

## **Nasya with Anu Taila for the Management of Sinusitis**

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### **ABSTRACT**

Treatment of Ayurveda comprises of two major parts viz. samshodhana cikitsa and samsaman cikitsa. Samsodhana Cikitsa includes Pancakarma treatment. It is an important bio cleansing therapy of Ayurveda which brings about hemostasis of body and eliminates disease causing toxic substances from the body. It depends on the nature of the vitiated humors (doshas) as well as the involvement of a particular system in a disease - therapeutic emesis (Vamana karma) for Kapha dosha predominant conditions, therapeutic purgation (Virechana karma) for Pitta dosha predominant conditions, therapeutic oil/ unctuous enema (Anuvasana or Sneha Vasti karma) for Vata dosha predominant conditions, therapeutic decoction-based enema (Asthapana or Niruha Vasti karma) for vitiation of Tridosha conditions and Nasal administration of medicaments (Nasya Karma). Nasya is the procedure of choice in diseases of supra-clavicular region, viz. Brain, Ear, Nose, Throat and sensory organs. It is basically a bio-cleansing regimen intended to

eliminate toxic elements from the head, eye, nose and throat. Sinusitis is an inflammation, or swelling, of the tissue lining the sinuses. Common symptoms of sinus infections include: runny nose, stuffy nose, facial pain or pressure, headache, mucus dripping down the throat (post-nasal drip), sore throat, cough and bad breath. According to Ayurveda the main site of kapha dosha is the head and the nose is the gateway of the head. Sinusitis can be correlated as Kaphaja siro roga and Suryaavartha under Siroroga and as Dushta pratishyaya in Nasa roga. The instilled Anu taila moves up, spreads all over the head, channels of eyes, ears, and throat there by removing Doshas. Nasya therapy involving administering herbs, oils, and herbal powder through the nostril stimulates the secretion of mucus. It helps in reducing the hypersensitivity of the nasal mucosa and facilitate in draining the excessive mucosa stored up in the sinuses.

**KEY WORDS** - Samshodhana, Samsaman, Doshas, Pachakarma, Nasya, Sinusitis.

## **1. INTRODUCTION**

**Sodhana Kriyas In Ayurveda** - Ayurvedic treatment comprises of two major parts viz. samshodhana chikitsa (bio cleansing therapy) and samsaman chikitsa (pacifying therapy). Samsaman cikitsa consists of conservative treatment like langhana (fasting), pacana (digestive), drug administration etc. Samsodhana Cikitsa includes Pancakarma treatment which is basically a bio-cleansing regimen intended to eliminate the toxic elements from the body and thereby enhances the immunity of the body. Description of these five procedures is available in Caraka Samhita Kalpa - Sthana, Susruta Samhita-Cikitsa Sthana and Ashtanga Hridya-Sutra Sthana.

**Two kinds of Sodhana Karmas in Ayurveda** - In Ayurveda, two kinds of therapies are described: santarpana (nourishing) or brmhana (stoutening) and apatarpana (depleting) or langhana (thining or slimming). Langhana is of two kinds: sodhana (purificatory) and samana (palliative). For vata, pitta and kapha dosas of the body, basti (enema), virecana (purgation) and

vamana (emesis) are the best therapies respectively, like wise are taila (oil), ghrta (ghee) and madhu (honey).<sup>1&2</sup>

**Five kinds of Sodhana** – Sodhana expels the dosas out of the body forcibly. These are niruha (decoction enema), vamana (emesis), virecana (purgation of the body), nasya (purgation of the head) and raktamoksana (bloodletting).<sup>1 & 2</sup>

