

Medicinal Plants used in *Vishagna Nasya* (Anti Poisonous Nasal Medicine) in *Susruta Samhita* – An Overview

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ABSTRACT

Introduction:

The word *Agadatantra* is introduced by *Acharya Susruta* in his treatise *Susruta Samhita*. He devotes a complete volume of *Kalpa sthana* of *Susruta Samhita* for *Agadatantra*. *Kalpa sthana* is flourished with 8 chapters which mainly explains various aspects of *Visha*, its *lakshanas*, management and prevention. *Visha* is one of the emergency conditions where different modalities and formulations are mentioned. To overcome the complications, *nasya* is one of such modality used in *visha chikitsa* in which the medicine is administered through nose.

Materials & Methods: *Susruta Samhita Kalpa sthana* is reviewed and enumerated the *Nasya yogas* indicated in *Visha chikitsa*.

Result: *Acharya* has enumerated 10 *agada yoga* for *nasya*, Indicated in *visha chikitsa*. *Nasya* can be considered as *Samnja sthapaka* and *Samprabodhaka* in *visha chikitsa*

Key Words *Nasya, Agadatantra, Susruta Samhita Kalpa sthana*

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INTRODUCTION

Agadatantra is one of the branches of *ayurveda* which deals with bites of snakes, spiders, scorpions and rats, their signs, symptoms and along with poisoning¹. *Acharya Susruta*, the celebrated physician and Father of surgery practiced during the 5th Century BC. His Treatise *Susruta Samhita* is one among the 3 authentic text books in *Ayurveda*. *Acharya Susruta* explained his experience in *Agada tantra* in the

complete volume of *Susruta Samhita Kalpa sthana*. This section of *Samhita* deals with diagnosis and management of poisoning along with protection of life from poison.

Nasya is one among the *panchakarma* which is considered as *shirovirechana*. Since Nose is considered as an entrance to *shiras*. *Nasyakarma* is the best treatment for *urdhwajatrugarogas*². In *Agadatantra*, as per *Acharya Charaka Nasya* is one among the *Chaturvimshadi upakrama* which is explained in the management of *Visha*³.

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Usually in *visha chikitsa*, the *aushadhi* acts due to its *prabhava*. *Nasya* has an important role in *visha chikitsa*. It acts as *Samnja prabhodhaka*, where *theekshna dravyas* are used.

AIMS & OBJECTIVES

To review the *nasya yogas* mentioned in *Susruta Samhita kalpa sthana*

MATERIALS AND METHODS

This conceptual study has done by referring mainly the ayurvedic classics *Susruta Samhita kalpa sthana* and other classics. Also referred some research articles from different websites. All matter is analyzed and compiled.

Review of literature

Nasya:

As per *Acharya Susruta*, administration of medicines or medicated oils through nose is known as *Nasya*. It is also called *shirovireka, Murdhavirechana, Naavana. Nasya karma*⁴.

As per *acharya Charaka*, nose is the gateway of head. By doing *Nasyakarma*, the medicine spreads to head & eliminates the vitiated dosha accumulated there⁵.

Nasya bheda:

Nasya is of two types⁴:

- *Rechana nasya or Apatharpana nasya (Karshana)*
- *Snehana nasya or Santharpana nasya (Brmhana)*

Virechana nasya⁶

Virechana nasya is one among the *apatharpana kriya* which does the *srothoshodhana*. The drugs used for *virechana nasya* must have *tikshna guna*. The drug must be administered with *taila or kwatha or swarasa*.

