriya Srotansi Pravishthi Iturtha |

Ashtanghriddya Sutrasthan 21/38

Anutaila is best used for *Nasya Karma*. It contains more than 25 herbs which are blended together in the form of decoction. This decoction is slowly infused with sesame oil over a long period of time with the help of controlled heating till the desired quality of oil is obtained. This process is repeated 10 times to have effective potentiation. *Aja ksheer* (Goat Milk) is also used in the last cycle only. Hence it is said that *Anutaila* is having property of

Mahagunama, sarvottam gunam. (Excellence over other of Oils used for *Nasyakarma*) is also used in the last cycle only. Hence it is said *Brihat trayi* sites *Anutaila* in the context of *Nasya* many times. *Anutaila* is described in *Charak Samhita* at *su. 5 /63-70*, *Sushrut Samhita* in *chi. 4 /28* and *Ashtanga Hridaya* in *Su.20/36-39*. These Ayurvedic texts explain *Anutaila* in different contexts. *Charakacharya* has explained it in *Matrashitiyadhyaya*, *Sushrutacharya* in *Vatavyadhichikitsopakrama*, *Vagbhatacharya* in *Nasyavidhiadhyaya*.

Properties of *Anutaila*

Regular practice of *Anutaila Nasya* regains the sharpness of the sense-organs. It strengthens the muscles of neck, Shoulders, and Chest. It guards against an attack of premature greying of hair, sensory neural hearing loss, computer vision syndrome, hair fall, nasal allergies and premature appearance of wrinkles on face. To achieve the benefits of *Anutaila*, it is used best in *Nasya* form. *Nasya* is nasal insufflations of medicated Oil, Decoction or Powder. Nasal drug delivery systems are the best drug delivery systems for the diseases related to brain and Upper part of Sternum The Probable explanation of its action is given below.

‘*Nasahi Shirso Dwaram* |

(*Ashtanghrudaya Sutrasthan 20/1*)

Ayurvedic School of thoughts says Nose is an entrance of the Cranial Cavity, the nasal medicine enters in *Shringatak marma* and spreads in the cranial cavity, eyes, ears, throat and the minute capillaries of Face and the *doshas* are removed from the site.^[1,2]

Possible drug absorption and path way:^[3] The same can be explained with the help of Anatomy as given below;

The drug administered intranasally enters the nasal cavity through superior, middle and inferior meatus which further has six sinus openings. The olfactory cells get stimulated by the drug administered Stimulation and carried further through olfactory axons then Cross the cribriform plate of ethmoid bone Axons form olfactory bulbs, These bulbs form the Axons synapses with dendrites of the mitral cells and Many such synapses form olfactory glomeruli. From olfactory glomeruli, axons of mitral cells continue to form olfactory tract and They finally end in olfactory cortex Because of the stimulation all through and *dosavilayana* is readily seen, along with absorption of drug essence to exert the action. However it is to be remembered that the most favourable season for *Anutaila Nasya* is *Pravrut*, *Sharad ritu* and in *Varsha ritu* during clear sky.

Effect of Anu Tail Nasya in Allergic Rhinitis

Ayurved is the one and only medical system which gives the way of perfect living with nature. Human body consists of five sense organs (Eye, Ear, Nose, Skin, Tongue), which are responsible for the perception of objects. If any obstacle comes in between the sense organ and sensory object, then perception of object becomes challenging (or difficult). Any disease of sense organ creates problem in perception of that particular object but AR is such a disease which creates problem in all the five sense organs. Nasal allergies can make it difficult for people to take part in both indoor and outdoor activities if their symptoms are not well controlled. It significantly impairs patient's quality of life and productivity by imposing sneezing, nasal discharge, nasal blockage, headache, heaviness in head, itching in eyes, throat, palate etc. According to WHO, 400 million persons worldwide suffer from Allergic rhinitis.^[4] Modern treatment modalities for the management of Allergic rhinitis includes, H1 receptor antagonists (antihistamines), nasal decongestants, mast cell stabilizers, leukotriene receptor antagonists, corticosteroids and anti-cholinergic agents in oral or topical nasal formulations.^[5] But all these give symptomatic relief only and are having severe side-effects. Thus modern medicines have no permanent answer for AR. In Ayurved, based on the symptoms of AR, it is mostly similar to *Vataja pratishyaya*. Acharya Sushruta dealt *Vataja pratishyaya* in *Nasagat rogas* along with its complete aetiology, prodromal symptoms, diagnosis, prevention and treatment guideline.^[6]

