

Nasya Karma

Administration of the medicines through nasal route is known as nasya. As this is the nearest root, the diseases related to head is best treated by this procedure. Shirovirechana, shirovireka and murdhavirechana are the other names of this procedure.

Depending upon the composition of the herbs used in the medication as well as variation in the pharmacological action the nasya is classified into different types.

TYPES OF NASYA

NAVANA NASYA

The procedure of dropping the medicated oil into the nostrils is known by the name navana nasya.

Depending upon the therapeutic action this is further divided into two as snehana nasya and shodhana nasya.

Shodhana type of navana nasya is effective in clearing the accumulation of dosha in the head, and hence is also called by the name shirovirechana, Administration of the shodhana form of navana nasya is beneficial in condition like heaviness in the head, head ache, chronic allergic rhinitis, anosmia, and epilepsy.

8, 16, 32 drops is the small medium and large dose of shodhana Navan nasya respectively.

4, 6 and 8 drops is the small, medium and large dose of snehana nasya respectively.

AVAPIDA NASYA

Herbs are pounded into a paste and then is squeezed to extract the juice which is dropped into the nostrils.

This unique procedure of administering the medicines is known as avapida nasya.

Shodhana nasya and stambhana nasya are the two distinct varieties of avapida nasya based on its therapeutic action.

4, 6 and 8 drops are the small, medium and large dose of avapida nasya.

Stambhana nasya is beneficial in arresting the bleeding from the nostrils, whereas shodhana nasya facilitates elimination of the morbid dosha from the head.

Shaman nasya is also a sub-type of avapida nasya and ensures remission of the illness when administered.

DHMAPANA NASYA

Here herbs are used in the fine powder form and this herbal powder is blown into the nostrils.

This procedure of administering the medicine through the nasal route is known as dhmapana nasya.

This form of nasya karma is mainly beneficial in eliminating the morbid dosha. In this procedure the medicines in the powder form is blown into the nostrils with the help of a 13.2 cm (6 angula) long tube. Through this tube the medicine may be blown by the mouth, or else a rubber bulb may be conveniently used.

The medicinal powder that is picked up thrice between the thumb and the index finger is the dose of the dhmapana nasya.

This unique type of nasya therapy is especially effective in conditions like psychological illness and epilepsy.

DHUMA NASYA

Smoke emitting from burning the herbal medicines is inhaled through the nostrils and is known as dhuma nasya.

Prayogika dhuma, vairechanika dhuma, and snaihika dhuma are the three sub-types of the dhuma nasya.

This is called dhumpan.

PRATIMARSHA NASYA

Medicated oil when dropped into the nostrils in a small and specific dose is known as pratimarsha nasya. And this nasya is described as the most convenient form of nasya as it does not lead to any discomfort or complications.

With the due consideration of the therapeutic action there are two types of pratimarsha nasya and are named as snehana nasya and Virechana nasya.

2 drops are the dose of pratimarsha nasya. This is ideal for regular practice, and may be administered twice a day.

The same nasya when administered in the larger dose is known as marsha nasya.

10, 8 and 6 drops are the largest, medium and small dose of marsha nasya respectively.

INDICATIONS FOR NAVANA NASYA

- Stiffness of the head
- Stiffness in the sides of the neck
- Toothache
- Rigidity of the mandibular joint
- Chronic rhinitis
- Corneal opacity
- Diseases of the eye lids
- Pigmented spots on face
- Salivary cyst
- Diseases of the neck
- Disorders of the mouth
- Earache
- Headache
- Cranial nerve palsies
- Hair fall
- Progressive cataract

CONTRAINDICATIONS FOR THE NASYA KARMA

- Client who has just taken meals
- Client suffering from indigestion
- The person who is subjected to oral snehana treatment
- Person who is intoxicated due to intake of alcohol
- Person who has consumed plenty of water
- Individual who has taken head bath

- Client who is very much hungry
- Persons exhausted due to physical exercise
- Persons who are intoxicated due to consumption of alcohol
- Exhausted due to excessive physical exercise
- Pregnant female
- Rhinitis of recent onset
- Suffering from difficulty in breathing
- Suffering from cough
- Children below the age of 7 years
- Elderly persons above the age of 80 years.

PROCEDURE OF NASYA KARMA

Requirement

Table with facility to lower the head portion

Medicines according to the prescription.

100 ml lukewarm medicated oil for abhyanga

1 feet square, thick cotton towel for svedana

Dropper

13.2 cm long glass tube fitted with rubber bulb at one end for blowing the herbal powder.

PREPARATION OF THE CLIENT

After evacuation of the bowel and bladder the client is asked to take light diet.

Several minutes after the meals the client may be subjected to nasya karma.

If it is essential then small dose of sneha should be given only for three days.

After a rest of one day nasya therapy is planned on the fifth day.

MASSAGING THE FACE AND ANTERIOR NECK

Client is placed in the supine position on the abhyanga table.

Body is draped up to the neck.

