

Role of Nasya in management of shiroroga

Shiras is considered as uttamanga of shareera as it is the seat of prana and also indriya. It is one among the three marmas as said by Acharya Charaka in trimarmiyaadhyaya.

Acharya Sushruta has mentioned 11 types of shiroroga. According to WHO, headache is one among the five most clinical disorders worldwide. 50% of general population have headaches in any given year. The average prevalence of migraine is 18%.

In modern science the drugs such as analgesics, anti emetics, and vasoconstrictors are used for instant relief by which the causative factors are not eliminated.

In Ayurveda panchakarma eliminates root cause and thereby pacifying the symptoms. Among panchakarma, Nasya is more beneficial in treatment of shiroroga as it is said "naasa hi shirasodwaram". Nasya karma does srotoshodhana especially of pranavahasrotasthere by improving oxygen supply to the brain. Any drug administered through this route nourishes shrunghata kamarma, conveyed to vessels supplying netra, shrotra, kanta etc.

It pacifies the diseases in organs above the clavicle, sense organs become strong, pleasant and get cleansed. It also cures khalitya, palitya, premature wrinkles and vyanga. There are different types of nasya used in different kind of diseases, among which snehananasya is used in vatajashiroroga, suryavarta and so on. In the same way, sirovirechan is beneficial in krimijashiroroga, murcha, unmada etc. There are many unique formulations in our classical texts beneficial for nasya karma for treating shiroroga. There are single drug and combined drug formulations which provide better relief and prevent recurrence of disease when combined with some internal medications.

The pharmacodynamics of nasya acts in neurological pathway, diffusion method and vascular pathway. The olfactory nerves are connected with the higher centres of brain, i.e., limbic system consisting mainly of amygdaloid complex, hypothalamus, epithalamus, anterior thalamic nuclei, parts of basal ganglia etc. So drugs administered here stimulate the higher centres of brain which shows action on regulation of endocrine and nervous system functions.