



## Comprehensive study of Nasya Dravya mentioned in Bruhatrayi

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Panchkarma deals with five Karmas Vamana, Virechana, Basti, Raktamokshana and Nasya Karma. The nearest passage for detoxifying Shiropradesh is nostrils. Therefore, Nasya Karma pacifies three Doshas of Shiropradesh curing ailments occurring in Shiro and Urdhwajatru parts. The importance of Nasya Karma is specified by the Adhyaya Apamargatanduliya named for the best drug used for the Shodhana of Uttamanga. The Dravya used in Nasya Karma are scattered in different Adhyayas of different Sthanas in Charak Samhita, Sushruta Samhita and Ashtanga Hridayam Samhita. In this article for the first time all the Dravya are gathered together from Bruhatrayi and compared. Dravyas are identified with help of respective Tikas, Dravyaguna textbooks and web sources for easy study and use of Dravya for the procedure along with the part used of the Dravya.

**Keywords:** Panchkarma, Charak Samhita, Sushruta Samhita, Ashtang Hridayam Samhita, Nasya Karma, Shirovirechan, Shirovirechanopaga Dravya

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## Introduction

The instillation of medicine or medicated oil through nostrils is called *Nasya Karma*.<sup>[1]</sup> *Shiropadesh* is considered as *Uttamanga* as *Praana* and all *Indriya* lie here.<sup>[2]</sup> Hence, the medicine given through nasal passage reaches the *Shiro Pradesh*. In this way it cures *Shiroroga* and *Urdhwajatru Vikara*.<sup>[4,3]</sup>

Synonyms - *Shiro-Virechan*, *Shiro-Vireka*, *Murdha-Virechan*, *Nastah-Karma*, *Nastah-Pracchardana*.<sup>[5]</sup>

Significance - *Nasya Karma* is beneficial for eyes, nose and ears. It prevents premature greying of hairs of scalp and beard, prevent early hair fall. It cures *Peenasa*, *Ardhvbhedaka*, *Shirokampa*, strengthens *Shira*, *Snayu* and *Kandara* of scalp. It nourishes facial and vocal organs, increase sensory perception, preventing from getting diseased and ageing of organs above clavicle.<sup>[6]</sup> *Nasya* strengthen *Hanu*, *Danta*, *Shira*, *Greeva*, *Trika*, *Bahu* and *Urah* and prevent *Vyanga*.<sup>[7]</sup>

The acharyas had different views on the type of *Nasya Karma*. *Rechana*, *Tarpana* and *Shamana* are mainly the *Karma* of *Nasya*.<sup>[8]</sup> *Pratimarsha Nasya* is *vikalpa* of *Nasya* and *Avapeedan* and *Pradhamaan Nasya* are *Vikalpa* of *Shiro-Virechan*. There are seven *Shiro-Virechan Ashrayas* i.e., *Phal*, *Patra*, *Moola*, *Kanda*, *Pushpa*, *Niryasa*, *Twacha*.<sup>[9]</sup> It is indicated in various *Urdhwa-Jatrugata Roga* of *Shiro*, *Dant*, *Greeva*, *Ansa*, *Asya*, *Nasika*, *Karna*, *Akshi*, *Murdha*, *Kapala*, etc. including *Aptanaka*, *Ardita*, *Galaganda*, *Arbuda*, *Swarabheda* etc. it should not be done in conditions of *Ajeerna*, *Kshruta*, *Trishna*, *Nav Jwara*, *Nav Pratishyaya*, *Garbhini*, immediately after *Shodhana* and *Basti Karma* etc.<sup>[10]</sup>

## Aim and Objectives

1. To compile the different *Nasya Dravya* dispersed in all *Sthanas* of *Brihutrayi*.
2. To evaluate the *Dravya* by botanical identification and their availability.
3. To get knowledge of part used of the *Dravya* for the *Nasya Karma*.
4. To compare the *Dravya* mentioned in *Brihutrayi*.

## Materials and Methods

Comprehensive search is done in all *Sthanas* of *Brihutrayi* i.e., *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Hridayam Samhita* regarding the *Nasya Dravya*, *Shiro-Virechan* and *Shiro-Virechanopaga Dravya*. *Dhooma Nasya Dravyas* are not included in this study. All the data is collected and presented in table form. The drug is identified with the help of respective *Tikas*, *Dravyaguna* books, articles and web sources.

