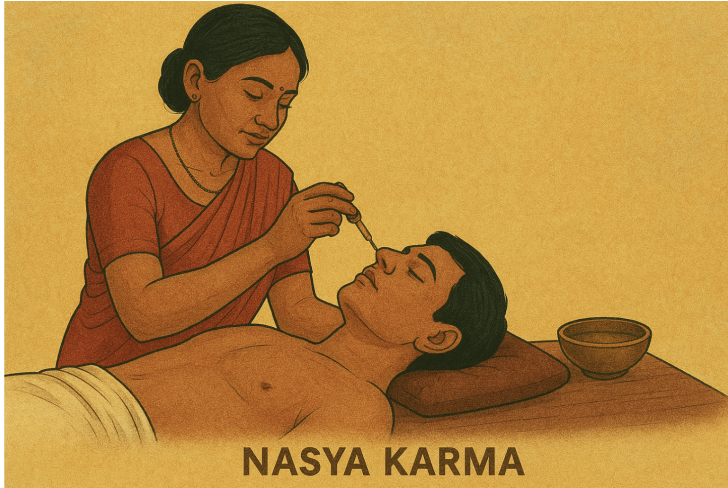


Chapter 9. Nasya Karma



Nasya is a therapeutic process in Ayurveda where medicated oil (*taila*) or powder (*churna*) is administered through the nasal passages (*nasamarga*), either in one nostril or both. As defined by Arunadatta, Nasya is derived from the root “Nas,” meaning “to reach” or “to spread,” emphasizing the spread of medicinal properties through the nasal route.

The nose is considered the gateway to the head in Ayurvedic philosophy: “**Nasahi Shirasoo Dwaram**”. Through Nasya, medicines administered via the nasal route can reach the head and help eliminate vitiated *doshas* affecting the upper body, including the head and neck region.

Nasya is often referred to by different terms such as:

- **Shiro Virechana**
- **Shirovireka**
- **Moordhavireka**

These terms are used because Nasya serves as a purificatory therapy (*shodhana*). In *Sushruta Samhita*, the term **Shirovirechana** is used to describe one type of Nasya. In *Charaka Samhita*, the term **Nastha Prachardana** is also used for this therapy, and Chakrapani has described it as synonymous with Shirovirechana.

Types of Nasya

Charaka’s Classification of Nasya:

Charaka has classified Nasya into five types: Cha. Sid. 9-89 to 92

1. **Navana Nasya:**
 - *Snehana* (unctuousness)
 - *Shodhana* (elimination)
2. **Avapeeda Nasya:**
 - *Shodhana* (eliminatory)
 - *Sthambana* (astringent)
3. **Dhmāpana Nasya:** Demulcent nasal medication
4. **Dhooma Nasya:**
 - *Prayogika* (habitual)
 - *Vairechanika* (eliminatory)
 - *Snehika* (unctuous)
5. **Pratimarsha Nasya:**
 - *Snehika*



○ Vairechanika

The above-mentioned 5 types of nasyas are grouped according to their actions in the following three classes.

1. Rechana (Purification)
2. Tarpana (Nourishing)
3. Shamana (Retraining)

Charaka also described 7 types of nasyas on the basis of the usable parts of the nasya drugs:

1. Phala nasya - using fruits
2. Patra nasya - leaves
3. Moola nasya - roots
4. Kaanda nasya - stem
5. Pushpa nasya - flowers
6. Twak nasya - bark
7. Niryaasa nasya - extract / exudate

Vagbhata's Classification of Nasya: A.H. Su. 15:4

1. **Dhooma Nasya:**
 - i. Prayogika (habitual)
 - ii. Vairechanika (eliminatory)
 - iii. Snehika (unctuous)
2. **Pratimarsha Nasya:**
 - i. Snehika (unctuousness)
 - ii. Virechana (eliminatory or purificatory)
 - iii. Rechana (eliminatory)
 - iv. Tarpana (nourishing or cooling)
 - v. Shamana (alleviating or sedative)

Sushruta's Classification of Nasya:

Sushruta has classified Nasya into two main types:

1. **Snehana** (unctuousness)
2. **Shirovirechana** (errhine therapy)

These are further sub-classified into five categories:

1. **Pradhmana**
2. **Nasya**
3. **Shirovirechana**
4. **Pratimarsha**
5. **Avapeeda**

Vagbhata's Classification of Nasya:

Vagbhata classified Nasya into three types:

1. **Shamana** (alleviating)
2. **Brumhana** (nourishing)
3. **Virechana** (purificatory)

Kashyapa's Classification of Nasya:

Kashyapa divided Nasya into two types:

1. **Brumhana** (nourishing)
2. **Karshana** (depleting)



Sharangadhara's Classification of Nasya:

Sharangadhara classified Nasya into two main types:

1. **Snehana** (Brumhana, or nourishing)
 - *Marsha* and *Pratimarsha*
2. **Rechana** (Karshana, or depleting)
 - *Avapeeda* and *Pradhamana*

In *Sushruta Samhita*, Dhooma Nasya is not detailed as part of Shirovirechana, but the focus remains on **Pratimarsha**, **Avapeeda**, and **Pradhamana**.

Nasya refers to a therapeutic procedure in Ayurveda that involves administering medicinal substances through the nasal passage. This therapy is particularly effective for ailments related to the head and neck. The term **Nasya** can also be associated with **Shirovirechana**, which involves the elimination of vitiated doshas from the head region through the nose.

Rechana Nasya (Purificatory/Eliminatory Therapy)

- **Definition:** This type of Nasya causes the dislodgement of vitiated doshas from their place (*sthanachyuti*) and removes them through the nasal passages.
- **Examples:**
 - **Pradhamana Nasya**
 - **Dhooma Nasya**
 - **Pratimarsha Nasya**
- **Indications of Rechana Nasya:**

This therapy is particularly effective for diseases such as:

 - **Supti** (numbness)
 - **Gourava** (heaviness of the body)
 - **Sthamba** (stiffness)

Tarpana Nasya (Cooling or Nourishing Therapy)

- **Other Name:** Also called **Brumhana Nasya**, it is used for nourishing and strengthening the *dhatu*s (tissues) and *dosha*s when they are weakened.
- **Indications of Tarpana Nasya:**

It is beneficial in conditions such as:

 - **Ardita** (facial paralysis)
 - **Shirah Kampana** (shaking of the head)
 - **Vataja Shiroroga** (nervous disorders of the head)

Shamana Nasya (Sedative or Alleviating Therapy)

- **Definition:** This type of Nasya alleviates the vitiated doshas and restores them to normalcy.
- **Examples:**
 - **Sthambana Nasya** (astringent)
 - **Pratimarsha Nasya**
- **Indications of Shamana Nasya:**

Shamana Nasya is highly effective in conditions like **Raktapitta** (hemorrhagic disorders).

Indications of Nasya Therapy

According to Charaka, Nasya therapy can be administered in the following 34 conditions:

- **Shirasthamba** (Stiff neck)
- **Manyasthamba** (Torticollis)
- **Dantasthamba Shoola** (Toothache)
- **Hanugraha** (Lockjaw)



- **Peenasa** (Coryza)
- **Galashundika** (Tonsillitis)
- **Gala Shaluka** (Swelling in the throat)
- **Shukra Roga** (Eye diseases)
- **Timira** (Cataract or corneal opacities)
- **Vartmaroga** (Blepharitis)
- **Vyanga** (Skin diseases)
- **Upajihwika** (Uvulitis)
- **Ardhavabhedaka** (Migraine or hemicrania)
- **Greeva Roga** (Neck diseases)
- **Skanda Roga** (Shoulder diseases)
- **Amsa Shoola** (Scapula pain)
- **Akshi Shoola** (Eye pain)
- **Nasa Shoola** (Nose pain)

- **Shirah Shoola** (Headache)
- **Ardita** (Bell's palsy)
- **Apatantraka** (Convulsive fits)
- **Aptanaka** (Spasmodic contractions with convulsions)
- **Galaganda** (Goiter)
- **Dantashoola** (Toothache)
- **Danta Harsha** (Gingivitis)
- **Danta Chala** (Loose teeth)
- **Taru Netra Roga** (Inflammation of the eyelids)
- **Arbhuda** (Tumor)
- **Swarabheda** (Hoarseness of voice)
- **Vakgraha** (Speech impediment)
- **Gadgata** (Stammering)
- **Krimi Roga** (Worm infestation)
- **Sosha** (Wasting disorders)
- **Kshaya** (Emaciation)

