ABSTRACT

Life without disease in present days is impossible for numerous reasons. But it is possible to prevent the occurrence of diseases if one follows the habit of leading well disciplined life with good principles of healthy living which are nicely mentioned in Ayurveda in the form of "Swasthavrutta" (personal hygiene) which is dealt as daily conduct, seasonal conduct etc. Acharya Charaka has mentioned use of Anutaila (Ayurvedic medicated oil) for the Pratimarsha Nasya as a preventive as well as curative aspect while explaining the Dinacharya (daily conduct). Most of the ingredients of Anutaila possess anti-inflammatory, anti-pyretic and anti-bacterial proprieties. Ultimately these functions of Anutaila will lead to enhancement of respiratory immunity. While explaining the etiology of Shwas, Acharya Charaka has clearly mentioned the allergic factors like dust, fumes, exposure to wind, use of A.C., seasonal variations etc. which can initiate pathology of respiratory disorders. If a person regularly uses Anutaila in the form of Nasya, he/she can prevent respiratory disorders in future with increase of respiratory immunity. So, one can prevent repeatedly attacks of respiratory disorders with the exposure of above mentioned etiological factors (allergens).

KEY WORDS: Anutaila, Pratimarsha Nasya, Respiratory disorders.
INTRODUCTION

Modification in daily life due to technological advances and busy life schedule does not permit a person in indulging some basic health preservatory procedures. Moreover, in our day to day life due to tobacco, alcohol, irregular food habits, sleeping disturbance, suppression of natural urges, mental stress, depression, night awakening & day sleeping, increased levels of environmental pollutions, on and off use of A.C., coolers combined with decreased immunity have subjected the man to innumerable modern health hazards especially respiratory tract disorders. The incidences of such diseases are reported all over the world and increasing day by day.

It is possible to prevent the occurrence of such diseases if one follows the habit of leading well disciplined life with principles of healthy living which are nicely mentioned in Ayurveda. The prime intention of Ayurveda is preserving the health of an individual rather than treatment.\textsuperscript{[1]} Swasthavrutta (personal hygiene) is such contribution, which aims at individual and social health. It can also guide every individual in the prevention of disease and long term maintenance of health.

Ayurveda offers scope in the form of personal hygiene encompasses diet and regimen during Dinacharya (daily routine), Rutucharya (seasonal routine) and Sadvrutta ( behavioural and ethical guidelines). These practices lay emphasis on prevention of diseases and promotion of health. One of such a preventive measure is Pratimarsha Nasya (a type of Nasya- errhine therapy, in which only two drops of oil is used in each nostril daily) which can be used as a procedure for prevention of respiratory disorders.

Pratimarsha Nasya with Anutaila (Ayurvedic medicated oil) is explained as a procedure in Dinacharya by Acharya Charaka\textsuperscript{[2]} in the prevention of various diseases such as including Peenasa (chronic coryza) which is a type of chronic respiratory disease. Considering the simple nature of the procedure, daily use, unassociated adversities and there is no any complications, so, Anutaila Pratimarsha Nasya is very efficacious in the prevention of respiratory diseases.\textsuperscript{[3]}

While explaining the etiology of Shwas Roga (dyspnœa),\textsuperscript{[4]} Acharya Charaka has clearly mentioned the allergic factors like Raja (dust), Dhuma (fumes), Vata (direct exposure to wind), Shita sthana and Ambu (use of air conditioning and cold water) which initiate pathogenesis and further cause paroxysmal sneezing and respiratory disorders. Shirobhita...
(head injury), Rutuvaishamya (seasonal variations), Ratrijagarana (night awakening), Krodha (anger) and Vegasandharana (suppression of natural urges) etc. are other factors which can initiate pathology of Pratishyaya (rhinitis).[5] If a person regularly uses Anutaila in the form of Nasya, he/she can prevent respiratory diseases in future with establishment of respiratory immunity. So, one can not get repeatedly attacks of respiratory disorders with the exposure of above mentioned etiological factors.

AIMS AND OBJECTIVES
1. To justify the use of Pratimarsha Nasya in the prevention of respiratory disorders as well as in promotion of health.
2. To understand the mode of action of Pratimarsha Nasya by Anutaila in prevention of respiratory disorders.

MATERIALS AND METHODS
The study of different Ayurvedic and modern literature has been done to fulfil the objective of study. Detail description regarding the classification of Nasya, dose, benefits, indications, contraindications, timing, benefits and importance of Pratimarsha Nasya, mode of action of Nasya, Anutaila etc. have been explained in the present study as per Ayurvedic as well as modern point of view.