## Literary review

### Charak Samhita

Chapters from *Charak Samhita* majorly pertaining to *Nasya Karma* are *Sutrasthana-Adhyaya* 1, 2, 4 & 5, *Vimanasthana-Adhyaya* 8 and *Siddhithana-Adhyaya* 9. The *Dravya* are also read from the *Tika* of *Chakrapani* and *Jejjata*. Along with the *Dravya* given in the following table, *Acharya Charak* had mentioned the use of 4 *Snehas* i.e., *Ghrita*, *Tail*, *Vasa* and *Majja*; five *Lavana*, eight *Dugdha* for *Nasya Karma*. '*Pratyakpushpa Shiro-Virechananama*' i.e., *Pratyakpushpa* is considered as best *Shiro-Virechan Dravya*.<sup>[11]</sup>

**Table 1: Nasya Dravya given in Charak Samhita.**

SN	Drug Name	Tika	Latin Name	Part Used	Reference
1.	Aguru		Achyranthus agallocha	Niryasa	Ch.Vi.8/151
2.	Ajaji		Cuminum cymium	Phala	Ch.Su.2/4 Ch.Vi.8/151
3.	Ajgandha	Ajmoda	Carum roxburghianum	Phala	Ch.Su.2/4 Ch.Vi.8/151
4.	Alarka	Shweta Arka	Calotropis gigantia	Moola	Ch.Vi.8/151
5.	Arka		Calotropis procera	Moola, Pushpa	Ch.Vi.8/151
6.	Asana		Pterocarpus marsupium	Niryasa	Ch.Vi.8/151
7.	Ativisha		Aconitum heterophyllum	Moola	Ch.Vi.8/151
8.	Avakapushpi			Moola	Ch.Vi.8/151
9.	Brihati	Vartaki	Solanum anguivi	Twacha, Phala	Ch.Vi.8/151
10.	Daru-haridra		Berberis aristata		Ch.Su.2/5

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11.	Devdaru		Cedrus deodara	Niryasa	Ch.Vi.8/151
12.	Ela		Elletaria cardamomum	Phala	Ch.Su.2/4 Ch.Vi.8/151
13.	Gandiraka	Tulsi bheda	-	Patra	Ch.Vi.8/151
14.	Gandirapushpi	Ramatha	-	Moola	Ch.Vi.8/151
15.	Gawakshi	Indrayan	Citrullus colcyntis	Moola	Ch.Vi.8/151
16.	Harenuka		Vitex negunda	Phala	Ch.Su.2/4 Ch.Vi.8/151
17.	Haridra		Curcuma longa	Patra, Kanda	Ch.Su.2/5 Ch.Vi.8/151
18.	Hingu		Ferula narthex	Niryasa	Ch.Vi.8/151
19.	Ingudi		Balanites roxburghii	Twacha	Ch.Vi.8/151
20.	Jingani			Niryasa	Ch.Vi.8/151
21.	Jyotishmati		Celastrus panniculata	Moola	Ch.Su.1/79, Ch.Su.2/5, Ch.Su.4/13 Ch.Vi.8
22.	Kalamalaka	Tulsi bheda	-	Patra	Ch.Vi.8/151
23.	Kantakari		Solanum surrattense	Twacha	Ch.Vi.8/151
24.	Kshawaka		Centipeda orbicularis	Patra	Ch.Su.4/13 Ch.Vi.8/151
25.	Kustha		Saussurea lappa	Moola	Ch.Vi.8/151
26.	Kuteraka	Tulsi bheda	-	Patra	Ch.Su.2/4 Ch.Vi.8/151
27.	Lashuna		Allium sativum	Patra, Kanda	Ch.Su.2/5 Ch.Vi.8/151
28.	Lodhra		Symplocos racemosa	Pushpa	Ch.Vi.8/151
29.	Madanphala		Randia spinosa	Pushpa	Ch.Vi.8/151
30.	Mahashweta		Albizia procera	-	Ch.Su.4/13
31.	Maricha		Piper nigrum	Phala	Ch.Su.2/3, Ch.Su.4/13 Ch.Vi.8/151
32.	Moolaka		Rapanus sativus	Patra, Kanda	Ch.Vi.8/151
33.	Nagadanti		Croton persimilis	Moola	Ch.Vi.8/151
34.	Nagar	Shringbera	Zingiber officinale	Patra, Kanda	Ch.Su.2/5 Ch.Vi.8/151
35.	Nimba		Melia azadirachta	Pushpa	Ch.Vi.8/151
36.	Parnaas	Tulsi bheda	Ocimum basilicum	Patra	Ch.Vi.8/151
37.	Phaninjaka	Marva	Ocimum kilimandscharicum	Patra	Ch.Su.2/4 Ch.Vi.8/151
38.	Pilu		Salvadora persica	Phala	Ch.Su.2/4 Ch.Vi.8/151
39.	Pippali		Piper longum	Phala	Ch.Su.2/3, Ch.Su.4/13 Ch.Vi.8/151
40.	Prathvika	Hingupatri	Ferula jaeschkeana	Phala	Ch.Su.2/4 Ch.Vi.8/151
41.	Pratyakapushpa	Apamarga	Achyranthus aspera	Phala, Moola	Ch.Su.1/85, Ch.Su.2/3, Ch.Su.4/13 Ch.Su.25/40 Ch.Vi.8/151
42.	Saptaparna		Alstonia scholaris	Pushpa	Ch.Vi.8/151
43.	Saral		Pinus longifolia	Niryasa	Ch.Vi.8/151