Contraindications of Nasya Therapy

Nasya should not be administered in the following conditions as outlined by **Charaka**, **Sushruta**, and **Vagbhata**:

S. No.	Disease/Condition	Charaka	Sushruta	Vagbhata
1.	Ajeerna (Dyspepsia)	-	+	+
2.	Anuvasita (After Anuvasana Vasti)	+	+	+
3.	Apatarpita (Fasted)	-	+	+
4.	Kasa Peedita (Afflicted with Cough)	-	-	+
5.	Kruddha (Enraged)	-	+	-
6.	Garbhini (Pregnant Women)	+	+	-
7.	Gararta (Toxicosis)	-	+	+
8.	Trushnartha (Thirsty)	+	+	-
9.	Navapratisyaya (Recent Coryza)	+	-	-
10.	Nava Jwara (Acute Fever)	-	-	-
11.	Pana Klanta (Afflicted by Water)	+	-	-
12.	Peeta Madhya (Alcoholism)	+	+	+
13.	Peeta Toya (Drunk Water)	+	+	+
14.	Peeta Sneha (Consumed Fatty Substances)	+	+	+
15.	Peeta Drava (Consumed Fluids)	-	+	+



16.	Bala (Children)	-	+	-
17.	Bhuktabhukta (Middle Stage of Digestion)	+	+	+
18.	Matta (Intoxicated)	+	-	-
19.	Moorchita (Swooned/Fainted)	+	-	-
20.	Srarnarta (Fatigued/Worn-Out)	+	+	-
21.	Vyavayaklana (Fatigue After Coitus)	+	+	-
22.	Vyayama Klanta (Exertion Due to Exercise)	+	+	-
23.	Snata Sirah (After Head Bath)	+	-	-
24.	Snehadi Patu Kamah (Desires Fatty Foods)	+	-	+
25.	Snatu Kamah (Desires Bathing)	+	+	+
26.	Sootika (Recently Delivered Woman)	-	-	+
27.	Rakta Sravita (Afflicted by Hemorrhage)	-	-	+
28.	Virikta (After Purgation)	+	-	+
29.	Vridhha (Old Age Person)	-	+	+
30.	Vegavarodhita (Obstruction to Natural Urges)	-	+	-
31.	Sastradandahata (Afflicted by Injuries)	+	-	-
32.	Swasapeedita (Dyspnoea)	-	-	+
33.	Kshudarta (Afflicted by Hunger)	+	-	-
34.	Shokhabhita (Mental Exertion)	+	-	-

Key:

- +: Indicates that the condition is a contraindication according to the respective text.
- -: Indicates that the condition is not listed as a contraindication by the respective text.

Nasya therapy has specific contraindications depending on the patient's condition, and the guidelines vary slightly between **Charaka**, **Sushruta**, and **Vagbhata**. It is important to assess these contraindications before administering Nasya to ensure safety and effectiveness in treatment.

Complications of Nasya Therapy in Contraindicated Patients (Cha. Sid. 1-21)

Nasya therapy, when administered to patients with contraindicated conditions, can lead to various complications.

Below is a detailed explanation of the complications that may arise in patients based on different contraindicated conditions.

1. Ajeerna (Dyspepsia) and Bhuktabhukta (Middle Stage of Digestion):

Administering Nasya during indigestion results in **utklesha (aggravation)** of *doshas*, causing blockage in the **urdhwa srotas** (upper channels). This leads to:

- **Kasa** (cough)
- **Swasa** (dyspnea)
- **Chardi** (vomiting)
- **Pratisyaya** (coryza)

2. The excessive **Kapha** produced during indigestion, when stimulated by Nasya, obstructs the channels of the chest (*uras*), lungs (*puppasa*), nose (*nasa*), and throat (*gala*).

3. Snehapana (Post-Ghrita or Oily Material Ingestion), Cold Water Consumption, or Alcohol Intake:

Nasya administered in these cases can lead to **srava** (oozing) in the throat (*gala*), and accumulation of toxins in the eyes, which may cause:

- **Timira** (blurred vision or cataract)
- **Siroroga** (head diseases)

4. Post-Head Bath:

Administering Nasya after a head bath results in **oozing** from the nose (*nasa*), eyes (*netra*), and throat (*gala*).