A Case Study Was Done On Ayurvedic Treatment Of Allergic Rhinitis -By Sharma Ankit, Soni R. K. In Dept. Of Shalakya, Shri Sai Ayurvedic P.G. Medical College, Aligarh, Uttar Pradesh, India. Published In Ijapr | October 2017 | Vol 5 | Issue 10 after completion of study result was that

The patient was treated *Anu taila Nasya* and *Shaman chikitsa* with *Vyaghri haritaki rasayan*. She was followed up every 15th day for 2 months. Her progressive reports are as follows: On the first follow up visit patient told very much relieved in all the symptoms. Her Sneezing frequency was reduced upto 50%. She also felt almost 50% relief in nasal discharge, nasal congestion, nasal obstruction and itching, foreign body sensation, watering from eyes and hoarseness of voice. On the second follow up visit i.e. on 30th day of treatment patient was very much happy observing the relief from symptoms. In all the symptoms patient was feeling relieved up to 60-70%. On the third follow up visit i.e. on 45th day of treatment, the patient's sneezing frequency was 2-3/ day. Nasal itching & hoarseness of voice had

completely gone. Nasal obstruction & nasal discharge was also markedly decreased. On the last follow up visit, the patient was quite satisfied since she was almost completely relieved from disease. After completion of 2nd month treatment the nasal condition was as follows:

Nasal mucosa was normal Haematological and biological laboratory reports of patients after treatment **13-05-2016 showed:** TLC: 5700/Cumm DLC: N60 L32E5M3 AEC: 325/cumm FBS: 76 mg/dl ESR : 25/hr was before treatment the report was on **12-03-2016** at Shri Sai Ayurvedic P.G medical College & Hospital) showed. TLC: 12000/Cumm DLC: N40 L39E18M3 AEC: 750/cumm FBS: 86 mg/dl ESR: 55/hr. We can say that *Anu Taila* gave better result in *Kshavathu* (Sneezing), *Nasavarodha* (Nasal obstruction), *Tanusrava* (Watery nasal discharge), retracted tympanic membrane, *Gandhahani* (Loss of smell), *Kandu* (Itching) and turbinate hypertrophy. *Vyaghri Haritaki rasayan* is better in relieving nasal congestion, *Kasa* (Coughing), *Swarbheda* (Hoarseness of voice), *Shirahshoola* (Headache) and Post nasal drip. Combine therapy of *Anu taila nasya* and *Vyaghri haritaki rasayan* together gave excellent results.

Effect of Anu Tail Nasya on Baadhira (Hearing Loss)