44.	Sarshapa		Brassica rapa	Patra	Ch.Su.2/3, Ch.Su.4/13 Ch.Vi.8/151
45.	Shallaki		Boswellia serrata	Niryasa	Ch.Vi.8/151
46.	Shigru		Moringa oleifera	Phala, Twacha	Ch.Su.2/3, Ch.Su.4/13 Ch.Vi.8/151
47.	Shirisha		Albizzia lebeck	Phala, Beeja	Ch.Su.2/5 Ch.Vi.8/151
48.	Shweta	Aparajita	Clitoria ternatea	Moola	Ch.Su.1/79, Ch.Su.2/4, Ch.Su.4/13 Ch.Vi.8
49.	Sumukha	Tulsi bheda	-	Patra	Ch.Vi.8/151
50.	Sursa		Ocimum santum	Patra	Ch.Su.2/4 Ch.Vi.8/151
51.	Tarkari	Jayanti or Agnimantha	Permna serratifolia	Patra	Ch.Vi.8/151
52.	Tejowati		Zanthoxylum aromaticum	Twacha	Ch.Vi.8/151
53.	Tumburu	Tejowati phala	Zanthoxylum aromaticum	Phala	Ch.Su.2/3 Ch.Vi.8/151
54.	Vacha		Acorus calamus	Moola	Ch.Vi.8/151
55.	Varanga	Twaka	Cinnamomum zeylanicum	Twacha	Ch.Vi.8/151
56.	Vayastha	Brahmi	Bacopa monnieri	Moola	Ch.Vi.8/151
57.	Vidanga		Embelia ribes	Phala	Ch.Su.2/3, Ch.Su.4/13 Ch.Vi.8/151
58.	Vrischikali		Pergularia daemia	Moola	Ch.Vi.8/151

### Sushruta Samhita

Acharya Sushruta tells about *Nasya Karma* in *Sushruta Samhita Sutra-Adhyaya 39* and *Chikitsa-Adhyaya 40*. Along with, the *Dravya* are also read from *Tika* by *Acharya Dalhana*. The data compiled is presented below.

**Table 2: Nasya Dravya given in Sushruta Samhita.**

SN	Drug Name	Common name	Latin Name	Part used	Reference
1.	Alarka	Shweta Arka	Calotropis gigantea	Moola	Su.Su.39/6
2.	Apamarga		Achyranthus aspera	Phala	Su.Su.39/6
3.	Arjaka		Orthosiphon pallidus	Patra	Su.Su.39/6
4.	Arka		Calotropis procera	Moola	Su.Su.39/6
5.	Ativisha		Aconitum heterophyllum	Kanda	Su.Su.39/6
6.	Bimbi		Coccinia grandis	Moola	Su.Su.39/6
7.	Hingu		Ferula narthex	Niryasa	Su.Su.39/6
8.	Ingudi		Balanites roxburghii	Twacha	Su.Su.39/6
9.	Jati		Jasminum grandiflorum	Pushpa	Su.Su.39/6
10.	Jyotishmati		Celastrus paniculata	Moola	Su.Su.39/6
11.	Karanja		Pongamia pinnata	Moola	Su.Su.39/6
12.	Karnika	Aparajita	Clitoria ternatea	Moola	Su.Su.39/6
13.	Karvira		Nerium oleader	Moola	Su.Su.39/6
14.	Kinihi		Albizia procera	Moola	Su.Su.39/6
15.	Kshringabera	Shunthi	Zingiber officinale	Kanda	Su.Su.39/6
16.	Laksha		Kerria lacca	Niryasa	Su.Su.39/6
17.	Lashuna		Allium sativum	Kanda	Su.Su.39/6
18.	Madhuka	Mahua	Madhuca longifolia	Saara	Su.Su.39/6
19.	Maricha		Piper nigrum	Phala	Su.Su.39/6
20.	Matulungi		-	Pushpa	Su.Su.39/6

