

# **A LITERARY VIEW OF PANCHAKARMA MODALITY IN SHALAKYA TANTRA W.S.R. NASYA KARMA**

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## **INTRODUCTION**

- 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.
- 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.

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

## Panchakarma

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.

## NASYA

- ▶ 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.

### Showing the various disorders in shalaky (ENT) and Nasya administration

Sr. No.	Vyadhi	Nasya drug / types	Reference
1	Ardhavyabhedaka	Shirisha mool, phala avapid	Su. Uttr. 26/31
2	Timir	Gomaya siddha taila, trivrutta taila	Su. Uttr. 17/32-33
3	Vataja Mukhapaka	Vatahara dravya siddha taila	Su. Chi. 22/67-68
4	Vataja Rohini	Panchamula siddha taila	As. Hri. Uttr.22/58
5	Kaphaja Rohini	Sweta, vidanga, danti, sendhanamak siddha taila	Su. Chi. 22/63
6	Karnakandu, shool	Shirovirechana, nasya	Su. Uttr. 21/13
7	Pratishyay	Anu taila nasya	Cha. Chi. 26/140
8	Kaphaja Swarabheda	Tikshan nasya	Cha. Chi. 26/286

### **Importance of Nasya karma in shalakyas**

- ❑ 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 cannot 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.

### **Role of panchakarma in shalakyas tantra**

- ▶ 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 Vagbhata, in various kapha vitiated disorder Vaman karma is indicated. The conditions like Pinasa, Mukhapaka, Kanthapaka, Galsundika.
- ▶ For various Eye disorders Virechana therapy is indicated in conditions like Netradaha, Netrasrava, Timir, Abhishayanda.
- ▶ Nasya is indicated in kaphaj Shirorog, Suryavarta, Anantvata, Ardhavabhedaka, Shirahkampa, Ardita.

### **Conclusion**

- ▶ Panchakarma 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 Shalakyas 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.