**Panchakarma (Five specialized elimination therapies)** – It is a specialty of Ayurveda having diversified preventive, curative and promotive actions indicated in wide range of diseases. It purifies various systems of human body and expels out cumulated toxic metabolites from the body, maintain normal functioning of tissue, digestion, metabolism, mental functions etc. It is a unique bio cleansing therapy of Ayurveda which brings about hemostasis of body and eliminates disease causing toxic substances from the body. It is a very unique rejuvenation therapy. Panchakarma procedures are safe and effective for prevention and management of a number of chronic diseases like Sinusitis, asthma, Headache etc. Pancakarma increases the acceptability of body to various therapeutic regimens like rasayana (rejuvenation) and vajikarana (aphrodisiac) thus, panchakarma therapy is believed to impart radical elimination of disease-causing factors and maintain the equilibrium of doshas. Samshodhana chikitsa is considered superior to samshamana chikitsa as the chances for recurrence of the disease so treated are remote.<sup>3&4</sup>

Panchakarma therapy plays a definite role in the management of the diseases especially of neuromuscular, rheumatologic and gastrointestinal origin. In addition to this Panchakarma procedures are utilized for the purpose of preservation, maintenance and conservation of health and the promotion of longevity. In the event of vitiated dosas brought forth by oleation (snehana) and fomentation (svedana) therapies, a physician should administer panchakarma (five elimination therapies) paying due regard to the dosage and time. As described by Maharshi

Caraka, panchakarma are vamana (therapeutic emesis), virecana (therapeutic purgation), anuvasana basti (medicated oil enema), niruha basti (medicated decoction enema), and nasya (nasal administration of medicaments).<sup>5</sup>

**Definition of Panchakarma** - It is basically a bio-cleansing regimen, which facilitates the body system for better bioavailability of the pharmacological therapies, besides achieving homeostasis of humors (doshas). It also increases the acceptability of body to various dietary regimens and use of Rejuvenation therapy (Rasayana) for promotive health as well as for therapeutic regimens. It helps in the elimination of disease-causing factors and maintains the equilibrium of body tissues (dhatus) and humors (doshas) to normalcy. <sup>6</sup>

**Principles of Panchakarma** – These are based on theories of five basic elements (Pancha mahabhoota), three humours (Tridosha), seven physiological tissues (Saptadhatu), three bio-wastes (Trimala), undigested toxic metabolites (Ama) and digestive fire (Agni).

Tridosha – Vata, Pitta and Kapha.

Pancha mahabhoota – Akasa (space), Vayu (air), Agni (fire), Jala (water) and earth (Prithvi).

Saptadhatu – Rasa (fluid component of the body), Rakta (blood), Mamsa (muscle tissue), Meda (adipose tissue), Asthi (bone tissue), Majja (bone marrow) and Sukra (reproductive elements).

Trimala – Pureesha (Faeces), Mootra (urine) and Sweda (sweat). <sup>5&6</sup>

**Application of Panchakarma** – It is beneficial for - preventive, promotive health purpose, management of various systemic diseases, widely prescribed in chronic incurable diseases for improving the quality of life. Pachakarma depends on the nature of the vitiated humors (doshas) as well as the involvement of a particular system in a disease.

- 1) Therapeutic emesis (Vamana karma) for Kapha dosha predominant conditions.
- 2) Therapeutic purgation (Virechana karma) for Pitta dosha predominant conditions.

3) Therapeutic oil/ unctuous enema (Anuvasana or Sneha Vasti karma) for Vata dosha predominant conditions.

4) Therapeutic decoction-based enema (Asthapana or Niruha Vasti karma) for vitiation of Tridosha conditions.

5) Nasal administration of medicaments (Nasya Karma) is the procedure of choice in diseases of supra-clavicular region, viz. Brain, Ear, Nose, Throat and sensory organs.<sup>5 & 6</sup>

**Three steps of Panchakarma** - The three steps of panchakarma are purva karma, pradhana karma and paschat karma. Prior to these five Pradhan Karmas (main procedures), Purva Karma (preparatory measures) given to the patient are: Pachana (amapachana & deepana medicines like shunthi kwatha may be given) snehana (oleation) and swedana (sudation) after the main procedures, pashchat karma (samsarjana krama), a special diet and life regimen (period of convalescence) is advocated as postoperative measures.<sup>3 & 4</sup>

