Title: Role Of Nasyachikista In Urdhvajatrugatavikara.

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Abstract:

Nasya karma is a therapeutic procedure where drugs are administered through nose (nostrils) in specific manner to cure different systemic disorders though it cute majority systemic disorder Nasya treatment is mainly considered for Urdhvajatrugatavikar. As stated by ashtangasangrah, Nose is closest route to head (Brain) so the medicine that used in nasya move from nostril in the channels of head and spread to whole interior of head and to the junction place where all the channels related to the eyes, ears, throat situated together thus influences head region by removing all accumulated doshas from shirpradesh and from all the sinuses in the skull this action is known as shirovirechana. Nasya karma not only act as a shirovirechana but also play vital role in nourishing the panchagyanendriya and their adhishthana located in shirpradesh. Nasya opens and cleanses channels of the head and improve the oxygen supply which improve the function of brain and sensory organs.

Keyword: 
Nasya, Nasa, Urdhvajatrugatavikar

Introduction:

Nasa is one of the panchagyanendriya whose function is not only limited to respiration but also considered as a pathway for drug administration. Since it is a gateway to brain medicine that is put into the nostril moved in the channel and spread to whole interior of the head and to the junction place where all the channels related to the eyes, ears, throat situated together (i.e. shringataka marma) thus influences shir by removing out accumulated doshas from shirpradesh and from all the sinuses in the skull this action is known as shirovirechana. Nasya karma not only act as a shirovirechana but also play vital role in nourishing the panchagyanendriya and their adhishthana located in shirpradesh. Nasya opens and cleanses channels of the head and improve the oxygen supply which improve the function of brain and sensory organs.

MECHANISM OF NASYA-
According to Ashtangsangrahinsa being entry to shir the drug administrated through nostril reach to shringatakamarma and spread into murdha Pradesh and remove the dosha present in urdhwajatrugatabhag.

Pharmaco-dynamics of nasya karma is explained as follows:

- **Diffusion of Drug**-
  Lipid soluble substance have greater affinity for absorption through cell wall of nasal mucosa,and cilla of olfactory bulb and portion of body of olfactory cells. It is route of absorption of Drug and excretion of waste.

- **Neurological pathway**-
  Stimulation of olfactory nerve causes simulation of cells of hypothalamus olfactory nerves are in close relation to brain which shows action on regulation of endocrine and nervous system functions, cardiovascular system.

- **Vascular pathway**-
  Transportation of Drug is possible through the pooling of nasal venous blood into facial vein to venous sinuses of brain is more likely to occur in head lowering position due to gravity. further drug absorption can enhanced by local message and fomentation

**DRUG USED IN NASYAKARMA**-

It can be in the form of medicated ghrit, tail, swaras, kwath, churna and the form of Drug is selected according to dosha, vyadhiawastharugnabala etc.

**ACTION OF DRUGS USED IN NASYAKARMA ON URDHWAJATRUG PRADeSh**-

Action of used drug depends upon absorption and this absorption is based on following

- Routes of Administration
- Physical state of drug
- Solubility and absorbing surface
- Anatomical and Physiological considerations
- Role of kala, position, poorvakarma and paschatkarma

**ROUTES OF ADMINISTRATION**-

Since the route is trans-nasal drugs directly enter brain and lymphatic channels.

**PHYSICAL STATE OF DRUG**-

For the better absorption and good result the physical state of drug plays an important role. The drug such as ghrita, tail, swaras, churna are used in nasyakarma. liquids are better absorbed than solid.

**SOLUBILITY AND ABSORBING SURFACE**-

Absorption depends upon solubility of the drug. The drugs which are water soluble will b quick in action and duration of action is short while lipid soluble drugs are delay in absorption but long in action.

**ANATOMICAL AND PHYSIOLOGICAL CONSIDERATION**-

The nasal mucosa which comes into direct contact with drugs directly involved into nasyakarma is supplied by both ophthalmic as well as maxillary branch of trigeminal nerve. direct counter irritation or
stimulation of this nerve done through nasya. nasal cavity directly opens into the frontal, maxillary and sphenoidal sinuses along with its epithelial layer these sites are rich with blood vessels entering the brain.

**ROLE OF KAL AND POSITION**-

After completion of nasya patient should be lie down in utthana position upto 100 matra.

**ROLE OF POORVAKARMA AND PASCHATKARMA**-

Snehan and swedana karma at mookhapradesh dhoompana and kaval gandush plays important part, the procedure like head lowering and mild fomentation after nasya seems to have an impact on blood circulation to head, receives stimulation and increase blood flow

**URDHWAJATRUGATAVIKAR TREATED BY NASYA**-

- Hoarsness of voice, slurred speech, stiffness in head, neck, jaws Bala tail nasya or goghrita nasya can be useful
- Earache, pain in nose, throat, headache, migraine, chronic rhinitis, Deviated nasal septum, allergic rhinitis, sinusitis, anosmia, nasal polyp in such cases Anutail and Shadabindu tailnasya will be useful
- For chances of eye disorder due to old age, also to increase the strength of panchgyanendriya, Panchgyanendriya vardhantail will be useful.
- To firm veins, joints, tendons and ligaments of neck, cervical spondylosis. Strengthening hair as well as to prevent whitening or greying of hair root to prevent hair fall or alopecia Anutail nasya is useful.
- To cure hyper pigmentation in face Kunkumadi tail is used for nasya.
- To cure bell’s palsy, trigeminal neuralgia Chandan bala lakshadi tail or Bala tail bruhan nasya will be useful.
- In goiter, tonsillitis adenoids Amrutadi tail nasya.
- To prevent dryness of eyes Go ghrita nasya or triphala or S is beneficial
- Prevent loose teeth, gingivitis and other diseases of oral cavity.
- Shodhan, shaman nasya positively impact sensory organs, reduce mental, emotional stress, anxiety, fear.
- Increases the flow of Prana through Ida pingalanadi. Thusnasya eliminates excess doshas from head. Ghrit and tail are deeply nurturing, it clears and soften tissue. This allows for smooth flow of oxygen by eliminating stagnation and blockages.

**Discussions:**

For the desired action of nasya Karma on urdhwajatrugat vikaras selection of drug according to doshawastha, vyadhibala, rugana bala, is very important

- For kaphaj vikara, and for virechana and lekhana purpose the drug used should be churms kwath or swaras mostly and for brihan, shaman and pittaj vikara sneh like ghee should be used.
- Purva paschat snehan swedana should be proper and well mannered for progression of nasya dravya in
the channels of urdhwajatrugat pradesh.

- Nasya karma can do daily in low matra for the health of sense organ and urdhwajatrugat Pradesh

**Conclusion:**

Keeping the view of the above it can be said that the veerya or essence of the nasya dravya with the help of snehan and swedana procedure is reach to the brain and improves the functions of brain which ultimately improve the functions of sense organs controlled by brain which situated at urdhwajatrugat Pradesh also cured the many diseases of the urdhwajatrugat Pradesh.

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