Therapist stands at the head end of the table facing the foot end to carry out abhyanga and svedana. Face and neck of the client is anointed with lukewarm oil.

And then the face and the anterior neck are massaged by specific maneuvers.

Forehead, eye brows, nose, chin and maxillary area is massaged with the linear thumb movements. Cheek and temporal region are massaged with circular movements of the palm in both clockwise and anti-clockwise direction.

Anterior of the neck is massaged by moving the flat of the palms from the base of the neck to the mandible.

SVEDANA TO THE FACE AND NECK

Following abhyanga in the same supine position of the client the face and neck is treated with Svedana procedure.

For this purpose, a towel is soaked in boiling water, the water is squeezed out, the warm towel is then waved, touched and pressed on the face and anterior neck.

As soon as the boiling water is squeezed out of the towel, the towel is too hot, and therefore it is waved holding it just above the face and neck.

When it cools down a little, the heat is then applied to the face and neck by momentarily touching these areas with the warm towel.

By doing so the towel becomes just warm, and now the heat is applied by moderately pressing the towel against face and neck.

Thus, every part of the face and anterior neck is treated with svedana therapy.

When this sudation is complete the client is ready for administering the nasya karma.

Alternatively, nadi sveda may be carried out for the sudation.

POSITIONING THE CLIENT FOR ADMINISTERING THE MEDICINE

The table used for the administration of the nasya will have facility for lowering the head portion. In the supine position of the client the head is bent backwards for about 45 degrees.

If this facility is not there, the client asked to lie down on the table in supine position with his head hanging from the head end of the table.

In this position the head is bent backwards for about 45 degrees. Alternatively, a pillow may be placed just beneath the back to elevate the neck and chest, thereby bending the head to 45.

ADMINISTRATION OF THE MEDICINE

In case of navana, marsha, and pratimarsha nasya prescribed oil is taken in a dropper, and then the therapist standing at the head end of the table elevates the tip of the client's nose with the left thumb and then allows to drop the oil from the dropper into each nostril one after the other.

Alternatively, the cotton swab soaked in oil is squeezed into the nostrils to drop the oil.

After dropping the oil into one nostril, the other nostril is closed with a finger and the client is asked to take deep inhalation so that the medicine reaches deep inside the nose.

The same is repeated in the other nostril after the administration of the oil.

In avapida nasya the herbal paste taken in a cloth piece is squeezed to extract the juice and is made to fall into the nostrils. Or else the juice is extracted into the dropper and is then dropped into the nostrils. The method of administration is similar to the above said navana nasya.

In case of pradhmana nasya the herbal powder is loaded into a glass tube and is then blown into the nostrils.

For this the prescribed dose of medicinal powder is placed on a plate.

The glass tube fitted with bulb at one end is taken and the free end of the glass tube is pressed against the powder and it allows the powder to load into the tube.

Therapist standing at right side of the table holds the tube with its medicine loaded end facing one of the nostrils.

Then he gently compresses the bulb to blow the medicine into the nostrils.

The client is then asked to close the opposite nostril with finger and then to inhale.

The procedure is repeated with the other nostril also.

OBSERVATION OF THE CLIENT

SYMPTOMS INDICATIVE OF PROPER EFFECT

Feeling of lightness in the head

Sound sleep

Easy awakening

Remission of the illness

Clarity of the sense organs

State of happiness

Clarity of the body channels.

SYMPTOMS INDICATIVE OF INADEQUATE EFFECT

Heaviness of the head

Itching

Heaviness of the body parts

Mucoid discharge from the nostrils and other body openings

Morbidity of vata dosha

Dryness of the sense organs

No remission of the illness.

SYMPTOMS INDICATIVE OF EXCESSIVE EFFECT

Excessive watering from the nose

Heaviness of the head

Discharge of mastulunga (body fluid from within the head)

Vitiation of vata dosha

Sense of emptiness of the head.

Excessive effect of nasya karma whenever happens it should be treated by measures that alleviates morbid vata as well as kapha dosha.

COMPLICATIONS

Cough

Cold and headache

Dyspnoea

Rhinitis

Stiffness of neck

Loss of taste

Fever

fainting

AFTER NASYA

The client is asked to spat out any medicine that reaches the throat.

Sudation is repeated on the face after the administration of the nasya karma.

This is carried either by a towel soaked in warm water or by the method of nadi sveda

Gentle massage is done on the forehead, palms and soles of the client.

He is then allowed to take rest in supine position for several minutes.

Client is then allowed to wash his mouth and face with hot water.

After the nasya karma the client may be treated with dhumapana and gargling.

As follow up regimen, the client is asked to observe the following:

Client should take the foods that are congenial for health

He should spend his time in place devoid of breeze

He should restrict himself to the ideal use sense organs

Following behaviors should be avoided:

Exposure to dust

Exposure to smoke

Intake of fat substances

Exposure to sunshine

Consumption of alcohol

Excessive intake of fluids

Head bath

Excessive traveling