



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

CONCEPTUAL STUDY OF PRATIMARSHA NASYA IN SWASTHAVRITTA

- **Dr. Samiksha S. Chandekar¹, Dr. Rahul B. Nakil², Dr. Ranjit Mohite³.**

¹P.G. Scholar, Dept. of Swasthavritta

²Associate Professor, Dept. of Swasthavritta

³Associate Professor, Dept. of Rachana Sharir

L.R.P. Ayurvedic Medical College, Hospital, P.G. Institute & Research Canter,
Islampur, Sangli.

- **Corresponding Author¹:**

Email id : dr.sam410@gmail.com

ABSTRACT:

Swasthavritta is one of the branches of *Ayurveda*. Its main objective is prevention of disease and promotion of health. Nowadays a lot of problems are emerging due to faulty lifestyle and climate change like allergic rhinitis, early greying of hairs, headache, stress, early ageing etc. *Dinchariya* described by *ayurvedacharya* can help to cope up with these conditions if followed regularly. *Pratimarsha Nasya* is one of the Karma of *Dinchariya* which can help to prevent these problems. As nose is gateway to head; medicine administered through nostrils in *Nasya karma* reaches directly to head and alleviates *Doshas*. *Pratimarsha Nasya* is easy to perform in all age groups without any complications.

Keywords: *Swasthavritta, Dinchariya, Pratimarsha Nasya, Doshas.*

INTRODUCTION

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 and

how to prevent oneself from diseases.¹ *Nasya* is one of the important procedure in *Ayurveda* which helps to achieve objectives of *Swasthviritta*. *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 *Dinchariya*.

Dinchariya 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

Materials And Methods:

On the basis of study of different *Ayurvedic* literature definition, procedure, doses, *nasyakala*, benefits, indications and contraindications of *Pratimarsha Nasya* has been explained.

Defination of Nasya:

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.

Nasya kala for Pratimarshya

Nasya:

Sushrutacharya has mentioned 14 specific conditions for *Pratimarshya Nasya* for its maximum benefits.³

- After waking up in the morning – removes *Doshas* from channels of nose.
- After brushing up teeth - leads to

firmness of teeth and fragrance of mouth.

- Before going out from home – nasal passage remains moist so dust and smoke do not give any trouble.

- After micturition and after passing flatulence – removes the heaviness of eyes and improves the vision.

- After meal – purifies the channels and person feels lightness of body.

- After *anjan* and after *kaval* – improves the vision.

- After exercise, sexual intercourse and long walk – remove the exhaustion.

- After getting up from day sleep – removes drowsiness, heaviness and Mala, and helps to concentrate.

- After sneezing and vomiting – removes *Kapha* from channels and stimulates appetite.

- In the evening – helps getting sound sleep and happy wakefulness.

- **For healthy person –**
Nasya : *Sharad rutu* and *Vasant rutu* - in the morning.

- *Grishma rutu* - in the evening.
- *Hemant rutu* and *Shishir rutu* - in the noon.

- During *Varsha rutu* - when sky is clear.

- In *Kaphaj Vyadhi* – in the morning.
- In *Pittaj Vyadhi* - afternoon.
- In *Vataj Vyadhi* - evening.

Benefits of Pratimarshya Nasya:

- It improves eye sight, hearing capacity and prevents diseases of eye, ear, nose and other 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* (hemicranias), *Manyastambha* (torticollis), *Shirahshool* (headache), *Ardita* (facial paralysis), *Hanugraha* (lock jaw) etc.

Indications:

Pratimarsha Nasya is the kind of nasya which should be done on regular basis. There is no any *Pathya* and no fear

of any side effect.it is beneficial for everyone including child,oldage,delicate person,weak person,traumatised person.²

Contraindications:

Dushta Peenas, Alcoholic person, Deaf person, *Krimi* in head. In these situations *Pratimarsha Nasya* is unable to cleanse *Doshas* or *Krimi*.

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.

References:

1. Acharya Vidyadhar Shukl, Prof. Ravidatta — Tripathi, Charak Samhita, Chaukhamba Sanskrit Pratishthan, Delhi, Reprinted:2013
2. Prof. Vd. P. G. Athvale, Drushtant Ashtanghridayam, Sutrasthan, Godavari Publishers and Book promoters Nagpur, 1st Edition 2007.
3. Acharya Ambikadutta Shastri, Sushrut Samhita, Chaukhamba Prakashan, Varanasi, 5th Edition 1999.