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REVIEW ARTICLE

“NASA HI SIRSO DWARAM” IT’S ANATOMICAL EXPLANATION W.S.R. TO NASYA KARMA.

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ABSTRACT

Ayurveda is the oldest science of treatment. From beginning it is used for maintain the health and treat the patient with natural healing method. In ancient era the Ayurveda has explained some principles of treatment on scientific based knowledge. *Acharya vagbhatt* mentioned that the *nasya karma* is the useful for treatment of *urdhavjatrugat vikaras* because nose is the door of head. In *nasya karma* medicine is applied through the nose and it is useful to treat the disease of the supraclavicular part The nose is a sense organ which perform the function of respiration, olfaction and route of drug administration in *nasya karma*. Nose is directly connected with anterior cranial fossa & brain by the olfactory rootlets through the cribriform plate. Though, it is tightly packed by the sheath of Dura matter. The drug used through the nasal pathway work locally & systematically. through the olfactory rootlets some part of administered drug enters to the brain by “*Snehan Swedan nyay*” described in Ayurvedic texts and correct the *Doshas*. *Acharya Vagbatt’s* quote regarding nose is the gate way of head is supported by the treatment of many diseases of head by the *nasya karma*.

KEY WORDS- Nasa, Shira, Dwar, Nasya.



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INTRODUCTION

Nose is a sense organ for the smell as well as pathway for the respiration. Olfactory rootlets come out from cribriform plate to nose from anterior cranial fossa. Though these foramina tightly packed by the Dura matter and there is not any gap or opening through the cranial cavity to the nose. in Ayurveda Acharya Vagbhata describe that nose is the path for the *Shira*. It is considered based on *snehan & swedan nyay* of ancient science. According to this Nasya Karma or any medication is introduced through nasal pathway enters the cranial cavity by the *snehan and swedan nyay*. Neurolema absorb some medicated oils through the membrane by selectively permeable method. on this basis in Ayurveda science many procedures of *Panchkarma* applied through different sites and found very much effective in various diseases. After many successful experiments done by Acharya Vagbhata and finally introduce the term "*Nasa hi Shirso Dwaram*"¹ that means nose is the gateway of head. In many diseases of the brain like epilepsy, migraine medication is given through the nasal pathway and results are very good. It supports the theory of *Nasa hi*

Shirso Dwaram.

MATERIAL AND METHOD

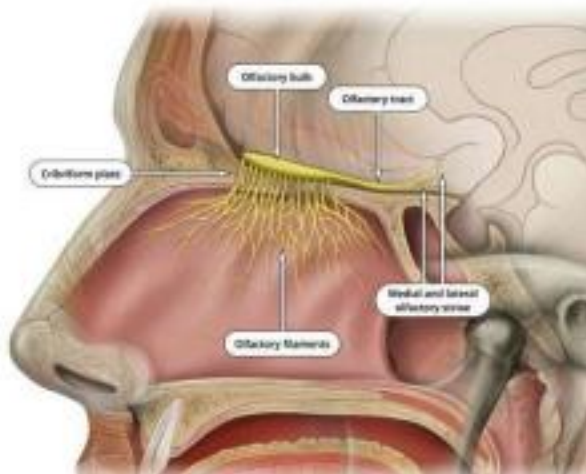
Material – the material is taken from *Astanghridaya sutra sthan* chapter 20, Quote 1 *Nasyavidhi Adhyayan*. in this reference Acharya Vagbhata has mentioned the importance of Nasa and Nasya karma. Nasya is the main karma out of panchkarma and very much important karma for *Shirogata Vyadhis*². According to Vagbhata the medicine is introduced through nose enters in brain & cranial cavity and correct the *Doshas*. On the other hand, nasal pathway is connected by the cranial cavity through the cribriform plate of Ethmoid bone and olfactory rootlets passes through the foramina of cribriform plate. but directly there is no opening remain between the cranial cavity and the nose after packing by the Dura matter around these rootlets.

Method –

In many diseases of *Shirogata Rogas* it is observed that the medicine introduced through *Nasa Marg* is very much effective. on the behalf of route of administration of the drug and the effect it is established that there is connection between nasal pathway and cranial cavity. Anatomically there is no gap

or opening between these two after tightly packing the pores of cribriform plate by the Dura matter³.

