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IMPORTANCE OF NASYA IN AKSHI ROGAS

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Abstract:

As the subject of Shalakyia Tantra is scattered all over the texts of Ayurveda, sometime it is very difficult to concise all the matter related to concerned topic, same is true for Nasa and Nasya. Nasa is a sensory organ as well as an important route of drug administration called as Shirasodvara (Gateway to head). Nasya karma is one of the Panchakarma therapies of Ayurveda. Nasya karma is the best treatment for the Shirogata Roga and specially Nasagata Roga according to all Acharyas of Ayurveda and ancient literature. As stated by Acharya Sushruta (Su. Chi. 40/21,29) medicines or medicated oils administered through the nose is known as Nasya. The drug thus administered reaches Shringataka (a Sira Marma) by Nasa Shrotra and spreads in the murdha (brain) reaching the Netra (eye), Shrotra (ear), Kantha (throat), Shiramukha (opening of the vessels, etc.). It then by virtue of its potency does the lekha of the morbid Dosha in Supraclavicular region and expels them from Uttamanga (As.San.29/2). The Therapy enhances the activity of sense organs and protects the person from diseases pertaining to Urdhwajatru. Early aging process is effectively prevented by the regular administration of Nasya Karma. Nasya is also useful in treatment of netra vikaras where as pratimarsha nasya helps in maintenance of netra swasthya. This article reviews the mahatwa of nasya in netrarogas.

Key words: Shalakyia Tantra, Nasa, Nasya Karma, Panchakarma, Nasal Medication, Lekhana, Urdhwajatru. Netra Roga, Netra Swasthya.

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