5. Hunger:

Administering Nasya to a hungry person aggravates **Vata**, leading to **vataprakopa**.



6. **Thirst:**
When administered to a thirsty person, Nasya increases thirst and causes **dryness of the mouth**.
7. **Post-Exhaustion (Shrama):**
In this state, Nasya leads to the **production of pain**.
8. **Intoxication (Mada) or Coma (Moorcha):**
Nasya administered during intoxication or coma results in **samgnabhramsha** (unconsciousness) and **aghata** (injury to the mind).
9. **Abhigata (Trauma or Injury):**
Administering Nasya after an injury caused by *shastra* (sharp instruments) or *danda* (blunt objects) results in **severe pain (teevra rujah)**.
10. **After Coitus (Maithuna), Exercise (Vyayama), or Excessive Alcohol Intake:**
In these conditions, Nasya causes pain in the **head (shirah), eyes (netra), chest (urah), and shoulders (kanda)**.
11. **Navajwara (Acute Fever) and Shokabhitapa (Grief or Mental Exertion):**
Administering Nasya during acute fever results in an increase in fever and can cause **Timira** (visual disturbances). It also releases headache-related **vapors** through the eyes, worsening the condition.
12. **Post-Virechana Therapy (Purgation):**
Nasya following **Virechana therapy** leads to **upaghata (damage)** to the **indriyas** (sense organs), causing functional disturbances.
13. **Anuvasana Vasti with Nasya:**
Administering both Anuvasana Vasti (oil enema) and Nasya simultaneously results in the vitiation of **Kapha**, leading to:
 - **Heaviness in the head**
 - **Itching sensation**
 - **Krimi roga** (parasitic infections)
14. **Pregnant Women:**
Nasya during pregnancy can result in fetal deformities, such as:
 - **Vikriti** (disfigurement) of limbs
 - **Paralysis** of one hand or leg
 - **Karmakshaya** (loss of function)
 - **Pangu** (lameness)
15. **Nava Pratisyaya (Acute Coryza):**
Nasya in acute coryza worsens the condition, leading to increased **nasal discharge** and congestion.
16. **General Complications as per Sushruta:**
Sushruta warns that administering Nasya to contraindicated patients can lead to **vyapath** (complications) due to the following:
 - **Trishna** (excessive thirst)
 - **Udgara** (belching)
 - Vitiation of **doshas**, exacerbating the disease condition.

Commonly Practiced Nasya Dravyas (Medications) with Ingredients, Dosage, and Indications

Here are some commonly used Nasya dravyas along with their ingredients, dosage, and specific indications for each formulation:

1. **Anutailam**
 - **Ingredients:** A combination of various herbs processed in sesame oil.
 - **Dosage:** 6-10 drops in each nostril.
 - **Indications:** Beneficial for maintaining overall health, relieving nasal congestion, and treating chronic sinusitis and headaches.
2. **Ksheerabala Tailam**
 - **Avarthi Variations:** 3, 7, 14, 21, 41, and 101 Avarthis (repetitions of the preparation process).
 - **Dosage:** 4-6 drops in each nostril.
 - **Indications:** Used for neurological disorders, chronic headaches, and conditions related to Vata imbalance

such as facial paralysis.

3. **Dhanvantaram Tailam**

- **Avarthi Variations:** 3, 7, 14, 21, 41, and 101 Avarthis.
- **Dosage:** 4-6 drops in each nostril.
- **Indications:** Used for Vata disorders, especially neurological disorders, headaches, and pain in the head and neck.

4. **Shadbindu Taila**

- **Ingredients:** Bhringaraja, Jivanti, Yashtimadhu, along with sesame oil and milk.
- **Dosage:** 6-8 drops in each nostril.
- **Indications:** Useful in treating sinusitis, hair fall, migraine, and ear and eye-related conditions.

5. **Kumkumadi Taila**

- **Ingredients:** Saffron, Sandalwood, and other herbal ingredients processed in sesame oil.
- **Dosage:** 4-6 drops in each nostril.
- **Indications:** Primarily used for improving complexion and skin health but can also be used in conditions like dark circles and sinusitis.