Review of Literature
In Ayurveda, Nasya is term to be applied generally for medicines or medicated oils administered through the nasal passage.[6] Anutaila Nasya is specially recommended by Acharya Charaka as preventive measures for Urdhava Jatrugata Vikara (diseases which occurs above the clavicle) & also for the management of Peenasa (chronic coryza). [7]

Types of Nasya Karma
Nasya is classified in various ways by different Acharyas i.e. as per mode of action (Virechana – purificating, Bruhana - nourishing, Shamana - palliative),[8] as per parts of drugs utilized in Nasya (Phala - fruit, Patra - leave, Mula - root, Kanda -stem, Pushpa - flower, Niryasa – exudates of plant, Twaka - bark)[9] on the basis of method of administartion (navana, avapida, dhumapana, dhuma, pratimarsha).[10] These all types of Nasya can be incorporated as preventive type and curative type. Pratimarsha Nasya can be taken under the umbrella of preventive type of Nasya.
Pratimarsha Nasya

In Ayurvedic text, Pratimarsha Nasya is indicated as daily regimen to keep maintain health of nasal passage. Marsha and Pratimarsha both consist of instillation of lipid base drop (oil/ghee) through the nostrils. Among these two, Pratimarsha Nasya is well tolerated, having less complication and is very much convenient procedure. It can be given to anybody at anytime without having any restriction. The dosage is very less (2 drops) and cannot produce any complication hence it can be employed as the choice of preventive therapy considering the long-term administration in reducing allergic conditions. It is said by Acharya Vagbhatta that Pratimarsha Nasya is good from birth till death.

Hence, it may be beneficial as a part of Dinacharya (daily routine) in the prevention as well as management of disorders respiratory tract to render the nasal mucosa oily and smooth. It strengthens and maintains the normal mucosal barrier. Pratimarsha Nasya may have significant role in the prevention of disorders of respiratory tract and promotion of health of sense organs.

Dose

Dose of Pratimarsha Nasya is only two drops in each nostril. The quantity of the drug which being lightly snuffed in, reaches down into the oral cavity is deemed adequate for a dose of the Pratimarsha Nasya Karma.

Indications

Pratimarsha can be given in any age, any season, in Bala (child), Vridhdha (Old age), Bhiru (timid), Sukumara (tender or delicate), Kshata (injured), Kshama (weak), Trishna pidita (excessive thirst), Mukhashosha (dryness of the oral cavity), Valita (premature graying of hairs), Palita (premature wrinkles), even in not suitable time & season i.e. in Varsha (rainy season) and Durdina (inauspicious day).

Contraindications

It is contraindicated in Dushta Peenasa (Chronic coryza), Bahudosha (excessive vitiation of dosha) and Krimija Shiorogra (worm infestation of head) and also in Madhyapi (habitual drinkers), Badhirya (deafness). In these conditions it should not give to them because the dose of sneha is quite insufficient to eliminate doshas and already aggravated doshas may get vitiatiated further.
Timing\textsuperscript{[18]}

Acharya vagbhatta explained 15 Kala (time) along with their specialties. The timings of Pratimarsha Nasya are explained in the context for pacifying the effects of allergens at specific timings.

1. After awakening in morning
2. After the day sleep
3. After meal
4. After vomiting
5. At the end of the day

In all these five conditions, Pratimarsha Nasya cleanses the channels.

6. After exercise
7. After sexual intercourse
8. After long distance walk

In all these three conditions, Pratimarsha Nasya removes the exhaustion

9. After the head massage
10. After gargling
11. After collyrium application
12. After defecation
13. After urination

Pratimarsha Nasya in these conditions improves eye sight.

14. After cleaning the teeth- leads to firmness of teeth and fragrance of mouth
15. After excess laugh- Pratimarsha Nasya here will pacify the aggravated wind

Pratimarsha Nasya in these two conditions mitigates the Vata.

