



UTILIZATION OF PANCHAKARMA THERAPY IN NASA ROGA WITH SPECIAL REFERENCE TO SUSRUTHA SAMHITA

Pundareekaksha Rao.P

Ayurveda College & Hospital, 242 - B, Trichy road, Sulur, Coimbatore,
Tamilnadu, India - 641402

ARTICLE INFO

Article History:

xxxx

Key words:

Panchakarma, Nasa roga, morbid
dosas, Nasyakarma

ABSTRACT

Panchakarma is the detoxifying techniques of the body, which is mentioned for strengthening the immune system and restoring balance and well being. It includes Vamana, Virechana, Nasya, Anuvastana Vasti and Asthapana Vasti. These procedures are indicated in different type of the diseases, to eliminate the morbid dosas from the body. Raktha mokshana is included in sodana karma by Acharya Susrutha, this procedure is especially indicated in Nasapaka. According to Sushruta, bloodletting (ie. Siravydha) is a prime or half of the treatment. These sodhana procedures are frequently observed in the management of jatrurthvagatha roga. Usually in Nasaroga, excess morbid dosas from head are eliminated by nearest possible opening, the nose; this procedure is called as Nasyakarma. Even though Nasyakarma is the ultimate therapy for nasa roga, all other eliminating procedures are also prescribes in nasa roga.

Copyright © 2017 Pundareekaksha Rao.P. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

In present fast life, due to irregular diet habits, excess use of to chemicals, exposure to dust, tobacco, alcohol, sleeping disturbance, pain-killers, antibiotics, oral-contraceptives, steroids, suppression of urges, stresses, night awaking & day sleeping mankind get nasal diseases. Acharya Susrutha given the nidana of Nasa roga as excessive indulgence in women, injury to head, assault by smoke, sunlight, dust, cold and suppression of natural urges (Susrutha, Su.U. 24/3a). Acharya Charaka mentioned the nidana of Nasa roga as Suppression of natural urges, indigestion, excessive exposure to the dust, heat, cold water, frost, smoke, excessive speech, weeping, sexual intercourse, sleep and night awake, anger have also been attributed in its etiopathogenesis. With this aetiology dosas are accumulated in body and reached to head and nose and causes Nasaroga. These pre-accumulated excess of bodily humors are eliminated by cleansing procedures. According to Susrutha, Nasa roga are 31 in number, which includes Apeenasa, Putinasya, Nasapaka, Sonitapitta, Puya sonata, Kshavathu, Bhramsathu, Dipta, Nasanaha, Parisrava, Nasasosa, four kind of Arsas, and Sopha, Seven kinds of Arbuda, and five kinds of Pratisyaya (Susrutha, Su.U. 22/3b-5).

DISCUSSION

The main objective of the Ayurvedic system of treatment is to restore the original state of equilibrium between the doshas. (Charaka, Ch. Si 2), (Ranade S *et.al.*, Panchakarma and Ayurvedic massage) The process of Panchakarma removes

Ama (biological toxin) and clears the way for the body to re-establish an internal state of balance and harmony. (Oja D *et.al.*, Panchakarma therapy in Ayurveda)

Panchakarma In Pratsyaya

The disease which is having coordinial feature as continuous discharge from nose is called as Pratsiyaya. Five kinds of Pratsiyaya mentioned. i.e. Vata, pitta, kapha, raktha and sannipataja. (Susrutha, Su.U. 22) Untreated Pratsiyaya can change to dustapenasa and leads to cause other nasal disorders and ends with complications. Susrutha contraindicated Ghrutha pana, Sweda, Vamana, Avapedana nasya a in Navapratsiyaya (Susrutha, Su.U. 24/19). Other procedures can be selected depends upon predominance of dosa.

As per general rule all types of purifying methods, which is mentioned in Nasaroga should be done after Purva karma i.e. Snehana, Swedana. But in some diseases only snehapana and swedakarma is mentioned apart from shodanakarma. Only sneha pana indicated in Putinasya, Nasanaha, Nasasosa, Pratsiyaya, Vataja Pratsiyaya, Sannipataja Pratsiyaya. Sweda karma separately indicated in Ksavathu, Bhramsathu, Nasasosa, Pratsiyaya.