6. **Tulasyadi Taila**

- **Ingredients:** Tulasi (Holy Basil) and other herbs processed in sesame oil.
- **Dosage:** 4-6 drops in each nostril.
- **Indications:** Useful in treating respiratory conditions like cold, cough, asthma, and congestion.

7. **Vilwadi Gutika (Kalka form)**

- **Ingredients:** Various herbs including Aegle marmelos (Bilva), processed into a paste.
- **Dosage:** Small amounts applied through the nostrils.
- **Indications:** Used in conditions of chronic sinusitis, headaches, and nasal congestion.

8. **Tulasi Svarasa (Juice of Tulsi leaves)**

- **Dosage:** 4-6 drops in each nostril.
- **Indications:** Useful in conditions like chronic cough, cold, and allergic rhinitis.

9. **Dronapushpi Svarasa (Juice of Dronapushpi leaves)**

- **Dosage:** 4-6 drops in each nostril.
- **Indications:** Beneficial for treating headaches and nasal congestion.

10. **Stanyam (Breast Milk)**

- **Dosage:** 4-5 drops in each nostril.
- **Indications:** Used for delicate conditions like newborn nasal congestion and dry nasal passages.

11. **Durva Svarasa (Juice of Durva grass)**

- **Dosage:** 4-5 drops in each nostril.
- **Indications:** Used to stop nasal bleeding and treat sinus infections.

12. **Varanadi Ksheera Ghrita**

- **Ingredients:** Various herbs processed in cow's milk and ghee.
- **Dosage:** 4-6 drops in each nostril.
- **Indications:** Used in treating sinus infections, chronic headaches, and inflammation in the head and neck region.

Infrastructure Facilities for Nasya Administration

Space Requirements:

- A special room called **Nasya Gruha** should be used for Nasya therapy.
- The room should be free from excess light, air, and external environmental disturbances, as mentioned in **Sushruta Samhita**.

Equipment Required:

1. **Massage Table**
2. **Stove**
3. **Vessels**
4. **Dropper/Cotton/Gokarna**
5. **Towels**



6. **Hot Water**
7. **Medicated Oils:** For body and head massage.
8. **Drugs:** Medicated oils, decoctions, powders, etc.
9. **Spittoon:** For collecting expelled material during Nasya.

Manpower Required:

- Two attendants are required for assisting in the procedure and handling patients.

Preparation of the Patient for Nasya Procedure**Poorva Karma (Preoperative Procedure)****1. Collection of Drugs (Sambhara Sangraha):**

The required drugs (medicated oils, powders, decoctions) must be collected and preserved in a **Nasya Gruha**. The room must be properly designed to ensure it is isolated from excess environmental conditions such as air or light.

2. Patient's Age and Time of Administration of Nasya:

- **Nasya** is generally not administered to children under **7 years of age**. For adults between **7 and 80 years**, it can be safely administered.
- **Pratimarsha Nasya** can be given from birth to death, and **Dhooma Nasya** can be administered after the age of **12 years**.

3. Preparation of the Patient (Atura Siddhata):

- **Abhyantara Snehapana** (internal oleation) should not be done immediately before Nasya therapy.
- The patient must empty their bowels and bladder before the procedure. Teeth must be cleaned, and **Dhoomapana** (inhalation of medicinal smoke) should be done to purify the **srotas** (channels in the nose and throat).
- The patient should undergo **Abhyanga** (oil massage) with suitable oils like **Ksheerabala Taila**, **Dhanvantaram Taila**, and **Bala Taila**.
- **Mrudu Swedana** (gentle fomentation) must be applied to the head, face, and neck to prepare the body and ensure the *doshas* are properly dissolved.

4. Nasya Chair/Bed:

- The patient may be positioned either lying down or sitting in a slightly elevated position. The **Nasya Asana** or chair/bed should ensure that the head is reclined while the body is elevated.

Age of the Patient and Timing of Drug Administration:

- Nasya should not be administered to patients younger than 7 years. **Pratimarsha Nasya** can be administered at any age, while **Dhooma Nasya** should be given to individuals older than 12 years.
- **Seasonal Considerations:**
 - **Sharada (Autumn):** Administer Nasya in the forenoon.
 - **Vasanta (Spring):** Administer Nasya in the afternoon.
 - **Greeshma (Summer):** Administer Nasya in the evening.
 - **Varsha (Rainy):** Administer Nasya when there is sunlight.