Sensory neural hearing loss occurs when there is a problem in the sensory apparatus pathways of conduction of nerve impulses to the brain. SNHL can be Peripheral and Central (auditory pathway or cortex). It can be congenital or acquired. Congenital: present at birth, due to anomalies of inner ear or due to preor perinatal factors. Badhira (SNHL) is one of the most common ENT disorder and it is one of the challenging problems of all ENT surgeon's, the disease look simple but it doesn't bring satisfactory relief to the patients after repeated visiting the ENT clinic. Thus, the treatment adopted for Badhira in modern system of medicine has not been satisfactory. Surgical intervention (cochlea implant) is rare in these cases and performed only when presented with complications.^[7] The "Vata Vyadhi Chikitsa" Siddhant can be implemented as management of Badhira.^[8] Besides these, Ayurveda also offers different kind of treatment modality in the management of Badhira. E.g. Ghritapana, Rasayanasevana, Nasya, Snehana, Swedana, Snehavirechana, Sirobasti, Karnapurana, Jalaukavacharana etc.^[8] but, Karnapurana and Nasya is most prescribed procedure in the management of Badhira. As mentioned earlier that the signs and symptoms of Hearing loss can be correlated with Badhira in Ayurveda. Badhira is due to vitiation of Vata and Kapha Dosha.^[9] Anu Taila Nasya scratches out the Kapha Dosha from Shira and improves the function of indriyas (Karnaindriya) thereby clearing the Srotorodha. Anu Taila was planned which pacifies the aggravated Vata Dosha in head and helps to normalize the function of

central nervous system by nourishing the nervous system And balancing the circulation of blood in the sense organs including ear also.

A case study was done on for MANAGEMENT OF BADHIRYA SENSORY NEURAL HEARING LOSS WITH AYURVEDA in Shalakyta Tantra Department, IPGT & RA Jamnagar, Gujarat, India by abhishek singh sager et.al published in IAMJ: Volume 7, Issue 5, May - 2019 (after completion of study the result was that After 06 month of treatment patient got excellent result in subjective criteria like hearing and speech also. Now he was able to hear from one room to another room. He can also able to pronounce words better from previous. Repeat Audiometry was done(12/4/2019), which showed moderate sensory neural hearing loss in both ear.

DATE 12/10/2018 Right ear - moderate to profound mixed hearing loss,

Left ear - moderate to severe sensory neural hearing loss. further Audiometry was done on 12/04/2019 and result was found that B/L Moderate to severe sensory neural hearing loss. At the end conclusion is. Anu Taila Nasya, Bilwadi Taila Karnapurana and Sarivadi Vati orally gives excellent result in congenital sensory neural hearing loss thus Ayurveda has a variety of medicines and procedures to treat Badhirya (sensory neural hearing loss). This case study indicates effectiveness of Ayurveda in management of Badhirya.

Effect of anu tail nasya on computer vision syndrome

The computer has become a part of everyday life at present. In the world, it has been estimated that nearly 60 million people experience vision problems as a result of computer use.^[10] According to the US National Institute for Occupational Safety and Health, computer vision syndrome affects about 90% of the people who spend three hours or more a day at a computer.^[11] CVS is a group of symptoms which crop up from the extended viewing of the video display terminal (VDT) when the demands of the task exceed the abilities of the viewer. Symptoms comprising CVS are dry and irritated eyes, eye strain/ fatigue, blurred vision, redness in eyes, burning sensation of in the eyes, excessive tear secretion, double vision, headache, light or glare sensitivity, contact lens discomfort, slowness in changing focus, changes in color perception and pain in neck, shoulder and back. These symptoms of CVS are due to ocular (ocular-surface abnormalities or accommodative spasms) and/or extraocular (ergonomic) etiologies. No remedial measures for the prevention or cure of this pathology prevail in the domain of modern medicine except using ocular surface lubricants, computer glasses, and counseling for judicious computer use.^[12]

A prospective, open-label study was carried out at Central Ayurveda Research Institute for Cardiovascular Diseases, New Delhi under Central Council for Research in Ayurvedic Sciences. BY Makhija D, Dua M, Ota S, Jadhav N, Vedi SK, Bharti, Sharma BS, Khanduri S, Rana R, Singhal R, Srikanth N, Dhiman KS, Clinical Evaluation of Efficacy of *Mahatriphaladya Ghrita* and *Anu Taila Nasya* in the Management of Computer Vision Syndrome. *J RAS Ayurvedic Sci.*, 2018; 2(3): 156-163. After completion of study they found A significant ($p < 0.001$) improvement in chief complaints was observed at all subsequent visits and follow up (56th day) as compared to baseline. Statistically highly significant effect ($p < 0.001$) was found in Schirmer's test on completion of treatment as compared to baseline. This study revealed the efficacy of *Mahatriphaladya ghrita* and *Anu taila nasyam* in the management of CVS.

