**CRITICAL REVIEW OF NASYA MATRA**

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**Abstract=**

Dose is a very important factor in any of the Panchakarma procedures to get optimum efficacy of the therapy. Nasya is the major procedure in Panchakarma. Bindu is the unit of measurement explained for the dose of Nasya. In routine Ayurvedic practice one Bindu is considered as one drop(0.05ml), but according to the definition of Bindu and standardized quantity mentioned by Acharayas, itis 1 Shana which is ten times more than routinely practiced dose .

The success of treatment depends on dosage, time and proper administration (Yukti). Every wise physician gives importance to these two factors Matra and Kala. The Matra depends on various factors like Dosha, Agni, Bala, Vaya, Vyadhi, Dravya, Bala, Satva, Desha and Kostha etc. To take maximum benefit of Aausadha one should have to consider these all above while examining.The present paper deals with critical review of Nasya.

Keywords=NasyaMatra

**INTRODUCATION :**

Nasya Karma is an important therapy among panchkarma for the management of diseases of urdhwajatrugata vikara.

Dose is a very important factor in any of the panchakarma procedure to get optimum efficacy of the therapy. Change in the dose can change the result and it can lead to side effect or no effects.

So here, on this topic we have to conclude the dose of nasya differs if one can goes with textual method than routinely prescribed method.

**DEFINATION :**

It is a important therapy in which the medicine is administered through nasa either in the form of churna, dravya, taila or dhooma.

**IMPORTANCE OF NASYA KARMA :**

**उर्ध्वजत्रु विकारेषु विशेषान्नस्यामिष्यते**

**नासा हि शिरसोव्दारं तेन तद व्याप्य हन्ति तान || वा. सु .२० -१||**

Nasa is the only gateway of Shira to eliminate the doshas from the shira.

Nasya karma is the process in which the drug is administered through the nasa to treat the diseases of urdhwanga.

According to Acharya’s Nasa is the gateway of shira. Medicine or Medicated oil administered through the nasa which reaches to the shira & shringataka marma. shringataka Marma is the junctional area of the channels of nutrition of urdhwanga.

The drug administered through nasa reaches to the shringataka sira marma by nasa strotas and spreads in murdna reaches at the junctional place of netra, karna, kantha and eliminates the morbid doshas present in urdhwanga.

Medicated oil or Medicine administered through the nasa reaches to the shrigataka sira marma and eliminate the morbid doshas responsible for producing the diseases of Nasa, Netra, Karna & Shira.

**Advantages of Adequate Nasya :**

1. Prevention of urdhwajatrugat vikara.

2. Reduces greying & Falling of hair.

**Classification of Nasya** :

**A)As per brahatrayi =**

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| --- | --- | --- |
| 1´ Acharya Charak:  च. सं. सि.९/८९-९३   1. 5 Types :   1)Navana Nasya=  i)Snehan Nasya  ii)ShodhanNasya 2)Avapeedana Nasya=  i) Shodhan Nasya  ii) Stambhana Nasya  3)Dhmapan Nasya  4)Dhooma Nasya  i) Prayogik  ii) Virechanik  iii)Snehika  5)Pratimarsha Nasya  i) snehan  ii) Rechan  **3 Types of rechana**  a)Rechana  b)Tarpana  c)Shamana  4)Acharya Videha=  a)Sangyaprabodhaka Nasya  b)Stambhaka Nasya | 2´Acharya Sushruta:  सु.सं.चि. ४0/२१  a)Two types  i) Shirovirechan  ii)Snehan  b) Five Types:  i) Nasya  ii) Shirovirechan  iii) Pratimarsh  iv) Avapeedan  v) Pradhama  5)Acharya Sharangdhar= शा.उ.८/२,११,२४  1)Rechan Nasya=  a)Avapeedan  b)Pradhamana  2)Snehan Nasya=  a)Marsh  b)pratimarsh | 3´Acharya Vagbhata  अ.ह.२0/२3 Types :  i) Virechana Nasya  ii) Bruhana Nasya  iii) Shamana Nasya  6)Acharya Bhoja=  a)Prayogika Nasya  b)Snehik Nasya |
| 7)Acharya kashyap=  का . सं . सि .२ .४०  a.Bruhana nasya  b.Karshan nasya |  |  |

**Time Schedule of nasya for Healthy People** :

Sheeta Rutu : madhyanha (Noon)

Sharad,vasant Rutu : Poorvanha(Morning)

Greeshma Rutu : Aparanha (Evening)

VarshaRutu : NonCloudyday

**Time Schedule of nasya for disease person Navana Nasya (Shodhan) :**

Kapha roga-forenoon

Pitta roga -Afternoon

Vata roga –Evening

* **Indication and contraindication of nasya=**

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| --- | --- |
| Indication for Nasya=  1)shiroroga  2)Dantroga  3)Galgraha  4)Hanugraha  5)Peenas  6)Galshundika  7) Kanthashaluk  8) Timir  9)Ardhavbhedak  10) Mukhroga  10)Nasaroga  11)Karnaroga  12)Swarbheda  13)Netraroga | Contraindication of nasya=  1)In Indigestion  2)After snehapana  3)After Madyapana  4)After Jalapana  5)After Head bath(shir-snan)  6)Moorchha  7)Shoka  8)After Virechana |

