



Review Article

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COMPILATION OF DRUGS USED FOR NASYA KARMA ACCORDING TO DIFFERENT ACHARYAS

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Abstract

Nasya Karma is one of the important Panchakarma procedures indicated mainly in Urdhvajatrugata rogas (diseases above the clavicle). It involves administration of medicines through the nasal route, which is considered the gateway to the head (Nasa hi shiraso dwaram). Various Acharyas like Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and Ashtanga Sangraha have described numerous drugs and formulations for Nasya Karma based on dosha, disease condition, and therapeutic objective. This article compiles the drugs mentioned by different Acharyas and highlights similarities and variations in their approach.

Keywords Nasya Karma, Panchakarma, Urdhvajatrugata roga, Nasya dravya, Ayurvedic drugs.

Introduction

Nasya is a therapeutic measure in which medicated oils, ghee, powders, or juices are administered through the nasal passage. Ayurveda considers the nose as the direct pathway to the brain and sense organs. Therefore, Nasya plays a crucial role in managing neurological, ENT, and psychosomatic disorders¹

Depending upon the nature of therapy, Nasya is classified as:

- Virechana Nasya (Eliminative)
- Brimhana Nasya (Nourishing)
- Shamana Nasya (Pacifying)
- Pradhamana Nasya (Powder insufflation)
- Avapida Nasya (Juice instillation)

Drugs Used for Nasya According to Different Acharyas (Charak, Sushruta, Vagbhatta)

Sr. No.	Name of the Acharyas	Type of Nasya	Drugs Used
1	Acharya Charak	Shodhana	Tikshana Drugs, Apamarg, Pippali, Maricha, Vidanga, Shigru And Gugglu
		Brimhana	Used For Vata Disorders, Kshiripaka, Or Sneha Like Anu Taila
		Shamana	Specific Oils Like Chandanadi Or Shatavari For Alleviating Pitta/ Kapha.
2	Acharya Sushruta	Shirovirechana	Apamarga, Maricha And Vidanga
		Avapidan Nasya	Swaras Or Kalka Of Brahmi, Shankhpushpi Or Bhallataka
		Dhuma Nasya	Prayogika Using Priyangu And Ushira
3	Acharya Vagbhatta	Pratimarsha Nasya	Anu Taila
		Shodhana	Tikshana Drugs, Apamarg, Pippali, Maricha, Vidanga, Shigru And Gugglu
		Brimhana	Used For Vata Disorders, Kshiripaka, Or Sneha Like Anu Taila

Comparative Analysis

Common Drugs Mentioned By Most Acharyas:

- Vacha
- Pippali
- Maricha
- Saindhava
- Bala
- Ghrita
- Taila

Differences Are Mainly Seen In:

- Extent of classification
- Emphasis on procedure (Sushruta)
- Dosha-based approach (Charaka)
- Systematic categorization (Vagbhata)

Discussion

- Although the core principles remain consistent, individual Acharyas have contributed uniquely:
- Charaka focuses on doshic pathology.²
- Sushruta elaborates on procedural and surgical precision.
- Vagbhata integrates both viewpoints and simplifies classification.
- Ashtanga Sangraha expands the pharmaco-therapeutic spectrum.
- Most virechana drugs are katu, tikta, ushna, and Kapha-shamaka.
- Brimhana drugs are madhura, snigdha, and Vata-shamaka.
- Shamana drugs are mild and balancing.
- This reflects the fundamental Ayurvedic principle of Samanya-Vishesha and Dosha-pratyanika chikitsa.³

Conclusion

Nasya Karma is a highly specialized Panchakarma therapy with detailed pharmaco-therapeutic descriptions across classical texts. While the fundamental drugs remain similar across Acharyas, variations exist in classification, indications, and formulation methods. The

compiled understanding from classical references helps in rational selection of drugs according to dosha, disease, and patient strength, ensuring effective management of Urdhvajatrugata disorders.

Conflict of interest -Nil

Source of support -None

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