Effect of anu tail nasya on khalitya (hair loss)

Healthy, long and vibrant hair helps a lot in improvement of personality. Therefore, to keep hair in healthy state is entirely duty of human being, because just like face, hair is also a mirror of healthy state of body. In this advanced modernized era, the humans are gifted with lot of sophistication, luxuries but at the same time left with sedentary life style, stress induced hectic schedules along with faulty dietary habits. These all habits influences the homeostasis of the body and with many other health problems, fall is one of them. Problem of falling of hair is progressively increasing in society which is also affecting quality of life. Many years of hair loss have impact on mental health. Dermatology life quality index scores in patients with hair loss were similar to those recorded in severe psoriasis. This study specifically identify the feeling of self - confidence, low self - esteem and heightened self-consciousness in people affected by hair loss.^[13] Hair fall has been described in almost all the Ayurvedic literatures as *Khalitya*. It has been included in *Shiroroga* by *Acharya Charaka & Ashtanga hridayakar*. This inclusion has been done on the basis of *Shtana* (location) of diseases and similarity of etiopathogenesis of diseases. It is clearly mentioned in *Ashtanghridaya* that nine diseases occurring on the outer part of head over scalp should be called *shiroroga*. *Sushrut Samhita*, *Ashtangsamgrah*, *Yoga Ratnakar* and *Madhav Nidan*, has included *Khalitya* diseases under *kshudra roga*. This inclusion in *kshudra roga* is due to mildness of disease. These diseases are not life threatening and are of less severity in comparison to other major diseases. *Gayadasa* says that they are minor because of littleness of their cause, symptoms and treatment. They are not only minor but also mean terrible which, though of a low stature frequently give pricks and embarrassment to patient. *Khalitya* is a common but very

challenging and capricious disease of the world population and can have a profound effect on physical and emotional state. *Viruddha ahara, pitta vardhak ahara vihara, abhishyandi ahara*, sedentary lifestyle increases *Pitta* and *Vata* which leads to *khalitya*. Ayurvedic management for *Khalitya* are *Abhyang, shodhan, lepan, Nasya, Rasayana* therapies. Everybody should take nasal drop of “*Anu tail*” every year during the rainy, autumn and spring season when the sky is free from cloud. Along with many other benefits, it prevents hair fall and also accelerates the growth of hair.^[14] *Nasya* nourishes the *srotas* present above the clavicle including the hair follicles which strengthen the hair and reduce falling.

CONCLUSION

Anutaila is *Vataghna, Bruhana* and *Snehan*. It is *sukshma srtotogami*. Profuse Secretions occur after administration of *Anutaila Nasya*. Chest, head, pallet and throat is invaded with *Kapha Dosh*. *Anutaila* firstly mobilises the *kaphadi doshas* from these *sthanas* and then it acts there as *Bruhana*. Oil reaches to minute channels and remove all the *doshas*. The *Sneha* reaches in the *srotasas*, Oleation and Strengthening action takes place on ligaments and tendons of upper part of the Body. Thus it is helpful in wray neck, facial palsy, immobilisation of jaw, headache, rhinitis, CVS,SNHL, Hair Fall migraine and trembling of neck. It increases the efficiency of *Indriyas* e.g. *Nasa, Karna, Netra*. It cures hair fall and prevent premature greying of hair. Regular practice of *Anutaila* helps avail this benefits as well as clear perception of sense organs and Clarity of voice and facial glow. Moreover disease of the upper part of the body remains no more frequent with the regular use of *Anutaila*. According to *Charakacharya* regular use of *Anutaila* liquefies the *Doshas*, extract them from the site without destructing it and ultimately improves efficiency of *Indriya*.

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