**Sequence of Pancakarma** - Fomentation therapy (Svedana) should be administered to a person after he has undergone oleation therapy (Snehana) continuously for a minimum period of three days, or a maximum period of seven days.<sup>3 & 4</sup>

1) While administering pancakarma in general, emesis (vamana) and purgation (virecana) therapies are to be administered before administration of basti (medicated enema therapy). Generally, purgation therapy is administered only after administration of emetic therapy. Utility of Pancakarma Therapy (Five purificatory therapies) - Pancakarma bestow happiness to both the patients and healthy persons by promoting their strength and longevity and by curing their diseases.<sup>3 & 4</sup>

**Good effect of Sodhana karma (Elimination therapy)** – Elimination therapy eliminates the dosas, eradicates diseases and restores normal strength and complexion. If taken properly it

brings longevity.<sup>1 & 2</sup> Emetics and purgatives are the principal remedies in cleansing the system of all the dosas.<sup>7 & 8</sup>

## II. DESCRIPTION OF NASYA AND SINUSITIS

**Nasya** – It is one of the Panhcakarma treatments (Samsodhana cikitsa) of Ayurveda. It is basically a bio-cleansing regimen intended to eliminate toxic elements from the head, eye, nose and throat. Description of nasya is available in Caraka Samhita Kalpa - Sthana, Susruta Samhita-Cikitsa Sthana and Ashtanga Hridya-Sutra Sthana. The therapy which is administered through the nose (Nasa) is called Nasya or inhalation therapy.

Nasa (Nose) is an Indriya, which works not only to perceive the smell but also to provide the main breathing pathway, along with this, Nasa is one of the drug administration pathways. Acharyas have been placed Nasya as one of the Panchkarma procedures, which signify the importance of Nasya as Shodhana Karma (Purification procedure) especially for Urddhva-jatrugata Vikara (disease which affect the body above clavicle). Nasya Karma is a therapeutic measure in which the drug (Medicated Oil/Ghee/ Decoction/ Powder/Smoke etc.) is administered by Nasa (Nose) essentially to remove the vitiated Dosha found in Shira and its constituent parts. Indirectly, by enhancing the functions of the endocrine glands and nervous system, Nasya can operate on the entire body. In classics Nasya is mentioned in different type of supra-clavicular as well as in systemic diseases.<sup>5&6</sup>

**Definition of Nasya** - When the body of the patients is cleansed, his head should be consecutively anointed and fomented with the help of the palm. After ascertaining the strength of the three types of dosas, he should be given nasya therapy, once, twice or thrice.<sup>3 & 4</sup>

**Description of Nasya (Inhalation Therapy)** - The therapy which is administered through the nose (nasa) is called nasya or inhalation therapy. Navana and nasya karma – these are its two synonyms.<sup>9</sup>

**Types of Nasya** – It is of two types – rechana and snehana.

**i) Rechana Nasya-** It causes elimination of doshas from the head. It is also called karsana as it causes drying or depleting effect. It is of two types.

**a) Avapida Nasya-** It is administered through pressure. Pungent drugs should be made to a paste. The juice should be squeezed out of this paste and poured into the nostril.

**b) Pradhmana Nasya** - It is administered by blowing powdered drugs into the nostrils.

**ii) Snehana Nasya (Snaihikanasya)** - It produces oleating effect. It is also called brhmana as it produces nourishing effect. It is of two types –

**a) Marsa Nasya** – For the purpose of producing nourishing effect eight drops (excellent dose) of the medicated oil should be applied in each nostril.

**b) Pratimarsa Nasya** – For the purpose of producing oleating effect, the dose of the medicated oil should be 2 drops in each nostril.<sup>1&2</sup>

The only difference between these two varieties is only in dose of the therapy.

**Age of Patient** – It should be above 8 years and below 80 years.

**Time of administration** – For the alleviation of kapha, pitta and vata, inhalation therapy should be administered during the forenoon, midday, and afternoon respectively.

