

Review Article

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CLINICAL SIGNIFICANCE OF *BASTI* AND *NASYA* W.S.R. TO ROLE IN *PAKSHAGHATA*

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Abstract

The advancement of civilization witnessed that man has become more vulnerable for many pathological conditions due to lifestyle, unwanted stress, competition and high expectation, etc. The excessive stress of current scenario put burden of many life style diseases and *Pakshaghata* is one of them that can be correlated with *Vatvyadhi*, caused due to vitiation of *Vata Dosha*. Ayurveda suggested many therapeutic modalities for treating these types of conditions including *Basti* and *Nasya Karma*. *Basti* and *Nasya Karma* are very useful modalities advised for *Vatvyadhi* and can be recommended clinically for the management of symptoms of diseases like *Pakshaghata*. *Shothaghna* and *Vedanashamaka* properties of these therapies offer relief in chief symptoms of disease. Present study explored clinical significance of *Basti* and *Nasya Karma* in *Pakshaghata*.

Keywords: *Nasya*, *Vatvyadhi*, *Pakshaghata*, *Basti*

Introduction

Nasya treatment is described as therapy in which instillation of herbal juices or oils done through the nasal route for medicinal purpose. It helps in the disorders of nose, throat and ear. *Nasya* is mentioned as important *Panchakarma* therapy that used for the diseases of parts above the neck; nasal passage, respiratory tract and gateway of the head.

Another important therapy of *Panchakarma* is *Basti Karma* which is very effective for treating conditions like pain, hypertension, anxiety, stress, neurological disorders and constipation, etc [1-4].

Ayurveda texts contain description of *Pakshaghata* as *Vatavyadhi* which considered as *Nanatmaja Vatavyadhi*. In modern science hemiplegia is described with similar symptoms of *Pakshaghata*. The impairment of *Karmendriyas Gyanendriyas* along with *Mana* leads *Pakshaghata* which is condition of paralysis of one half of the body. Ayurveda suggested various therapeutic approaches for treating such types of condition and *Panchakarma* is one of them.

Panchakarma is vital treatment modalities of Ayurveda; it is described as purification measure which detoxifies body. Ayurveda described *Panchakarma* for relieving several pathological conditions. *Panchakarma* employed *Basti* for the *Vata* predominant diseases, *Basti* offers health benefits in *Pakshaghata*; similarly, *Nasya Karma* gives therapeutic benefits in such types of conditions [4-7]. The various drugs used in *Basti Karma* according to the *Doshas* vitiation are depicted in **Figure 1**.

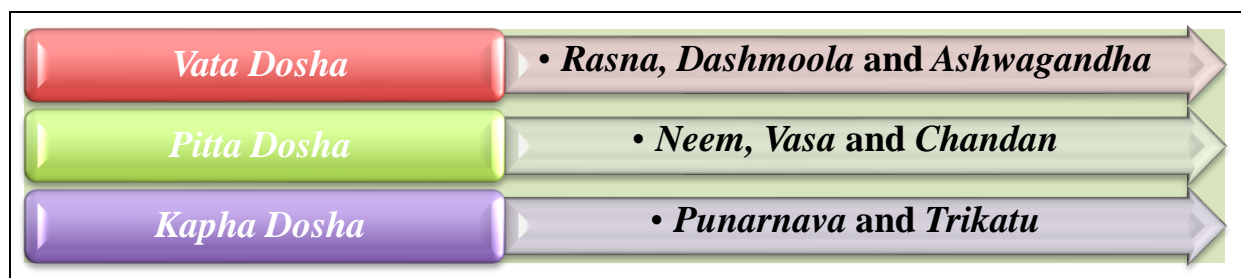


Figure 1: Examples of drugs used for *Basti Karma* according to the involvement of *Dosha*.

Role of *Basti Dravya* in *Pakshaghata*:

Ayurveda considers *Vata* as the most significant *Dosha*, however when this *Dosha* gets imbalanced in the body it can lead to significant issues. The body's functioning is disrupted by this *Vata*, resulting in numerous imbalances. *Basti* pacifies *Vata dosha* and eliminate related poisons and waste materials from the body. The large intestine is the focal point of the *Vata* area, which is cleansed by *Basti*. *Basti* treatments bring *Vata dosha* into balance and support and disposes waste from the body.

Drugs like *Sahacharadi Taila* possess *Shothahara* and *Nadibalya* properties, thus reduces the ischemic oedema, this oedema is considered as main cause of pathological manifestation of *Pakshaghata*. Drugs used in *Basti* give strength to the nervous system and prevents further loss of nerve cells.

Devadaru offers *Vedanashamaka* effects thus reduce pain and helps in the symptomatic relief of disease condition.

The *Kapha vata Shamaka Dravya* like *Shunthi* stimulates nerve fibers and prevent excitation of brain centre. These types of drugs control mental orientation, consciousness and coordination, etc.