Some Special preparations for panchakarma used in Nasaroga

Puti nasya (Susrutha, Su.U. 23/4)

Svarasa of Hingu, vyosa, vatsaka, sivati (sweta punarnava), laksha, seed of surabhi, katpala, ugra, kustha, teekshna ganda

(sobanjana), and vidanga is useful for Avapedana nasya. Navana nasya done with sarsapa taila cooked along with above said drugs and gomutra.

Table 1 List of Panchakarma procedure advised in Nasaroga (acc. to Susrutha)⁶

Disease	Procedure	Reference
Putinasya	Snehapana	23/3-4 pp. 123
	Swedhana	
	Vamana	
	Virechana	
Nasapaka	Dhumapana	23/ 5 pp.123
	Rakthamoksha	
Puyarakta	Vamana	23/ 6 pp.124
	Teekshana nasya	
	Avapedana nasya	
Rakatapitta	Shodana nasya	23/ 6 pp.124
	Dhumapana	
	Vamana	
	Teekshana nasya	
Ksavathu	Avapedana nasya	23/ 7 pp.124
	Shodana nasya	
	Dhumapana	
Bhramsathu	Dhmapana nasya	23/7 pp.124
	Snigdha dhumapana	
	Murdhni swedana	
Deepta Nasanaha	Dhmapana nasya	23/8 pp.124
	Snigdha dhumapana	
Nasasrava	Murdhni swedana	23/9 pp.124
	Seetala nasya	
	Sirobasti	
Nasasosa	Dhmapana nasya	23/10 pp.124
	Dhumapana	
	Nasya	23/11 pp.125
	Snehapana	
	Swedana	
	Sneha dhumapana	

Table 2 List of Panchakarma procedure advised in Pratisyaya (acc. to Susrutha)⁸

Disease	Procedure	Reference
Nava Pratisyaya	Ghrutha pana	24/19 pp.128
	Sweda	
	Vamana	
Ama pratisyaya	Avapedana nasya	24/20 pp.128
	Swedana	
Pakva pratisyaya	Shiro virechana	24/20 pp.129
	Virechana	
	Asthapana vasti	
	Teekshana	
Peenasa Vataja Pratisyaya	Dhumapana	24/24 pp.129
	Kavalagraha	
	Vamana	
Pittaja Pratisyaya	Ghrutha pana	24/25 pp.129
	Nasya	
	Kavalagraha	
Rakthaja Pratisyaya	Virechana	24/26 - 29 pp.130
	Nasya	
Kapaja Pratisyaya	Virechana	24/19 pp.130
	Nasya	
Sannipataja pratisyaya	Dhumapana	24/34-35 pp.131
	Snehapana	
	Teekshana dhumapana	
	Nasya karma kavalagraha	

Nasapaka (Susrutha, Su.U. 23/5)

Paste of ksheri vruksha (pancha valkala) is applied on nose as lepa and kasaya is used for seka along with ghee.

Rakta pitta (Susrutha, Su.U. 45/36/37)

Nasagata rakta pitta can subside with three days of Avapedana nasya done along with any one from these six types of remedies. (Susrutha, Su.U. 45/24-27)

1. Svarasa is collected from Paste of root of trapusa and honey
2. Svarasa collected from paste of yasti madhu
3. Svarasa collected from paste of chandana, madhuka and lodra
4. Svarasa collected from paste of karanja seeds and water
5. Paste of ingudi pala majja and honey.

Root and flowers of matulunga macerated and consumed along with rice wash and putting drops of sugar water into the nose stops bleeding from the nose.

Juce of draksha along with milk and ghee is beneficial for nasal drops.

Cold state of Sugarcane juice added with sugar is used as nasal drops in nasagata rakta pitta.

Nasa srava (Susrutha, Su.U. 23/10)

Teekshana dhumapana done with smoke of devadaru, agnika and goats meat in Nasa srava.

Nasa sosa (Susrutha, Su.U. 23/11)

Use of Kshera sarpi and Anu taila for Nasya is important in the management of nasa sosa.