**Dose** – For rechana nasya, the dose of the medicated oil is as follows –

i) eight drops or one sana (excellent dose)

ii) four drops (medium dose)

iii) four drops (small dose)

The medicated oil is to be poured into each nostril for deep inhalation.<sup>9</sup>

**Medications used for Nasya (Inhalation Therapy)** – Anu taila, Narayana taila, Masa ghrta etc.

**Indication of Virechaka (Rechaka) Nasya** - Diseases of head and neck caused by aggravated kapha, aphasia, anorexia, coryza, headache, chronic rhinitis, oedema, epilepsy and kusta (skin diseases).<sup>9</sup>

**Mode of Administration** – The patient should lie down on his back with his head slightly elongated and his hands as well as legs spread out. His eyes should be covered with cloth. The nose tip of the patient should be pulled up and the physician should pour uninterruptedly the luke warm medicated oil in to the nostrils. When the medicated oil is dropped into the nostrils and deeply inhaled, it will come to the mouth through the nasopharynx. This should be determined as the appropriate dose and mode of taking this therapy. While deeply inhaling, the oil that will come into the mouth should not be swallowed but it should be spitted out. While using the therapy, the patient should not shake his head, should not speak, should not sneeze, should not laugh, should not get angry, should not be worried and should not sleep. He should avoid dust. After nasya the patient should use smoking therapy and kavala (keeping mouthful of drugs).<sup>9</sup>

**Signs and Symptoms of Appropriate Administration** – Feeling of lightness in the mind, clearance of the channels of circulations, alleviation of the disease and happiness of the mind and feeling of comfort in the sense organs.<sup>9</sup>

**Indication of Snaihika (Snehana) Nasya** – This therapy is given to patients who are afraid of such therapies, to women, to emaciated persons and to patients of tender age. Snehana (brmhana) type of nasya prepared of oil and drugs belonging to Madhura gunas (group of sweet drugs) is useful for the following ailments: diseases of head, nose and eyes, Suryavarta ( a type of headache which increases as per the movement of sun in the sky) and Arddhavabhedaka



(hemicrania), diseases of teeth, lack of strength, diseases of Manya (sterno-mastoid region), arms and amsa (shoulders), dryness in the mouth and tinnitus, diseases caused by aggravated vata and pitta and premature graying of hair and hair fall.<sup>9</sup>

**Contra-indications** – One should avoid the administration of inhalation therapy in the following situations: after food, during a rainy day, if the patient is fasting, if the patient is suffering from acute coryza (pratisaya), if the lady is pregnant, if the patient is suffering from indigestion, if the patient is already under enema therapy, if the patient has consumed excess of water or alcoholic drinks, if the patient is angry or sorrowful, if the patient is suffering from morbid thirst, if the patient is an infant or an old person, if the patient has suppressed his/her manifested natural urges and after the patient has taken bath or if he wants to take bath soon.<sup>9</sup>

**Sinusitis** - It is an inflammation, or swelling, of the tissue lining the sinuses. Sinuses make mucus, which keeps the inside of your nose moist. That, in turn, helps protect against dust, allergens, and pollutants. Healthy sinuses are filled with air. But when they become blocked and filled with fluid, germs can grow and cause an infection. Conditions that can cause sinus blockage include: the common cold, allergic rhinitis, which is swelling of the lining of the nose caused by allergens, small growths in the lining of the nose called nasal polyps, a deviated septum, which is when the nasal cavity is crooked.

**Sinuses** - These are empty spaces in your skull. We have four pairs of sinuses for a total of eight. The pairs are found: above our eyes, between our eyes, behind our nose, under our eyes, behind our cheeks.