Dosage⁷:

- *Uttama matra – 8 bindhu*
- *Madhyama matra -6 bindhu*
- *Adhama matra – 4 bindhu*

Virechana nasya bheda⁴:

- *Avapeeda nasya*
- *Pradhamana nasya*

Virechana nasya Yogya rogi⁸

- *Sleshmana abhivyapta talu kanda shira* (Kapha adhering to palate, throat & head)
- *Arochaka* (Anorexia)
- *Shirogourava* (Heaviness in head)
- *Shula* (Pain)
- *Pinasa* (Rhinitis)
- *Ardhavabhedaka* (Migraine)
- *Krimi* (Worm manifestations)
- *Apasmara* (Epilepsy)
- *Gandha ajnana* (Loss of Perception of smell)
- *Urdhva jatrugata roga* (Diseases of Supraclavicular region)
- *Kaphaja vikara* (Diseases due to Kapha)

Snehana nasya⁸

Snehana nasya is indicated for

- *Shunya shira* (feeling of emptiness in head)
- *Dantha kasha shmasru prapada* (Falling of teeth, hairs and moustaches)

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- *Karna shula* (Ear ache)
- *Karnakshveda* (Tinitus)
- *Timira* (Cataract)
- *Svaropaghata* (Loss of voice)
- *Nasaroga* (Diseases of Nose)
- *Asyashosha* (Dryness in mouth)
- *Avabahuka* (Difficulty of movement of shoulder)
- *Vatapaittika roga* (Diseases due to *Vatapitta*)

DISCUSSION

Nasya is one among the *chaturvimshati upakrama* where medicine is administered through nose. “*Nasahi shiraso dvaram*” the medicine administered through *nasa* reached the *uttamanga* and scrape out the *doshas*⁵. The medicine spreads through the channels and promotes the functions of sensory and motor organs in *urdhvajatrugata* and cures the diseases affecting those organs. And it improves oxygenation ie, the flow of *prana*²².

Table 1 *Virechana nasya bheda*

<i>Nasya</i>	<i>Dravya</i>	Peculiarities	Indication
<i>Avapeeda</i> ⁷	<i>Swarasa</i>	<ul style="list-style-type: none"> • <i>Tikshna dravyas</i> are used • Fresh drugs required 	<ul style="list-style-type: none"> • <i>Abhishyanna</i> • <i>Sarpadashtavisamjnebhya</i> • <i>Raktapitta</i> • <i>Krisha</i> • <i>Durbala</i> • <i>Bala</i>
<i>Pradhamana</i> ⁷	<i>Churna</i>	<ul style="list-style-type: none"> • <i>Tikshna dravyas</i> are used • Blowed into the nose 	<ul style="list-style-type: none"> • <i>Mano vikara</i> • <i>Krimi</i> • <i>Visha</i>

Table2 *Nasya yogas* mentioned in *visha chikitsa*

No.	<i>Visha</i>	<i>Nasya yoga</i>	Reference
1	<i>Annabashpa</i> <i>Jihva gata visha</i>	<i>Kushta</i> <i>Lamajja</i> <i>Nalada</i> <i>Madhu</i>	<i>Su.Ka 1/35</i>
2	<i>Nasya dhooma gata visha</i>	<i>Ghrta medicated with</i> <i>Goksheera</i> <i>Ativisha</i> <i>Shwetha(vacha)</i> <i>Madayanthika</i>	<i>Su.Ka 1/64</i>
3	<i>Karmaavastha chikitsa for visha peeda</i> ; In case of <i>nashtasamja</i>	<i>Tikshna pradhamana nasya</i>	<i>Su.Ka. 5/42-43</i>
4	<i>Sarva visha chikitsa</i>	<i>Mahagada</i>	<i>Su. Ka. 5/61-63</i>
5	<i>Sarva visha chikitsa</i>	<i>Sanjeevana agada</i>	<i>Su.Ka. 5/73-75</i>
6	<i>Lutha,undhura,pannaga,keeta visha</i>	<i>Vamshatvagadi agada</i>	<i>Su.Ka 5/78-80</i>
7	<i>Sarva visha peeda</i>	<i>Kshara agada</i>	<i>Su.Ka. 6/5-6</i>
8	<i>Mushika visha</i>	<i>Shirshaphala saara</i>	<i>Su.Ka.7/37</i>
9	<i>Trimandala lutha visha</i>	<i>Arka mula</i> <i>Rajani</i> <i>Nakuli</i> <i>Prisniparni</i>	<i>Su.Ka.8/101-102</i>
10	<i>Sarvalutha visha</i>	<i>Nasya with vishahara oushadhi</i>	<i>Su.Ka.8/134</i>

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Acharya vagbhata opines that drug administered through *nasa* reaches *Shringataka marma*, which is one among *sira marma*, spreads in the entire *urdhvajatrugata* region and expels out the *doshas* accumulated there²³.