Sahachardi taila possess *Kapha Vatahara* properties by virtue of its *Ushna veerya*, its *Prabhava* imparts *Adhobhaga Vatahara* effect. This *Srotoshodhana* effect of drug helps to remove *Aavarana* and leads *Vatanulomana* effect. *Sahachardi Taila* acts at the level of *Rakta*, *Mamsa*, *Rasa*, *Majja* and *Meda dhatu* thus gives relief at cellular level.

Another drug *Yavani* provides *Vatanulomana*, *Vedanashamaka* and *Shothahara* effects thus boosts motor functions.

Vilwa also used as *Basti* drug, offers *Vedanashamaka* as well as *Shothahara* properties thus acts as tranquilizer, eventually control spasm of muscle associated with *Pakshaghata*.

The antispasmodic and *Sajnasthapana* properties of *Kushta* control coordination and relieves muscular spasm. *Musta* possess *Nadibalya* and *Medhya* properties thus helps to

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removes *Mastishka dourbalya* and improves overall mental functions. *Pippali* also gives *Medhya* effect to improve mental functions.

Dashamoola Kashaya imparts *Shothaghna* and *Vedanashamaka* properties therefore relieve muscular spasm.

Gambhari acts on mental centre and *Shalaparni* provides strength to the nervous tissue. Similarly *Kanthakari* and *Gokshura* reduces inflammation in brain thus promote mental functioning, it also works as tranquilizer.

Basti gives throughout action in the body in case of *Pakvashaya*, the *Basti* provides its effects below the *Nabhi* and through the *Srotas*. The morbid *Doshas* is forcibly thrown out from the body under the influence of *Basti* therapy. *Basti* therapy offers two actions; it expels out *Dosha* and also nourishes body [6-8].

Other Indication of *Basti* Therapy:

- ✓ Systemic and abdominal *Vata*-related health issues can be effectively treated with *Basti* therapy.
- ✓ This therapy actually addresses ailments like persistent clogging and constipation
- ✓ It helps in the drug administration other than oral route.
- ✓ It offers advantages in painful conditions like sciatica, joint pain, gout and low back torment.

Role of *Nasya Dravya* in *Pakshaghata*:

Nasyaaushadhi spans to mind by means of nasal route and follows up on higher centre of cerebrum controlling different endocrinal, neurological and circulatory health issues. As per Ayurveda, for both local and systemic drug administration, this nasal route opens a new window for treating many diseases. The nasal route of drug administration is a promising alternative for local and systemic effects of drugs. This therapy also offers relief in conditions like *Pakshaghata*.

The *Taila* used for *Nasya* has *Tikta rasa* and *Laghu guna* thus clears *Srotas*, Similarly *Nasya Taila* produce *Vilayana* and *Chedana* of vitiated *Kapha* by virtue of their *Ushna virya*, *Tikshhna guna* and *Katu vipaka*. The *Sheeta veerya*, *Snighdha guna* and *Madhura rasa* of some *Nasya* drugs helps to nourish the *Dhatus*.

Karpasasthi and *Bala* strengthen nervous tissue and help to control hyperesthesia. *Rasna* gives *Shothaghna* effect therefore reduces feeling of pain.

Chavya and *Shigru* act on the blood vessels of the brain therefore maintain blood supply to the brain.

Punarnava possess diuretic activity and reduce the inflammation of brain tissue. It has *Lekhana* property, so affect fat embolism and boost proper blood supply to the vessels of head region.

The *Karpasasthyadi Taila* used in *Nasya* which irritates the nasal mucosa and enhances drug absorption by an oedematous response with local hyperemia.

Nasa is considered as the gateway of *Shiras*, drug administered through this way in *Nasya* therapy reaches to the brain & pacifies *Doshas*. Drug reaches *Shringhataka* which is described as the inner side of middle head. The drug through this route spreads in the *Marma*, *Netra*, *Shrotra*, *Siramukha* and *Kantha*, etc. and pacifies morbid *Dosha*. This therapy clears *Uttamanga* in supra clavicular region [8-11].

Other Indications of *Nasya* Therapy:

- ✓ Keeps away from the illnesses of eye, ear and nose.
- ✓ Prevents premature graying of the hair, skin wrinkling and hair loss, etc.
- ✓ Boost up the head's bones, ligaments, tendons and joints.
- ✓ Strengthens chest, teeth, jaws and other areas.
- ✓ Helps in migraine and sinusitis and also considered useful for respiratory problems.

Conclusion:

Pakshaghata is a *Vata vyadhi*, which is also considered as neuro-muscular disorder and can be managed through Ayurvedic treatment modalities. Ayurveda literatures suggested that *Basti* along with *Yavanyadi Kalka*, *Sahacharadi Taila*, *Dashamoola Kashaya*, *Maha Manjishthadi Kashaya* and *Vatagajankusha Rasa* provides relief in disease parameters and improves motor function and reflexes. Similarly *Karpasasthyadi taila Nasya* with *Maha manjishthadi kashaya* and *Vatagajankusha rasa* provided significant relief in motor function, orientation and other symptoms of *Pakshaghata*.

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