**Acute sinusitis** - It is typically caused by the common cold, a viral infection. We should feel better within 10 days, though symptoms could stick around as long as 4 weeks. We will experience the following symptoms: stuffy nose, or nasal congestion, that makes it tough to

breathe through your nose, thick green or yellow mucus draining from our nose - a runny nose - or down the back of our throat, called postnasal drip and pain, pressure, swelling, and tenderness around our nasal passages that feels worse when we bend over. We also may get a headache; have pressure in our ear, a cough, and other unpleasant symptoms.

**Chronic sinusitis** - It brings on the same unpleasant symptoms as acute sinusitis. But it lasts a whole lot longer. We won't be diagnosed with chronic sinusitis until we have had symptoms for at least 3 months. There are many things that increase our risk, including: nasal polyps, or small growths inside our nose, deviated nasal septum, in which the bone and cartilage that divides your nose gets pushed to one side, often due to an injury, allergies, recurring respiratory infections, diseases that affect the immune system, such as cystic fibrosis and HIV.

**Sub-acute sinusitis** - This type of sinusitis falls between acute and chronic. If our sinusitis lasts more than 4 weeks but less than 12 weeks, we will be diagnosed with sub-acute sinusitis. Our symptoms may not be as severe as those we would experience if we had acute sinusitis.

**Recurrent sinusitis** - It's not uncommon to get the occasional bout of acute sinusitis. After all, it goes hand in hand with the common cold. But for some people, it keeps going away and coming back again. If we get acute sinusitis four or more times each year, we have what's called recurrent sinusitis. Some of the same risk factors for chronic sinusitis also up the chances of recurrent sinusitis, such as nasal polyps, deviated nasal septum, and other abnormalities that can occur in or around the sinuses. If we regularly inhale tobacco smoke or other irritants in the air, you may have a higher risk of recurrent sinusitis. Sinusitis also raises our odds of developing a bacterial infection, which in turn makes recurrent sinusitis more likely.

**Fungal sinusitis** - Fungi are living organisms that include mold, mildew, and mushrooms. They come in all sizes. Tiny fungi can be breathed in. Sometimes, that causes a fungal infection in your

sinuses. There are two main categories:

- **Invasive fungal sinusitis** - These rare infections can spread to your eyes, brain, and elsewhere. They can be deadly.
- **Non-invasive fungal sinusitis** - These infections are more common. They affect only your nose and sinus area.

The most common type of fungal sinusitis is called allergic fungal rhino-sinusitis. It's caused by an allergic reaction to fungi that have taken up residence in our nose. The symptoms are similar to other forms of sinusitis. But if we have a weakened immune system, the symptoms can be different and severe: changes in behavior and brain function. we may have trouble thinking clearly, skin color changes, turning very pale or black, numbness in our face, our eyeballs stick out, a condition called apoptosis, severe swelling in our eyes and cheeks and changes in vision, including vision loss and blindness.

**Allergic sinusitis** - Dust, pollen, smoke, and other environmental irritants that you breathe in can trigger sinusitis. The symptoms are mostly similar to symptoms of other types of sinusitis. But allergic sinusitis can cause a unique symptom: itchy nose, eyes, and throat. Symptoms can come and go with the seasons as the number of allergens in the air change throughout the year.

**Pansinusitis** - Normally, a sinus infection doesn't affect all four pairs of sinuses in your head; it only affects one or two. But sometimes, all four can become infected at once. This is known as pansinusitis.

**Bacterial sinusitis vs. viral sinusitis** - Both types of sinusitis are infections that cause similar symptoms. But they are not the same and are treated differently. Most sinusitis is caused by the common cold, a virus. And there's no cure for that viral infection. Instead, we have to wait until it goes away. The symptoms typically begin to fade after 5 days to a week. A bacterial sinus

infection, on the other hand, sticks around longer often a week to 10 days. We can treat the symptoms the same way you treat those of viral sinusitis. Antibiotics do not work for viral infections like viral sinusitis. These two types of sinusitis do often travel together. We may start with a viral infection and pick up a bacterial infection a week or so later. That initial infection makes it harder for our mucus to filter out threats to our health, including bacteria.