Pratisyaya (Susrutha, Su.U. 23/19)

Ghrutha pana, Sweda, Vamana, Avapedana nasya should be done in time in all types of Pratisyaya except in recent origin.

Vataja Pratisyaya (Susrutha, Su.U. 24/19)

Pancha lavana sidha ghrutha, Vidari gandhadhi gana sidha ghrutha is used for snehapana. Nasya karma done with oils prescribed in Ardhitavata chikitsa.

Pittaja and Raktaja Pratisyaya (Susrutha, Su.U. 24/26-28)

Kalka of Srivestaka, Sarjarasa, Priyangu, Madhu and sugar used for kavalagraha. kalka of draksha, madhulika, gojihva, sriparni and madhuka is used for kavalagraha in Pittaja and Raktaja Pratisyaya. Virechana be induced by madhura dravya.

Oil prepared with decoction of barks of dhava, triphala, syama, tilvaka, madhuka, sriparni, rajani, ten parts of milk and one part of oil. This oil is beneficial in Pittaja and Raktaja Pratisyaya. (Susrutha, Su.U. 24/29)

Kapaja pratisyaya (Susrutha, Su.U. 24/30-33)

Vomiting should be induced with ghee or with gruel prepared with tila and masa. Medicated oil prepared with the bala and athi bala, bruhathi, kantakari, vidanga, trikantaka, root of swetha, sadabhadra (kasmari), and varshabu is used for Nasyakarma. Inhaled smoke of wick prepared with Sarala, kinihi, devadaru, nikumba and ingudi.

Sannipataja pratisyaya (Susrutha, Su.U. 24/34-40)

Katu, tiktha dravya sidha ghrutha is used for snehapana. Oil prepared by boiling with rasanjana, ativisa, musta and bhadradaru should be used as nasal drops. Decoction of Musta, tejovati, patha, katphala, katuka, vaca, sarsapa, pippali mula,

pippali, saindhava, agnika, tutta, karanja beja, lavana and bhadradaru is used for kavalagraha. nasyakarma done along with prepared oil of above said drugs.

Milk added with half its quantity of water is boiled along with meat of animals and bords of arid regions, flowers of plants growing in water and of vata mitigating drugs are cooked till only milk remains. This should be churned, butter attained and made in to ghee; this is added with paste of sarvagandha, sita, ananta sariva, madhuka and chandana and ten parts of milk and cooked to form medicated ghee. This is used as nasal drops mitigate the increased nasal catarrh. (Susrutha, Su.U. 24/41)

CONCLUSION

Panchakarma is a specialised Ayurvedic advanced procedure used to eliminate the morbid dosas from the body. Apart from the local therapy viz. Nasya, other Panchakarma procedures also practicing in nasal disorders because to destroy the root cause of the disease, which all vitiated dosas circulating in the body. This present article highlighted the Panchakarma procedures indicated in Nasaroga. This will be useful for easy reference, further research is advisable.

References

1. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/3a pp. 126.
2. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 22/3b-5 pp.119.
3. Shastri SN, Charaka samhita siddhi stana, Choukhamba bharti academy, Varanasi, 2, 1989, 960 – 966.
4. Ranade S, Lele A, Panchakarma and Ayurvedic massage, Choukhamba Sanskrit sanstan, new delhi, 1, 1998, 85-101.
5. Oja D, Kumar A, Panchakarma, therapy in Ayurveda, 2nd edition, Choukhamba amar bharti prakashan, Varanasi, 6, 1993, 15-40.
6. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 23/3-12 pp. 123- 125.
7. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 22/19 pp. 122.

8. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/19-35 pp.128-131.
9. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 23/ 4 pp 123.
10. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 23/5 pp123.
11. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 45/36/37 pp.297-298.
12. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 45/24-27 pp.296.
13. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 23/10 pp.124.
14. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 23/11 pp.125.
15. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/19 pp 128.
16. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/19 pp 130.
17. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/26-28 pp 130.
18. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/29 pp130.
19. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/30-33 pp130.
20. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/34-40 pp131.
21. K.R. Srikantha murthy, Illustrated Susrutha Samhita, Vol. III, Edition: reprint 2012, Choukambha orientalia, Varanasi, Su.U. 24/41 pp 131.