Additional Guidelines:

- Avoid Nasya therapy in extreme cold, hot, or cloudy conditions.
- The patient should avoid head baths and internal oleation before Nasya.

Dosage and Method of Drug Administration in Nasya Therapy**Pradhanakarma (Operative Procedure of Nasya)**

The Pradhanakarma phase in Nasya therapy consists of the following steps:

1. Actual Administration of Nasya
2. Observation of the Patient After Nasya

3. Complications and Their Treatment

Actual Administration of Nasya

Preparation of the Patient:

- The patient must first undergo **Sneha** (internal oleation) and **Sweda** (fomentation).
- After this, the patient should be seated comfortably on the **Nasya chair** or bed with their **head and legs extended**.
- A soft massage should be performed to relax the body.

Positioning:

- The patient's **eyes should be closed** with a cloth during the procedure to prevent any irritation from the Nasya drugs.
- The **nasal opening** is gently widened using the left hand if necessary.

Warming of the Nasya Drug:

- The Nasya drug (such as Sneha or Swarasa) should be warmed indirectly by placing it in a cup, which is then placed on warm water in a vessel made of gold, silver, or copper.

Administration:

- The Nasya drug is dropped into one nostril while closing the other nostril using a **dropper** made of gold, silver, or rubber. The medicine should not enter the eyes.
- For **powder-based Nasya** (Choorna Nasya), a 6-angula long **Netra** (nozzle) is used. The powder is blown through the netra and into the nose.
- For **Dhooma Nasya** (smoke-based therapy), the burning end of the medicinal material is inhaled through one nostril, and the smoke is exhaled through the mouth. This process is repeated 3-4 times.

References: (Sus. Chi.40-25), (Cha. Sid. 9-101 & 102)

Dosage of Nasya

The dosage of Nasya depends on the type of Nasya therapy being administered. Here are the dose recommendations:

Type of Nasya	Hrasva Matra (Small dose)	Madhyama Matra (Medium dose)	Uttama Matra (Large dose)
Marsha Nasya	6 bindus	8 bindus	10 bindus
Pratimarsha Nasya	2 bindus	2 bindus	2 bindus
Kalka Nasya (Paste)	4 bindus	6 bindus	8 bindus

- **Choorna (Powder) Nasya:** 2 to 4 bindus, depending on the intensity of the medication.
- **Sharangadhara's Dose Schedule:**
 - Teekshnaushadha (Strong Medicines): 1 shana = 24 ratti = 8 bindus
 - Hingu (Asafoetida): 1 yava = ½ ratti
 - Saindhava (Rock Salt): 1 masha = 6 ratti
 - Ksheera (Milk): 8 shana = 64 bindus
 - Sharkara (Sweet Substances): 1 tola
 - Water-Based Medications: 3 tolas

Administration Guidelines:

- During administration, one nostril is closed while the drug is introduced into the other. This is then alternated.

Reference: (Sha. V. Khanda 8-9, 10)



Observation of the Patient After Nasya

After administering Nasya, it is important to monitor the patient for any reactions or complications. The patient should be observed for the following:

- **Sneezing** or **irritation** in the nasal passages.
- **Tears** or **itching** around the eyes.
- **Changes in breathing**, such as shortness of breath or coughing.

Complications and Their Treatment

Potential complications during Nasya therapy include:

1. **Nasal Congestion or Blockage:**
Treatment: Gentle massage on the nose and warm fomentation.
2. **Headache:**
Treatment: Application of warm oil on the forehead and light head massage.
3. **Excessive Sneezing:**
Treatment: Calming measures, including gentle massage and herbal smoke inhalation.
4. **Dryness in the Mouth and Throat:**
Treatment: Provide warm water or herbal teas to relieve the dryness.
5. **Pain or Discomfort in the Head and Chest:**
Treatment: Application of warm oil on the affected areas and gentle massage.