**Sinusitis vs. sinus infection** - These terms are commonly used interchangeably, but they refer to different things that often go hand in hand. Sinusitis, sometimes called rhino - sinusitis, refers to inflammation or swelling develops in our sinuses. A sinus infection, which 9 times out of 10 is caused by a virus, is usually the cause of that swelling. But we can have sinusitis without an infection. For example, allergies can cause inflammation and swelling in our sinuses.

**People Gets Sinusitis** - Swelling inside the nose like from a common cold, blocked drainage ducts, structural differences that narrow those ducts, nasal polyps and immune system deficiencies or medications that suppress the immune system. For children, things that can cause sinusitis include: allergies, illnesses from other kids at day care or school, pacifiers, bottle drinking while lying on the back and smoke in the environment. The main things that make sinusitis more likely for adults are infections and smoking.

**Sinusitis Symptoms** - We may have these symptoms for 12 weeks or more: feeling of congestion or fullness in our face, nasal obstruction or nasal blockage, pus in the nasal cavity, fever and runny nose or discolored postnasal drainage, we may also have headaches, bad breath, and tooth pain. We may feel tired a lot.

**Sinusitis headache** - When sinusitis causes a headache, we will feel a nonstop dull pain around the area of the affected sinuses. That means behind our eyes, in our cheekbones, in our forehead, or around the bridge of our nose. The pain from the headache gets worse if we move our head

suddenly or if we bend over. Sudden temperature changes also can increase the pain. Other symptoms include: worse pain in the morning and tenderness in our face.

**Duration of sinusitis** - In order to receive a diagnosis of chronic sinusitis, our symptoms must last at least 12 weeks, or 3 months. Unfortunately, we may experience symptoms for much longer. Some research has found that symptoms can linger for more than a decade. They may improve over time, but they don't always go away completely.

**Sinusitis Treatment** - Sinusitis medications are antibiotics, painkillers, decongestants, allergy medicines and steroids.

**Sinusitis home remedies** – To breathe in steam vapors, to use warm heat and sinusitis nasal washing (nasal irrigation), to drink lots of fluids and rest.

**Sinusitis Surgery** - The different sinus surgeries include: endoscopic sinus surgery, septoplasty. And balloon sinuplasty.

**Chronic sinusitis treatment** - There are some other things you can do yourself to help with chronic sinusitis: Warm compresses can ease pain in the nose and sinuses, drink plenty of fluids to keep mucus thin, saline nose drops are safe to use at home and over-the-counter decongestant drops or sprays can help.

**Other Options** - We also need to avoid any triggers linked to our sinusitis; if we have allergies, our doctor may recommend an antihistamine, if a fungus is to blame, we will get a prescription for an antifungal medicine, if we have certain immune deficiencies, our doctor may give you immunoglobulin, which helps fight the things your body reacts to and if our symptoms do not get better, we have to talk with our doctor. They might order tests to figure out why we still have symptoms. These can include a CT scan or other imaging tests - imaging tests create pictures of the inside of the body and a test to look inside the sinuses.

**Prevention of Sinusitis** - Not to smoke, and to avoid other people's smoke, to wash hands often, especially during cold and flu season and try not to touch face and to stay away from things we know our allergic to.

**Untreated Sinusitis** - We will have pain and discomfort until it starts to clear up. In rare cases, untreated sinusitis can lead to meningitis, a brain abscess, or an infection of the bone.

### **Sinus Infection (Sinusitis) –**

**Causes** - Sinus infections happen when fluid builds up in the air-filled pockets in the face (sinuses). This fluid buildup allows germs to grow. Viruses cause most sinus infections, but bacteria can cause some sinus infections.