Method\textsuperscript{[19]}

The index finger should be dipped in oil (Medicated oil /Anutaila) and oil should be dropped in one nostril keeping the other closed, now inhale the oil. Repeat the procedure for other nostril. (Fig.1)
Nasya is performed in three phases, preparatory procedure, main procedure and post-operative procedure. It is essential for the patient who opts for Nasya as mentioned below. (Table 1)

**Table 1: General Procedure of Nasya**[^20][^21]

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Preparatory procedure</th>
<th>Main procedure</th>
<th>Post-operative procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Massage and fomentation on head with oils</td>
<td>Eyes- cover with cloth</td>
<td>Gentle massage on face, forehead, neck, palms, soles, ears, shoulder</td>
</tr>
<tr>
<td>2.</td>
<td>Relive from natural urges e.g. stool, urine etc.</td>
<td>Nasya substance is instilled in one nostril while the other nostril is closed and vice-versa</td>
<td>Fomentation on face, forehead</td>
</tr>
<tr>
<td>3.</td>
<td>Fomentation of forehead and face</td>
<td>The patient is asked to inhale the substance or medicine, and spit it out. Never swallow it.</td>
<td>Dhumpana (medicated smoking) &amp; Gandusha (gargling) with lukewarm water</td>
</tr>
<tr>
<td>4.</td>
<td>Position: lying down in supine with head low in ease, head slightly hanging down and feet slightly raised</td>
<td>Again massage and fomentation on head</td>
<td>Avoid exercise, excess movement, mental disturbances like anger, fear etc.</td>
</tr>
</tbody>
</table>

**Benefits of Nasya**

**Preventive effects:**[^22] The healthy person who undergoes the Nasya Karma in suitable season with suitable drugs will never suffer from the impaired functions of eyes, nose, and ears. The hairs of the scalp, beard will not fall and will not turn white or grey. The scalp hairs will start growing.
Anutaila Nasya administered in the suitable season nourishes the Sira (veins), Sandhis (joints), Snayu (ligaments), Kandara (tendons) of the head and makes them strong. The person’s face becomes cheerful and well developed (mukha prasannata). His voice will be melodious, Sthira (stable) Mahan (grave). It imparts Vaimalya (clarity) and Bala (strength) to all sense organs. It prevents the diseases of supra clavicular region of the body.

Curative effects: Nasya Karma performed in conditions like Manya Stambha (torticollis), Shira shula (headache), Ardita (facial paralysis), Hanu Sangraha (lock jaw), Ardhavabhedaka (hemicrenia), Peenasa (chronic coryza), Shirakampa (head tremor) helps to cure those conditions.

Mode of action
In Ashtanga Samgraha it is explained that Nasa being the door way to Shira (head), the drug administered through nostrils, reaches Shringataka (a Sira Marma) by Nasa Srota (nasal pasage) and spreads in the Murdha (brain) taking route of Netra (eye), Shrotra (ear), Kantha (throat), Siramukha (opening of the vessels) etc. and scratches the morbid Dosha in supra clavicular region and extracts them from the Uttamanga (head).

As it is discussed above lines that, nose is the gateway of head. It does not mean that any channel directly connects brain and nose, but it may be suggestive of any connection through blood vessels, lymphatic and nerves.

There is no direct pharmacological correlation between nose and brain. However the olfactory area is the only place in the whole human body where there is direct contact between the outer surface and central nervous system. However, the effect of drug on the brain, administered through the nasal pathway can be seen in followed examples.

The nose is used as a route of administration for inhalation of anaesthetic drugs as well as anterior pituitary hormones, in the form of nasal spray are being used since a long time. Thus to understand the action of Nasya drug on central nervous system it is necessary to know the probable pathways of action of Nasya medicine. On the basis of fractional stage of Nasya Karma procedures, we can understand mode of action of Nasya at the level of blood circulation, lymphatic channels including C.S.F. and at the level of neuroendocrinal and neurovascular stimulation.
Role of Oil / lipid base Nasal drop in preservation of Nasal health: [26] Oil / lipid base nasal drop are high viscosity thickened solution. The advantage of oily nasal drops include reduction of post nasal drip due to high viscosity, reduction of taste impact due to reduced swallowing, reduction in anterior leakage of formulation, reduction of irritation by using soothing/emollient excipients and target drug delivery to mucosa for better absorption. Due to high viscosity, there is increase in residual time of oily substance in nasal cavity and enhance bioavailability.

The nature of the medicine is oleos by instilling it into the nose it creates an oily coat on nasal mucosa thus the direct effect of allergen on nasal mucosa is restricted. Further, oil instilled in nose prevents its irritation of mucous membrane by pollen, dust, bacteria etc., so it can check the allergy or infection. Oil on the mucous membrane can check the sudden decrease in temperature in cold season, so it prevents sudden vasoconstriction and thus infection can be checked.