Signs and Symptoms of Proper Nasya Administration (Samyagyoga of Nasya)

The proper administration of Nasya therapy results in the following signs and symptoms:

1. **Lightness in the Body:** The patient feels a sense of overall lightness and ease in the body.
2. **Timely Sleep and Awakening:** The patient will fall asleep at the proper time and wake up feeling refreshed at the appropriate time.
3. **Alleviation of the Disease:** The symptoms of the disease for which Nasya was administered will show improvement.
4. **Lightness in the Head:** The head feels lighter, free from congestion or heaviness.
5. **Srotoshuddhi (Clearance of Channels):** The bodily channels, especially in the head and neck region, become clear and free of obstruction.

If these symptoms are observed, it indicates the correct and effective administration of Nasya. If the desired symptoms (Samyak Lakshana) are absent, *Vata* may become vitiated, leading to roughness (*rookshata*) in the sense organs, and the disease may not improve. In such cases, Nasya should be administered again.

Signs and Symptoms of Over-Administration of Nasya (Atiyoga of Nasya)

Over-administration of Nasya can lead to the following symptoms:

1. **Kaphasrava (Excessive Discharge of Mucus):** The patient may experience an excessive flow of mucus, especially from the nose.
2. **Heaviness in the Head:** A feeling of heaviness or pressure in the head.
3. **Vibhrama in Indriyas (Confusion or Disturbance in the Sense Organs):** The sense organs may feel disturbed or disoriented.



Management of Atiyoga (Over-Administration):

- **Rooksha Chikitsa** (Dry Treatment): To counter the effects of excess mucus and heaviness, dry therapies should be adopted.
- **Dosha-Specific Treatment:**
 - If *Kapha* and *Vata* are vitiated, use treatments to alleviate them.
 - If *Samyak Shuddhi* (proper purification) is observed, *Nasya* with **ghrita** (clarified butter) should be administered.
 - In cases of *Pitta* vitiation, **ghrita** should be given as *Nasya*.
 - In cases of *Vata* vitiation, **taila** (oil) should be administered.

Complications and Their Treatment (Vyapat Chikitsa)

Complications, known as **Vyapats**, may arise due to improper administration of *Nasya*, especially if performed at inappropriate times or on unfit patients. The two types of complications are:

1. **Utklesha (Aggravation of Doshas):** One dosha is excessively aggravated.
2. **Kshaya (Depletion of Doshas):** Another dosha is diminished or weakened.

Management of Vyapats:

- **Utklesha of Doshas:** When one dosha is aggravated, treatment should focus on **Shodhana** (elimination) and **Shamana** (pacification) therapies to restore balance.
- **Kshaya of Doshas:** When a dosha is depleted, **Brumhana Chikitsa** (nourishing therapies) should be administered to replenish and strengthen the dosha.

Specific Complications:

1. **Vitiation of Kapha:**
 - Symptoms: **Swasa** (dyspnea), **Kasa** (cough), **Peenasa** (coryza), and digestive disturbances due to **Agnimandya** (impaired digestion).
 - **Treatment:** Administer **Ushna** (hot) and **Teekshna** (sharp) drugs to eliminate Kapha. Recommended formulations include **Tribhuvanakeerthi**, **Trikatu Churna**, and **Dashamoolarishta**.
2. **Vitiation of Vata:**
 - Occurs when *Nasya* is administered to emaciated individuals, pregnant women, or those who are tired, thirsty, or fatigued after exercise.
 - **Treatment:** Administer **Snehana** (oleation) and **Brumhana** (nourishing) therapies. For pregnant women, **milk** and **ghee** should be given.
3. **Timira Roga (Eye Diseases):**
 - Caused when *Nasya* is administered to patients suffering from **fever (Jwara)**, **mental agony (Shokhabhitapta)**, or who have consumed **Madya (alcohol)**.
 - **Treatment:** Administer **Rooksha Chikitsa** (dry treatment) with cold collyrium (**Sheetanjana**), **Lepa** (herbal paste applications), and **Putapaka** (medicinal eyewashes).
4. **Unconsciousness:**
 - If *Nasya* leads to unconsciousness, water should be sprinkled on the **forehead** and **Kapala** (head region) to revive the patient.

Paschat Karma (Post-Operative Care) After Nasya Procedure

Paschat Karma is an essential part of the *Nasya* therapy that includes post-administration care to ensure the effectiveness of the treatment and to avoid complications. It involves several steps such as **Dhoomapana** (medicated smoking), **Kavalagraha** (gargling), **Gandoosha** (mouth rinsing), dietetic regimen, and other post-care considerations.