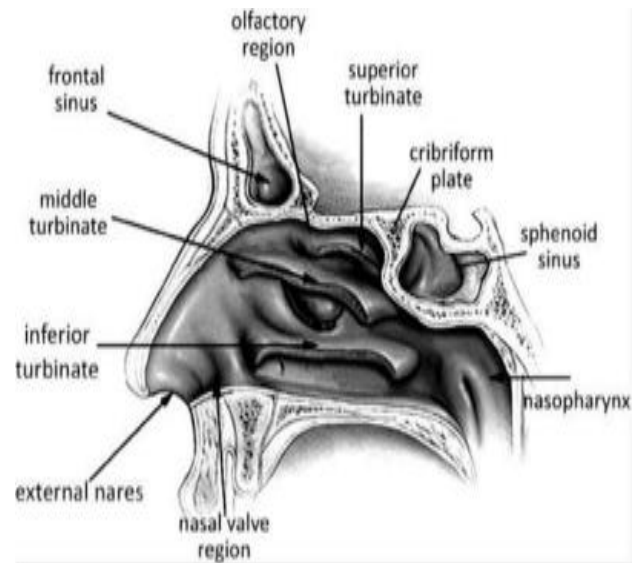
Olfactory nerve



ANATONATMICAL CONTINUITY OF NOSE AND CRANIAL CAVITY –

Anatomically nose is continued with the foramens of the cribriform plate with the cranial cavity. foramina of cribriform plate provide passage to the rootlets of olfactory nerve⁴. After passing nerve roots these foramens are packed by the Dura matter that is why there is not any gap between the rootlets and foramina after packaging. Snederian Membrane of olfactory mucosa is richly innervated by the olfactory nerve. Olfactory area is the area below the cribriform plate up to the superior nasal conchae covered by the neuroepithelium. In this area olfactory receptors are scattered. it

is composed of substentacular cell, receptor cell & basal cell. Medication administered through the nasal route can enter in cranial cavity up to the CNS along with neurolemma, along with capillary bed and via selective permeable mechanism.



NASYA KARMA

Is a procedure in which medication is introduce through the nasal pathway. Navan or nasya is used for the “*Nasa Graahya Aaushdham*”. It may be medicated oil, *churna, dhoom, swaras* etc. it is very much useful procedure for *Shirogata vikaras*. in this procedure the sequence of karmas are *Snehan, Swedan, Nasya, Dhoompana , Kaval*⁵. The complete procedure is done in 45 minutes. it is considered in five chief *karmas* of *Panchkarma*. Many diseases like *Shirah Shool, Ardhavbhedak, Jirna Pratishaya , Anantvat* etc. can be cured with

this procedure. In this procedure main three *karmas* are done. *purvakarma*, *pradhankarma*, and *paschatkarma*. In *purvakarma snehan* and *swedan karma* of *urdhavjautrugat* is done by the lukewarm *til*

DISCUSSION

Nasa is a chief *Indriya* which is responsible for the olfaction as well as respiration. *Shira* is *Pradhan* and *Mahamrama* according to *Ayurveda*. Both of these are the *Pransthana*. *Acharya Vagabhatta* has given term “*Nasa hi Shirso Dwaram*” is appropriate according to method of treatment of head, neck, and brain region diseases those are treated by the producing medication through the nose. Although there is not direct opening between the cranial cavity, brain, and nose but the old theory *Snehan* and *Swedan Nyay*.⁷ Support this concept of treatment. Based on treatment, root of administration and symptoms also support the connection between nose and head and it can be considered that “Nose is the Gateway for the Head.” In *Astangasangraha*, *nasa* is consider the gateway of *shira*. in *nasya* medication is administered through the nostrils reaches to the *shringhataka marma*,

taila. in *pradhankarma anutaila* or other medicated oil is introduced through nasal pathway. In *paschatkarma* medicated *dhoompan* and *kanthsodhan* is done.⁶

and spreads in *murdha* (brain) from where the *santarapani sira* of *netra*, *srotra*, *jivha*, *kantha*⁸ reaches to their respective sites.

The *shringhataka marma* is *sira marma* according to *Sushruta*. It is *Sadhyapranhar marma* means if injury occurs at this *marma* point it is fetal. It is the meeting point of *siras* related to four *Indriyas Nasa, Akshi, Strotra, Jjivha*⁹.

CONCLUSION

After over all discussion it is concluded that *Vagbhattokt* approach for “*Nasa hi Sirsodwaram*” is perfect and scientific as the diseases of head reason are cured by the medication introducing through the nasal pathway as well as anatomical point of view of *Nasyakarma*. Further it is also concluded that the old theory of *Ayurveda Snehan* and *Swedan Nyay* also supported by the modern permeable theory.

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