**Risk Factors** - Several factors can increase your risk of getting a sinus infection: a previous seasonal allergy, smoking and exposure to secondhand smoke, structural problems within the sinuses i.e. growths on the lining of the nose or sinuses, known as nasal polyps and a weak immune system or taking drugs that weaken the immune system

**Symptoms** - Common symptoms of sinus infections include: runny nose, stuffy nose, facial pain or pressure, headache, mucus dripping down the throat (post-nasal drip), sore throat, cough and bad breath. According to Ayurveda the main site of kapha dosha is the head and the nose is the gateway of the head. Sinusitis can be correlated as Kaphaja siro roga and Suryaavartha under Siroroga and as Dushta pratishyaya in Nasa roga.<sup>10&11</sup>

**Effect of Nasya with Anu Taila on Sinusitis** -Nasya therapy involves administering herbs, oils, and herbal powder through the nostril. It stimulates the secretion of mucus. It helps in reducing the hypersensitivity of the nasal mucosa and facilitate in draining the excessive mucosa stored up in the sinuses. Nasa varodha is produced due to inflammation of nasal mucosa which in turn cause obstruction of sinus ostia leading to accumulation of kapha. Sula and gourava are also due

to the accumulation of kapha in sinuses. The obstruction is relieved by the excretory action of nasya karma. Properties of Medicines and steam inhalation as a part of Purvakarma of nasya help to increase mucociliary clearance and reduce the viscosity of mucus which facilitates removal of kapha from sinuses leading to reduced pain and heaviness of the head. Inflammation of nasal and sinus mucosa leads to increased mucus production which is the cause for Postnasal drip and nasa kleda. Svava bheda is due to postnasal drip. The anti-inflammatory action of drugs and expulsion of kapha by nasya helped to relieve these symptoms. Swallowing drainage from the nose is the cause of loss of appetite in chronic sinusitis patients. Expulsion of kapha by nasya help to decrease Postnasal drip, thus increasing appetite, also nasya has a stimulating effect on the satiety center through olfactory and trigeminal pathways. The tocopherols in sesame oil which is the main ingredient of Anutaila might have helped to prevent tissue damage due to virechananasya in subsequent days. During the initial days of nasya elimination of kapha was less which in turn led to siroruk and it was relieved after steam inhalation. Nasya reduces pain. It gives stimulation to the brain through the olfactory pathway thus inducing the production of Neuro peptides which act as pain relievers. It also reduces tenderness. The position specifically advised for performing Nasya is such that the head is kept a little down and the feet a little high from the plane. This can increase the pressure of CSF due to gravitational back flow from the pressure of CSF due to gravitational back flow from the spinal cord. When the CSF pressure rises and equals the arterial pressure, it compresses the whole brain as well as arteries in the brain and cuts off the blood supply to the brain. This initiates a CNS ischemic response that causes the arterial pressure to rise as a part of natural homeostatic mechanism. When the arterial pressure rises to a level higher than the CSF pressure, blood flows once again into the vessels of the brain to relieve ischemia. This mechanism is known as cushing reaction and potentially deserves

mention in this context. Probably it plays a crucial role in spread of active principles of the medicine used for Nasya through circulatory channels at the earliest.<sup>12</sup>

According to Acharya Charaka, Nasa is the portal (gateway) of Shirah, the drug given through the nose as Nasya enters the brain and removes only the morbid Doshas responsible for creating the disease.<sup>1 & 2</sup> The action of Nasya explained in Ayurvedic Classic Ashtanga Sangraha as the medicines administered through nostrils can reach up to the brain and it draws out the entire vitiated Doshas.<sup>13</sup>

**III. CONCLUSION** – According to all the Acharyas Nasa is said to be the portal of Shira, it does not mean that any anatomical channel connects directly to the brain but it might be connected pharmacodynamically through blood vessels or through nervous system (olfactory nerve etc.) The instilled Anu taila moves up, spreads all over the head, channels of eyes, ears, and throat there by removing Doshas. Thus cures the diseases affecting the Urdhva Jatru. Nasya relieves the clinical signs and symptoms of sinusitis better than conservative management. Nasya the Ayurvedic mode of drug delivery to the brain via nasal administration which was developed and practiced years back and is practicing widely in this epoch for treating various diseases of head and neck.

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