Post-Nasya Procedures:

1. Tapa Sweda (Fomentation):

- After Nasya, **Tapa Sweda** (heat fomentation) should be performed on the **throat (gala)**, **cheeks (kapala)**, and **forehead (lalata)** to ensure proper circulation and expulsion of dissolved Kapha.
- A **soft massage** should be given on the **feet, palms**, and **back of the neck** to relax the patient and enhance circulation.

2. Hot Water Gargling:

- Gargling with hot water helps cleanse the **mouth** and **throat**, removing the accumulated Kapha that was dissolved during the Nasya procedure.

Dhoomapana (Medicated Smoking)

After Nasya, the dissolved **Kapha** tends to accumulate in the **throat, nose**, and **head**. To expel this Kapha, **Dhoomapana** (medicated smoking) is recommended. The process involves the use of medicinal herbs that help eliminate excess Kapha and also treat associated diseases.

• Procedure:

- The patient inhales medicated smoke through the nostrils and exhales it through the mouth.
- The medicinal herbs used for Dhoomapana should be selected based on the dosha imbalance and the condition being treated.

Kavalagraha and Gandoosha (Gargling and Mouth Rinsing)

1. Kavalagraha (Oil Pulling):

- **Kavalagraha** involves holding and swishing oil or medicated liquids in the mouth to cleanse the oral cavity and throat.

2. Gandoosha (Mouth Rinsing):

- **Gandoosha** involves filling the mouth with **Kshara** (alkaline substances) and water to dissolve the Kapha and clean the throat.
- These procedures help to further eliminate Kapha that may have accumulated after Nasya.

Dietary and Lifestyle Guidelines After Nasya

1. Smoking and Gargling:

After Nasya, smoking (Dhoomapana) and gargling (Kavalagraha or Gandoosha) are recommended to clear residual Kapha from the throat and nasal passages.

2. Hot Water and Light Diet:

The patient should drink **hot water** and consume a **light diet** that is appropriate for their dosha constitution. Foods should be light and easily digestible to avoid the accumulation of Kapha.

3. Avoidance of External Atmosphere:

- The patient should **stay indoors** in a controlled environment, avoiding exposure to **cold air, dust**, and **direct sunlight**.
- **Daytime sleep** and **exposure to cold water** for drinking or bathing should be avoided.

4. Avoidance of Kapha-Aggravating Foods:

- The patient should avoid **unctuous (snigdha)** and heavy foods as they may aggravate **Kapha** and hinder digestion due to their **abhishyandi** (sticky) nature.
- Foods and activities that increase **Kapha** should be limited to prevent post-Nasya complications.

Temporary Post-Care Restrictions (Pariharya Vichara)

After Nasya, the following activities should be avoided:

1. Cold water for drinking, bathing, or any other purpose.
2. Vitiated foods (those that aggravate doshas).



3. Exposure to dust and smoke (Rajodhooma).
4. Excessive application of oils (Sneha).
5. Exposure to extreme temperatures (Atapa – sun exposure).
6. Intoxication (Madya – alcohol).
7. Excessive fluid intake (Dravapana).
8. Head baths (Sira Snana).
9. Excessive walking and strenuous activities.
10. Engaging in enraged or emotional activities.

Clinical Vital Data Recording

It is important to monitor the patient's physical and clinical parameters both before and after the Nasya procedure:

- Pathological and biochemical tests should be performed.
- X-rays of the head may help in assessing the results of the procedure and ensure the Nasya therapy was effective.

Follow-Up Therapy

- The patient should be followed up for **3 months** depending on the condition being treated to ensure long-term efficacy.

Therapeutic Procedures After Nasya

1. Rakta Mokshana (Bloodletting Therapy):

After completing Nasya therapy, **Rakta Mokshana** can be performed to further purify the body.

o Without Snehapana:

One day after Nasya, **Sudation (Swedana)** is performed, followed by Rakta Mokshana on the next day.

o With Snehapana:

After completing Nasya, **Snehapana** (internal oleation) is administered for 3, 5, or 7 days, followed by **Sudation** and **Rakta Mokshana** on the following day.

Nasya Karma images for reference:



Nasya Karma (instilling medicated oil)



Dhooma Netra



Dhumapana



Nasya Chair