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Address

•Vikram Nagar, Boudhi Chouk, Latur.
•Tq. Latur, Dis. Latur 413512
•(+91) 9922455749, (+91) 9158387437

Email

•aiirjpramod@gmail.com

Website

•www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

A Conceptual Study of Nasya in Vishachikitsa According to Brihatrayee

Dr. Preety G. Kamble

PG SCHOLAR,
Dept. of Agadtantra
avum Vidhivaidyak ,
CSMSS Ayurved College,
Aurangabad.

Dr. P. G. Maske

Asso. Professor,
Dept of Agadtantra
avum Vidhivaidyak,
CSMSS Ayurved College,
Aurangabad.

Dr. R. S. Upadhyay

H.O.D. Dept of Agadtantra
avum Vidhivaidyak,
CSMSS Ayurved College,
Aurangabad.

Abstract:

In Ayurveda the Acharya explained various types of poisons. Each poison has different signs and symptoms and treatment. Acharya Charaka has explained Chaturvinshati Upakrama in the management of Visha; Nasya is one of them. In different Visha vega different Vishaghna or Doshaghna Dravya or Agad kalpa is used.

Keywords: Agadtantra, Nasya, Vishavega, Vishaghna

Introduction:

Ayurveda is a Sanskrit word made from the Ayus and Veda. Ayus means life and Veda means knowledge or science. That means knowledge of life is Ayurveda. Ayurveda is the oldest medical science known to mankind. Ayurveda mainly aims at healthy living and long life.

According to Charaka Ayurveda comprise the mind, body, sense and soul.¹

The eight branches of Ayurveda collectively known as 'Ashtang Ayurved'.²

Agadtantra or Danshtra chikitsa is one of them.

Agadtantra describes various poisons their toxic effects and methods of elimination of poisons from body.

According to Ayurveda Visha is classified into two types 1. Sthavar 2. Jangama³

According to modern science toxicology deals with diagnosis, symptoms and treatment of poisons and the methods of detecting them.

Toxicology is the science which deals with poisons with reference to their sources, properties, mode of action, symptoms which they produce, lethal dose and nature of the fatal results, treatment, methods of their detection and estimation and autopsy findings. It also concerns with law regarding their sale and prescription. Section 284, 299, 300, 304A, 324, 326 and 328 IPC deal with offenses relating to administration of poisons.⁴

In Brihatrayee, poisonous substances, their poisonous effects, Visha vega and their treatment is mentioned in detail. Charakacharya has explained Chaturvinshati Upakrama in the management of Visha. Nasya is one of these 24 Upakrama.⁵ Nasya karma is one of the Panchakarma. It is also known as Shirovirechan. Nasya karma is process in which the mediated oil /

Churna /Kwath/ kalka is administered through nostrils. These administered medicines will reach to all the organs and cells and destroy the vitiated Dosha from head.

As in the recent era the interest in intra nasal drug delivery is increased;so study of Nasya is necessary.As the nasal mucosa offers numerous benefits as a target tissue for drug delivery, the drugs are being used intra nasally for tropical, systemic and CNS action following the rule of Acharya "नासा हि शिरसो द्वारं"⁶

Aim and objectives:

1. To study general principles of management of poisoning according to Ayurveda w.s.r to 24 Upakrama.
2. To study Nasya karma in different Visha vega / visha.
3. To draw a conclusion from the study.

Nasya

Nasa (nose) is the doorway of Shir (Brain).⁷ It is also considered as doorway of consciousness.

Types of Nasya

Sr. no.	Acharya Charaka ⁸	Acharya Sushruta ⁹	Acharya Vagbhata ¹⁰
1	Navana Nasya	Nasya	Virechan
2	Avapeedan	Pratimarsha	Brihan
3	Dhmapan	Shirovirechana	Shaman
4	Dhooma	Avapeedan	
5	Pratimarsha	Pradhaman	

Mechanism of drug absorption in Nasya:¹¹

Drug transport across the nasal epithelium is assumed to occur by following mechanisms-

1. Transcellular passive diffusion
2. Paracellular passive diffusion
3. Carries mediated absorption and secretion
4. Absorption through transcystosis
5. Efflux transport

Two main theories are considered predominantly

1. Transcellular
2. Paracellular

Drug may act by two ways: 1.Vascular path
2. Neural path

Indication of Nasya in Visha:

Sr. No.	Reference	Indication	Useful Drug / Kalpa
1	Charak Samhita Chikitsa sthan 23 /49	5th Visha vega	Kaakaand + Shirish patra swaras
2	Charak Samhita Chikitsa sthan 23 /53	8th Visha vega	Kaakandyadi Yoga
3	Charak Samhita Chikitsa sthan 23 /66	Vishajanya kaphavarodh	Marich + Katfal Churna
4	Charak Samhita Chikitsa sthan 23 /68	Vishajanya Nasa-Akshi-Karna-Jivha-Kantha Avarodh	Kantakari,Jyotishmati,Matulung root
5	Charak Samhita Chikitsa sthan 23 /190-193	All types of Visha	Maansyadi Yoga
6	Charak Samhita Chikitsa sthan 23 /196	Sarpa Visha	Shirish pushpa
7	Charak Samhita Chikitsa sthan 23 /196	Darvikar Sarpa Dansh	Kushtha Churna +Madha
8	Charak Samhita Chikitsa sthan 23 /200-201	Loota Visha	Chandan+ Padmakashta + Ushir + Shirish beej + Sindhuvarika + Kshirvidari + Tagar + Kushtha + Patla+ Sariva+ Ashmantak patra swaras
9	Charak Samhita Chikitsa sthan 23 /212-214	Saumya Kita Dansh	Param Agad
10	Charak Samhita Chikitsa sthan 23 /215	Shatpadi Dansh	Sarjikshar + Ajashakrut kshar + Tulasi patra + Akshipidak + Varuni mand
11	Charak Samhita Chikitsa sthan 23 /242 -248	Garavisha	Amruta Ghruta
12	Sushrut Samhita Kalpa sthan 1/64-65	Poisoning due to Nasya – Dhumapana	Ativisha+ Vacha + Mallika root siddh Ghruta
13	Sushrut Samhita Kalpa sthan 1/76-77	Poisoning due to food, vapours, oils, ornaments	Mahasugandhi Agad
14	Sushrut Samhita Kalpa sthan 2/41	Sthavara Visha 3rd vega	-
15	Sushrut Samhita Kalpa sthan 2/41	7th Vega	Avapeedan Nasya
16	Sushrut Samhita Kalpa sthan 5/21	Sarpa Dansh 3rd Vega	Vishanashaka Nasya
17	Sushrut Samhita Kalpa sthan 5/23	Darvikar Sarpa Dansh 7th Vega	Tikshna Avapeedan
18	Sushrut Samhita Kalpa sthan 5/27	Mandali Sarpa Dansh 7th Vega	Tikshna Avapeedan Vishanashaka Agad
19	Sushrut Samhita Kalpa sthan 5/30	Rajimant 7th Vega	Tikshna Avapeedan
20	Sushrut Samhita Kalpa sthan	Poisoning in birds	Dose of Nasya 2 Marsh

	5/33		
21	Sushrut Samhita Kalpa sthan 5/42	If Shirogaurav , Galgrah , Alasya, Hanustambh, Manyastambh present	-
22	Sushrut Samhita Kalpa sthan 5 / 43	Neck stiffness, Unconscious patient	Tikshna Pradhman
23	Sushrut Samhita Kalpa sthan 5 / 62	All Visha vega	Maha agad
24	Sushrut Samhita Kalpa sthan 5 / 73-75	Mrut vat Visha Rogi	Sanjivani Agad
25	Sushrut Samhita Kalpa sthan 6/3-7	All types of poisoning	Kshar Agad
26	Sushrut Samhita Kalpa sthan 8/101-102	Trimandala Luta Dansh	Arkamul + Rajani + Rasna + Prushniparni
27	Ashtang Hriday Uttar sthan 35/18	3rd visha vega	-
28	Ashtang Hriday Uttar sthan 35/31-32	All types of Visha	Chandrodaya Agad
29	Ashtang Hriday Uttar sthan 36/57	Darvikar Sarpa Dansh	Madha + Kosht
30	Ashtang Hriday Uttar sthan 36/60-61	Darvikar & Rajimant Sarpa Dansh	Kashmari + Tanduliyak + Girikarnika + Matulung + Sita
31	Ashtang Hriday Uttar sthan 36/72	Sarpa Visha	Shveta Marich + Shirish pushpa Swaras
32	Ashtang Hriday Uttar sthan 36/77	Darvikar Sarpa Dansh	-
33	Ashtang Hriday Uttar sthan 36/81	Rajiman 6th Vega	Tikshna Nasya
34	Ashtang Hriday Uttar sthan 36/84-85	Sarpa, Luta , Mushak, Vrushchik Dansh, Krutrim visha	Bilva mulanche + Surasa + Karanj beej + Tagar + Devdaru + Triphala + Trikatu + Daruharidra
35	Ashtang Hriday Uttar sthan 37/39	Ugra Vrushchik Dansh	-
36	Ashtang Hriday Uttar sthan 37/82-85	Luta visha	1.Hriber + Musta + Chandan etc. 2. Haridra + Musta + Pimpali etc. 3. Bilva + Chandan + Tagar etc.
37	Ashtang Hriday Uttar sthan 37/ 86	All types of Luta visha	Lodhra + Ushir + padmak + Shveta and Rakta Chandan etc.
38	Ashtang Hriday Uttar sthan 38/31	Mushak Visha	Sindhuvar root + Bidal asthi + Vatsanabh + Tagar

Discussion:

Nasya karma is important in Vishachikitsa which eliminates vitiated Doshas, excretes toxins from body. Though it's administration is from nose and medicine reaches to brain; it is not only limited to above the neck; it's sphere of action is whole body.

The different drugs used for Nasya karma are either Vishaghna or Doshaghna according to increased Dosha in particular poisoning or Visha vega. If patient is unconscious or Visha vega is vigorous then Tikshna Nasya is indicated as Nasa is doorway of consciousness. After observing all indications of Nasya it is not restricted to Urdhva Jatrugata vyadhi only, it can be supportively used in other symptoms or other Srotas Dushti lakshanas also.

Conclusion:

Nasya stimulates the olfactory cortex, hypothalamus and pituitary gland in short it stimulates whole nervous system with cranial nerves and also maintains functions of endocrine glands. It gives soothing effect to brain and induces sleep. It calms nervous system and induces somniferous effect. Generally in the management of poisoning intra venous route is preferred as it is more convenient and having quick result but the nasal route also shows fast result. Hence Nasya can be used in emergency management of poisoning. With fine knowledge of Visha vega, patient's condition and useful Dravya we can save life with the help of Nasya.

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