Mode of action of Anutaila (Ayurvedic Medicated oil)[27]
Anutaila is indicated widely in treating various ailments pertaining to upper clavicle region. Acharya Charaka has advocated use of Anutaila in the form of Pratimarsha Nasya in daily routine for the prevention and management of Urdhvajatrugata Roga. Anutaila as the name indicates it is having the capacity to penetrate minute channels.[28]

It is prepared with 27 (chandana, aguru, daruvaridra, twaka, ela, yashtimadhu, vidanga, bilva, utpala, musta, sariva, sthira, bruhati, kantakari, jivanti, prishniparni,shatavari etc.) drugs processed in tila taila (sesame oil) and aja ksheera (goat milk).[29]

Majority of ingredients of Anutaila shows Tikta- Katu Rasa (bitter-pungent taste) and Laghu Guna (light). These properties are very much in favor of clearing the Srotas. Katu Vipaka, Ushna Virya (hot potency) and Tikshna (sharp) properties produce draveekarana (liquefaction) of vitiated Kapha dosha. Madhura Rasa (sweet taste) and Snigdha (unctuous) properties help to nourish the Dhatus (tissues). Most of the ingredients also possess anti-inflammatory, anti-pyretic and anti-bacterial properties. Due to these properties the medicine prevents recurrent infections and reduces inflammatory process. It is also having the ability to alleviate the irritation particularly of mucous membrane of the nasal cavities and sinuses. [30] Thus Anutaila may be capable to arrest respiratory disorders such as allergic rhinitis, bronchial asthma, sinusitis etc.
Due to Vata shamana (vata pacifying), Tridoshahara (pacification of three dosha), Balya (improves strength and immunity), Brumhana (nourishing) and Rasayana (Rejuvenating) properties of Anutaila, it may increase local immunity and thus highly effective to resist local mucosa towards the allergens as mentioned above.

In short, by administrating Pratimarsha Nasya regularly with Anutaila, nasal pathology is corrected; local hygiene gets improved and allergic reactions are controlled. There is reduction in crust formation, direct attack of allergen on nasal mucosa, decrease in stagnation of nasal secretions, irritation and dryness of mucosa. Hence the Anutaila can be a drug of choice to reduce the disease and to prevent the recurrence of respiratory diseases.

On analyzing research works done on preventive and curative aspect of Pratimarsha Nasya, author found lots of research works done on role of Pratimarsha Nasya in the management of various respiratory diseases, but only two works have been found pertaining to preventive aspect of Pratimarsha Nasya. These are as below.

One Clinical study[31] done to evaluate role of Pratimarsha Nasya in prevention of Pratishyaya and it was conducted on 20 patients. Administration of Anutaila was practiced for two months. The patients were subjected to improvement assessment at the end of two months in terms of reduction in signs and symptoms. Gradation were given to assess the severity, the results were subjected to statistical analysis. This assessment was based on cumulating the individual assessment factors considered for the study. All the assessment parameters are highly significant. Thus the work supports the age-old practice Anutaila Nasya for preventing Vataja Pratishyaya. After one month of follow up there reported 12 patients where no relapses of allergic attacks were found. Effect on laboratory parameters also shows some changes. In the total count of WBC the effect of Anutaila pratimarsha nasya is found to be significant with 1.67% increase in leucocyte count at <0.001, which indicate the improvement of immunological status. In absolute eosinophil count, which is considered as one of the important criteria to diagnose an Allergic Rhinitis, is found to be significant with 19.01% decrease of count with <0.001. These data showing Anutaila Pratimarsha Nasya has a significant role in reducing influence of allergens. 41% of the patients got complete relief, 17% of the patients got moderate relief and 41 % of the patients got mild relief, hence Anutaila Pratimarsha Nasya is found to be highly significant in Vataja Pratishyaya.
Another Clinical trial\cite{32} was carried out to evaluate preventive effect of Anutaila. In this study, Pratimarsha Nasya was administered in 20 healthy volunteers for 30 days twice day shows highly significant effect on symptoms like relief from tiredness, intensity of eyesight, capacity of senses, skin complexion, prevention of hair fall.

**CONCLUSION**

1. The *Pratimarsha Nasya* is very simple procedure which is cost effective and can be employed easily by the person of all age group and in any season without any complication.

2. *Anutaila* has *tridosha nashana, balya, bhuminha* and *rasayana* properties which may help to increase local immunity.

3. *Pratimarsha Nasya* should be used twice daily for enhancement of respiratory immunity which prevents various respiratory disorders.

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