Nasya is mainly two types: *virechana nasya* & *Snehana nasya*. Among these the former one is used in *visha chikitsa*. *Virechana nasya* is again made into two types based on the form of drug used (Table no.1) i.e *Avapeeda* & *Dhmapana nasya*. *Tikshna dravyas* are used in *avapeeda nasya* which is indicated for *karmavastha chikitsa* in *nashtasamnja avastha* and *Mushika visha chikitsa* (table no.2).

In *Lutha visha chikitsa*, *Nasya* is indicated in 3 cases: *Lutha visha*, *Trimandala lutha visha*, *Sarvalutha visha*. *Vamsatvagadi agada* administered as *Nasya* in *lutha,undhura,pannaga,keeta visha*. *Arkadi yoga*

with 4 ingredients is mentioned for *Trimandala lutha damsha*. Among these 4 ingredients, except *prsniparni* all the other 3 drugs are having *katu-tikta rasa*, *laghu guna*, *ushna virya* and *katu vipaka*. *Prsniparni* is the only drug having *Madhura-katu rasa* & *Madhura vipaka* (table no.4). In case of *Sarvaluthavisha*, *nasya* with *vishahara oushadhi* is indicated.

In *visha chikitsa*, the treatment modalities aim to reduce the absorption of *visha* and expels out the *doshas* accumulated due to *visha* and eliminate *visha* along with these aggravated *doshas*.

The main *lakshanas* which are seen in *visha damsha* or *visha pana* are *nindra*, *tantra*, *klama*, *daha* and *murcha* etc²⁴. When a *rogi* reaches at *vishavaidya*, mostly the *rogi* will be unconscious, so *Samnja sthapana* of *rogi* is essential to proceed further treatment by administering *nasya*.

Table 3 *Nasya* indicated based on *vega*

Indication	<i>Nasya</i>	Reference
<i>Sthavara visha vega</i> (<i>Triteeya</i> & <i>Saptama vega</i>)	<i>Avapeeda nasya</i>	<i>Su.Ka.2/41-43</i>
<i>Darveekara visha</i> (<i>Triteeya</i> & <i>Saptama vega</i>)	<i>Vishahara yoga</i> <i>Avapeeda nasya</i>	<i>Su.Ka.5/21-23</i>
<i>Mandali visha</i> (<i>Saptama vega</i>)	<i>Avapeeda nasya</i>	<i>Su.Ka.5/27</i>
<i>Rajimantha visha</i>	<i>Tikshna avapeeda nasya</i>	<i>Su.Ka.5/30</i>

Usually *avapeeda nasya* is administered in *krisha*, *bala*, *durbala* etc⁷ (Table no.1). And it is indicated in *visha vega* ie, *Tritiya vega* & *Saptama vega* (Table no.3). In *Tritiya vega*, the *visha* shows the *lakshanas* on *urdhvajatru*, ie, in *sthavara visha vega*, *visha* produces symptoms on eyes (*harite shune jayate chasya lochane*). To relieve these symptoms and counteract *visha*, *nasya* and *Anjana* are administered along with

agadapana. It is specifically mentioned in the commentary that the *nasya* & *Anjana* administered must be *vishaghna* and *samnjaprabodhaka*. In *Saptama vega*, *visha* reaches *sukra dhatu* and causes *sannirodha*. As per *acharya vagbhata*, if *visha* crosses *panjama vega*, it is difficult to save the patient. The *Vegavat lakshanas* are *sarvadosha prakopa*, *pranjapranasha*, *sannirodha* etc. At this stage,

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the person may lose the consciousness and require *samnjanprabodhaka chikitsa* with *vishghna dravya*.

In *Darvikara visha*, *Visha* reaches *medo dhatu* in *Tritiya vega* which causes *lakshana* such as *shirogourava*, *chakshugrahana* etc. and the treatment indicated is *nasya Anjana*. While looking upon *saptama vega lakshana* and *chikitsa*, it is clearly explained that *visha* reaches *sukra dhatu* and produces *sarvacheshtavikhata*, *uschvasa nirodha* etc. And *tikshna avapeeda*

shirovirechana is indicated along with *tikshna Anjana & upadhana karma*.

