

UTILITY OF RASA AUSHADI IN NASA ROGA

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ABSTRACT:

Shalakya Tantra deals with the vital sense organs located above the Jatru , also considered as the Uttamanga in Ayurveda. Detailed description of diseases of nose and paranasal sinuses are explained in the Ayurvedic classics, titled as 'Nasa Rogas'. Diseases of nose are amongst the commonest problems in the otorhinolaryngology . Depending upon the cause and severity nasal diseases can be temporary or persistent, unilateral or bilateral, of recent origin or long termed. The commonly seen causes include common cold, allergy, infections of nose and PNS, defects of nasal septum and other structures, inflammatory conditions of nose and PNS, foreign body, benign and malignant tumours, polypi, enlarged adenoid, trauma etc. And the commonly seen diseases of nose are allergic rhinitis, chronic sinusitis ,rhino sinusitis, rhinitis sicca etc. For the management of nasa rogas ,shamana or shodhana methods of treatments can be adopted. As shodhana line of treatment requires the consideration of ruthu (season), pathya (diet) , and other restrictions shamana line of treatment can be adopted so, it can be used irrespective of all seasons , with minimal diet and other restrictions. Rasa aushadis are said to be best among shamana aushadhi. Because Rasa aushadhi offers potent immunization, has rejuvenating effect and is used in the treatment of the diseases as they have low dose, swift action, long shelf life, palatability and high efficacy.

Key words : Nasa roga, Rasa ausadhi, shamana aushadhi