

Importance of nasya karma in shalaky tantra

Suraj Patlekar

Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre, India

The literal meaning of the word nasya is being in the nose or the things beneficial to the nose. It conveys the sense of Gati-motion (Nasa Gatau) & Vyapti means pervasion (Nasa Vyaptau). According to Charaka & all prominent Acharyas, Nasa is the gate way of Shira. Medicines or medicated oils administered through the nose known as Nasya, reaches the brain and eliminates only the morbid doshas responsible for producing the disease. It does not mean that any channel connects directly to the brain but they might be connected through blood vessels or through nervous system (olfactory nerve, etc). Nasya strengthens the eyes, ears, nose, throat, skin, chin, teeth, neck, shoulders, arms, chest, waist, reduces greying & falling of hair, wrinkling, etc. In insomnia, diminished vision, migraine, tinnitus, improved speech, dental problems, alopecia, epilepsy, psychiatric disorders, common cold, hoarseness of voice, loss of sense of smell, conjunctivitis, epistaxis, unconsciousness, Nasya is a very important procedure in terms of preventive as well as curative aspect mentioned under panchakarma. If it is given at the specific mentioned time (kaal) and with proper method, procedure & medicine, then it shows awesome results.

surajpatlekar@gmail.com