* **Nasya matra nishchiti :**

**Acharya Charak:(according to types)=**

i)Snehana Navan Nasya

a) Heena matra- 8 Bindu

b) Madhyama matra -16 Bindu

c) Uttam matra – 32 Bindu in each nasa

ii) Shodhana Nawan Nasya :

a) Heena matra-4 Bindu

b) Madhyama matra -6 Bindu

c) Uttam matra – 8 Bindu in each nasa

iii) Dhmapana pradhamana Nasya : 3 Mucchuti

iv) Dhooma Nasya :5 times dhooma should take by giving small break after 3 times.

v) a)Marsha Nasya :2 Bindu

b)Pratimarsh Nasya :6-10 Bindu

Heena matra – 6 Bindu

Madhyama Matra -8 Bindu

Uttam matra – 10 Bindu

|  |  |
| --- | --- |
| 1. Acharya Sushruta 2. Heena matra- 4 Bindu 3. Madhyam Matra- 6 Bindu 4. Uttam Matra- 8 Bindu | 1. Acharya Dalhana- 2. Heena matra -4-4 Bindu 3. Madhyam -6-6 Bindu 4. Uttam Matra -8-8 Bindu |
| 1. Ashtang Hridaya:   A)Marsha Nasya Matra=  a)Uttam matra : 10 Bindu. 5-5 Bindu in each nostril  b)Madhyam matra : 8Bindu.4-4 Bindu in each nostril  c)Heena matra : 6 Bindu.3-3 Bindu in each nostril   1. Pratimarsha Nasya: 2. Bindu | iv)Ashtang Sangraha:  a)Uttam matra -10 Bindu  b)Madhyam matra -8 Bindu  c)Heena matra -6 Bindu |
| v)Vangen=  a)Snehan nasya-  1st dose – 8 Bindu  2nddose-1 shukti  32 Bindu  3rddose–1panishukti 64 Bindu  b)Shirovirechan Nasya-Uttam Matra – 8 Bindu  Madhyam Matra – 6 Bindu  Heena Matra – 4 Bindu | vi)Sharangdhar Samhita :  i) Rechana Nasya  Uttam matra – 8 Bindu  Madhyam Matra – 6 Bindu  Heena Matra – 4 Bindu  ii) Bruhana Nasya :  Marsha Nasya:  Tarpan Matra – 8 shan  Madhyam Matra – 4 shan  Heena matra – 2 shan  Pratimarsh Nasya : 2 Bindu |

**According to dravya ( Sharangdhar**)

1.Teekshna dravya :

1 shana(24 Rati) powder

8 Bindu liquids

2.Hingu – 1 yava (1/2 Rati)

3.saindhav lavana -1 marsha (6 Rati)

4.Milk – 8 shan (64 Bindu)

5.Water -3 Tola

Conclusion –

Bindu is defined as the total quantity of collected liquid medicine (sneha,swaras,kwath) that dribbles down when the 1st two digits of index finger of patient are dripped into it & taken out of same.

Acharya charak mentioned the dose of anutaila nasya 1/2 pala & for snehan nawan nasya is 8,16,32 Bindu in each nasa dose which will be devided in 24 hr i.e. we can give navan nasya as per convenient in one day according to dosha to complete nasya matra of navan nasya. & other acharyas used the term bindu as the unit of measurement for any medicine used for nasya.

Acharya vagbhat in ashtang sangraha had classified sneha nasya into two types depending on the dose of nasya i.e.Bindu i.e.marsha nasya & pratimarsh nasya.Acharya charak has used the term navana while acharya sushruta used the term nasya.

Acharya vagbhata has mentioned three different doses as 10 bindu uttam matra ,8 bindu madhyam matra,6 bindu heena matra for marsha nasya depending on the dosha and bala of the patient.

Acharya sushruta has not classified nasya depending on the sneha used but it has mentioned three different doses for sneha nasya i.e.8 bindu, shukti & panishukti which are the heena,madhyama & uttama matra which will be for 24 hr at the time of procedure.

Acharya dalhana commented that 8 bindu are to be instilled in each nasa as heena matra & shukti is 32 bindu & panishukti is 64 bindu similar opinion is also mentioned by acharya sharangdhar,chakradatta ,vangsena & bhavmishra.

Acharya sharangdhar calculated & cleared all doubts by mentioning exact quantitative calculation of one bindu as follows.

According to Sharagadhara

1 Shaan = 4 masha,

4 masha = 4gm = 4ml.

Thus, 8 bindu = 1 shaan = 4ml and 1 bindu = 0.5 ml.

According to Ayurvedic Formulatory of India,

1 drop = 0.05 ml

10 drops = 0.5 ml and

1 bindu = 10 drops.

A research study has been carried out for the standardization of quantity of 1 bindu. It was observed that mean Bindu is 0.49 ml. Thus it was established that Sharangadhara’s bindu 0.5 ml is relevant in the present period17.

According to AFI( Ayurvedic formulary of india) 1 drop = 0.05 ml

10 drop = 0.5mls

It can be stated from above explanation the nasya matra

a)´Bindu is not equivalent to drop.

b)Quantity of one bindu by bindu method is approximately - 0.44ml

c)32 bindu of taila from anguli=1.5ml

d)32 drops of taila by dropper=1.2ml

e) acharya hemadri stated that 32 bindu=1.4ml

**Discussion=**

1. from above study and observations it is clear that dose of nasya differs if one goes with textual method than routinely prescribed method.
2. Even it is observed that the quantity of nasya calculated by counting each single drop 32 drop=1.5ml and quantity of nasya calculated by dropper method is =1.2ml.
3. All the above calculations shows that current practice of counting 8,16,32 drops by dropper is grossely incorrect than bindu method.
4. Change in dose can change the result and it can lead to side effects so we have to follow the textual method for routine practice for better result of nasya.