

# ROLE OF PANCHAKARMA IN THE MANAGEMENT OF JATHRURDWAGATA VYADHIS

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## **Abstract**

Ayurveda is an ancient science which imparts knowledge about prevention and cure of diseases. Shalaky tantra, being one among the eight branches of ayurveda, deals with diseases related to jatrurdwa i.e. head and neck (head, eyes, ears, nose, mouth and throat). Since shira being considered as one among the vital points utmost care should be taken. Panchakarma is a curative line of treatment for all diseases which are not amenable to shamana chitisa. Panchakarma consists of five methods of elimination of vitiated doshas from the body. They are vamana, virechana, basti, nasya and raktamokshana. Among these nasya is very common and useful for the management of diseases of shalaky tantra . In this therapy, the medicine is administered through nasal route either in the form of powder, liquid, oil, ghee or smoke. There are different types of nasya explained by Acharyas. The medicine applied through the nostrils will reach the shiras and mitigate the vitiated doshas. The nose is considered as a gateway for brain. The drugs which cannot be absorbed orally can be administered through the nasal route by which it is absorbed in the systemic circulation through nasal drug delivery system. Our Acharyas give a simile just as a paint brush absorbs colours through its bristles in the same way medicines administered are absorbed and spread throughout the shiras. It is a convenient route when compared with parenteral route. It is a simple and effective method of treating various diseases.

The importance of nasya and its role in urdwanga vyadhis will be discussed in the further slides.