

ROLE SWASTHAVRITTA IN CONCEPTUAL STUDY OF PRATIMARSHA NASYA

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ABSTRACT

Nose is a sense organ which performs two functions i.e olfactory and respiratory. Due to its direct contact with external environment it is exposed to lot of microorganisms & pollutants present in the atmosphere. Due to the increased environmental pollution and busy life, rhinitis is a common disease in this present era. Ayurveda has its own unique principles in understanding a disease by its preventive and therapeutic viewpoints. So that „Nasya“ being prime therapy for maintaining the health of „Urdhvajatru“, because the only Karma, which finds a place in simple references like „Dinacharya“ and the most sophisticated places like Panchakarma. Out of all Karmas, Nasya Karma is the best therapy for Urdhvajatrugata Rogas and specially NasagataRogas, according to all Ayurvedic scholars and ancient literatures Without Nasya karma it is not possible to eliminate the vitiated Doshas, which are situated in Shirah or Nasa Pradesh.In the present article we are discussing regarding role of swasthavritta and its study in pratimarsha nasya.

Keywords: Ayurveda, Dosha, Swastha vritta ,pratimarsha nasya

INTRODUCTION

Urbanization is closely linked to modernization, industrialization and the sociological process largely a rural country. 65 to 70% of the population still lives in villages. When the benefits of living an urban versus rural life are compared the things come to mind are better education, job opportunities, infrastructure medical facilities i.e. the factors that contribute to a better standard of living. But just like the saying that there are two sides to a coin, urban life has its own share of problems too, be it the lack of open spaces, pollution, increased cost of living, hectic and stressful lives that urban people lead⁹. These make the urban people vulnerable to many medical problems like obesity, infertility, depression, Ayurveda has its own unique principles in understanding a disease by its preventive and therapeutic viewpoints. This may be the fact due to which this science is persisting through centuries beginning from time immemorial. The disease as per Ayurveda is a status of disturbance in the homeostasis of Tridosha. Ayurveda getting enormous importance in global scenario may be because of this holistic approach towards a positive living style. Absence of this view is the lacuna of modern science though they are progressing to an unimaginable level. Every day new diseases are emerging and good quality therapeutics is being invented. The reductionism in the field of medicine made the physician to forget the man as a whole. Incorporation of newly developed sophisticated

technologies resulted in the manipulation of human body even in nano levels (nano technology) but the question of life as a whole is still persisting. This trend contributed to a good number of poisonous therapies and drugs and grave diseases. So that „Nasya“ being prime therapy for maintaining the health of „Urdhvajatru“, because the only Karma, which finds a place in simpler references like „Dinacharya“ and the most sophisticated places like Panchakarma. Out of all Karmas, Nasya Karma is the best therapy for Urdhvajatrugata Rogas and specially Nasagata Rogas, according to all Ayurvedic scholars and ancient literatures (Ch. Chi. 30/294; Ch. Si. 9/93; Su. Chi. 40/23). Without Nasya karma it is not possible to eliminate the vitiated Doshas, which are situated in Shirah or Nasa Pradesh. Because in maximum Urdhvajatrugata Rogas medicated oil is used. The reason is that it not only protects the nasal mucosa from foreign bodies but also potentiates immunity to Nasa Pradesh as well as Urdhvajatru. Nose is the organ, which performs two functions that is olfactory and respiratory (B. D. Chaurasiya, Vol. 3/193). Due to its direct contact with external environment, it is exposed to lot of microorganisms and pollutants present in the atmosphere. Due to increased environmental pollution and busy life, Rhinitis is a common disease in this present era.

f rationalization. More than half of the world's population is now urbanized but India is still

Ayurveda is a science of life which helps to establish good health and increase longevity of life. It believes in 'Prevention is better than cure.' This very philosophy is fulfilled by Swasthavritta a branch of Ayurveda which teaches us how to live a healthy life and how to protect and maintain health how to prevent oneself from diseases.¹ Nasya is one of the important procedure in Ayurveda which helps to achieve objectives of Swasthavritta. Nasya refers to the procedure in which medicine or medicated oil is administered through nostrils. Nasya is one of the procedure of Panchkarma and has many types but only Pratimarsha Nasya is included in Dincharya. Dincharya refers to daily routine followed by a healthy person to keep himself healthy i.e. for prevention of diseases and promotion of health. It starts from rising up in the morning till next morning.²

It is a procedure in which medicated drug or medicated oil is administered through nostrils. It is done for the purification of all the organs situated above the base of neck. An excess of bodily humors accumulated in the sinus, throat, nose or head areas is eliminated by means of the nearest possible opening, the nose. The Nose is the gateway to the head.² As the main centre of all the Gyanendriyas and Karmendriyas is situated in the head region hence Nasya got special importance in Ayurveda. Pratimarshya Nasya is used mainly to promote health and to prevent diseases. Procedure and dosage: Take sesame oil and gently massage over the face and forehead. After that give hot fomentation it can be done by simply rubbing both the palms

together and putting them on face/mopping the face with a towel dipped in hot water etc. Make a person lie on the table in supine position, keep pillow under his back so that neck should be little lowered after that 2 drops of medicated oil is administered through each nostril keeping other closed. Person should remain in the same position for 1 min 15 sec or upto counting till 100. Tell him to spit out medicine that comes in mouth.

Benefits

supraclavicular disorders.

- It relieves fatigue.
- It strengthens teeth, jaws, bones, joints, ligaments, tendons, chest, arms, sense organs etc.
- It prevents early greying of hairs and hair fall.
- It prevents wrinkles and makes skin glow.
- It prevents from melasma on face.
- It prevents baldness and diseases of neck and head.
- It provides fragrance to mouth.
- It makes voice smooth and soft.
- It is used in therapeutically in Peeans (coryza), Ardhavabhedaka (hemisranias), Manyastambha (torticollis), Shirahshool (headache), Ardita (facial paralysis), Hanugraha (lock jaw) etc.

Discussion:

Nasya is used especially for Urdhvajatrugat rogas, it purifies the paths and channels of the organs situated above the base of neck. Nasika is the way to head and as the main centre of all Gyanindriyas and Karmendriyas is situated in the head region; Nasya got special importance in Ayurveda. In Nasya the medicine reaches the whole head through the nose and cures the disease. Shira is the seat of Kapha dosha, all the

diseases mentioned above are due to vitiated Vata and Kapha doshas. The oil used in Pratimarsha Nasya alleviates Vata and Kapha doshas. Conclusion: Nose is the gate of head and Nasya Karma is the treatment of all the Shiro roga so everyone should know about that and be careful for their health. Pratimarsha Nasya is easy to take and can be used in all age group in every season. It has no complications.

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