In *mandali visha & rajila visha*, the *lakshana* of 6th & 7th *vega* are same as that of *darvikara*. Even though the signs & symptoms are similar still *acharya* specifically quoted that *tikshnaavapeeda nasya* with *agada* should be administered.

In *Sarpavisha*, *nasya* is indicated during *samnjanasha*, were *urdhvajatrugata vikara* are seen and also at the end stage of *visha* which may aim to save the *prana*.

Table 4 *Rasapanchaka* of *dravya* mentioned for *nasya* in *visha chikitsa*

Sl no	Drug	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Kushtha</i> ⁹	<i>Katu, Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushtaghna, Vishaghna Vataraktahara kaphahara</i>
2.	<i>Lamajja</i> ¹⁰	<i>Tikta</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pittasarrogajith</i>
3.	<i>Madhu</i> ¹¹	<i>Madhura Kashaya anurasa</i>	<i>Laghu, Ruksha Grahi</i>	<i>sheeta</i>	<i>Katu</i>	<i>Chakshushya Srotovishodhana Pittasrakaphahara</i>
4.	<i>Goksheera</i> ¹²	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapittasranashana</i>
5.	<i>Ativisha</i> ¹³	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara Vishaghna Amatisaraghna Kasaghna</i>
6.	<i>Shwetha</i> ¹⁴ (<i>vacha</i>)	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>ushna</i>	<i>Katu</i>	<i>Vatakaphahara Agnikrut, Medhya</i>
7.	<i>Madayanthika</i> ¹⁵	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapittahara Kushtaghna</i>
8.	<i>Ghrita</i> ¹⁶	<i>Madhura</i>	<i>Snigdha</i>	<i>Sheeta</i>	-	<i>Kaphakara Vishahara Pitta anilapaha</i>
9.	<i>Arka mula</i> ¹⁷	<i>Katu, Tikta</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphahara</i>
10.	<i>Rajani</i> ¹⁸	<i>Katu, Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphapittahara Vishakushtanut</i>
11.	<i>Nakuli</i> ¹⁹	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara, Vishaghna</i>
12.	<i>Prisniparni</i> ²⁰	<i>Madhura Tikta</i>	<i>Laghu</i>	<i>ushna</i>	<i>Madhura</i>	<i>Tridoshaghna</i>
13.	<i>Shirisha</i> ²¹	<i>Madhura Tikta</i>	<i>Laghu</i>	<i>Anushna</i>	<i>Katu</i>	<i>Tridosahara Vishapaha</i>

The majority of the drugs which are mentioned by *acharya Susruta* for *nasya* in *visha chikitsa* are having *Katu rasa, Ushna virya, Laghuguna* and *Katu vipaka* (Table no.4). These qualities of drugs are required for expulsion of *kapha dosha*

whereas *Samnja nasha* occurs due to *kapha dosha*.

CONCLUSION

Acharya Susruta highlighted *Nasya* in 10 places in *Kalpa sthana* of *Susruta Samhita* with
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indication and drugs which must be administered.

Specifically in *Sarpa chikitsa*, *nasya* is indicated on 3 occasions such as in the management of *Darvikara visha*, *Mandali Visha* and *Rajimantha visha*. In the case of *Karma avastha chikitsa* of *visha*, *acharya* mentioned *Tikshna pradhamana nasya* for *samnja sthapana*. Three *yogas* are mentioned for *Sarva visha chikitsa* are *Mahagada*, *Kshara agada* and *Sanjeevana agada*.

In case of *vishapeedita purusha*, he will be *durbala* since the *visha* causes *dhatu dushti*. *Nasya* is an immediate measure to counteract *visha* as well as it is *Samnja prabhodhaka*. The stimulation of higher centers of the brain can be done by administering *nasya*. By stimulating the higher centers, it acts on the regulation of functions of endocrine and nervous system²⁵.

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