21.	Mesha-shringi		Dolichandrone falcata	Twacha	Su.Su.39/6
22.	Pilu		Salvadora persica	Pushpa	Su.Su.39/6
23.	Pippali		Piper longum	Phala	Su.Su.39/6
24.	Shaala		Shorea robusta	Saara	Su.Su.39/6
25.	Shigru		Moringa oleifera	Phala	Su.Su.39/6
26.	Shirisha		Albizzia lebeck	Phala	Su.Su.39/6
27.	Sidhartaka		Brassica rapa	Phala	Su.Su.39/6
28.	Surangi		Moringa ptrygosperma	Pushpa	Su.Su.39/6
29.	Sursa		Ocimum santum	Patra	Su.Su.39/6
30.	Taala		Borassus flabelliferab	Saara	Su.Su.39/6
31.	Talisha		Abies webbiana	Patra	Su.Su.39/6
32.	Tamaala		Cinnamomum tamala	Patra	Su.Su.39/6
33.	Vacha		Acorus calamus	Moola	Su.Su.39/6
34.	Vidanga		Embelia ribes	Phala	Su.Su.39/6

Acharya Sushruta added *Madya*, *Go-Shakrita Rasa* and *Go-Mutra*. He specified *Maha-Sneha* according to *Doshas* i.e.,

**Table 3: Maha-Sneha Nasya according to Doshas.**

Ghrita	Pitta Dosha
Tail	Vata-Kapha Dosha
Vasa	Vata Dosha
Majja	Vata-Pitta Dosha

### Ashtanga Hridayam Samhita

Acharya Vagbhatta described *Nasya Karma* in *Ashtang Hridayam Samhita Sutra-Adhyaya 15* and *20*. Study is also done from *Tika* of Acharya Arunadatta. Along with the following *Dravya*, Acharya Vagbhatta uses *Tarkshyashaila* i.e., *Shushka Rasanjana* for *Nasya Karma*.

**Table 4: Nasya Dravya given in Ashtang Hridayum Samhita-**

SN	Drug Name	Tika	Latin name	Parts used	Reference
1.	Apamarga		Achyranthus aspera		A.H.Su.15/4
2.	Barahatama	Brahti	Solanum anguivi	Beeja	A.H.Su.15/4
3.	Darvi		Berberis aristata		A.H.Su.15/4
4.	Madhuka	Mahua	Madhuca longifolia	Saara	A.H.Su.15/4
5.	Maricha		Piper nigrum		A.H.Su.15/4
6.	Pippali		Piper longum		A.H.Su.15/4
7.	Prathvika	Hingupatri	Ferula jaeschkeana		A.H.Su.15/4
8.	Shigru		Moringa oleifera	Beeja	A.H.Su.15/4
9.	Shirisha		Albizzia lebeck	Beeja	A.H.Su.15/4
10.	Shunthi		Zingiber officinale		A.H.Su.15/4
11.	Surala	Sarja Rasa	Vateria indica		A.H.Su.15/4
12.	Truti	Sukshma-Ela	Elletaria cardamomum		A.H.Su.15/4
13.	Truti	Sthula-Ela	Amomum subulatum		A.H.Su.15/4
14.	Vella	Vidanga	Embelia ribes		A.H.Su.15/4

## Discussion

Acharya Charak had mentioned 2 *Moolini* and 1 *Phalini Dravya* along with *Mahasneha*, five *Lavana*, eight *Dugdha* for *Nasya Karma* in *Sutra Adhyaya 1*. Then, 23 *Dravya* along with *Saindhav* and *Souvarchal Lavana* in *Sutra Adhyaya 2 'Apamamarga-Tanduliya Adhyaya'*. The *Adhyaya* name is enough to tell the importance of *Nasya Karma* and role of *Apamarga* in it. Next, 10 *Shirovirechanopaga Dravya* are given in *Sutra Adhyaya 4*. He specifies the best *Dravya* for *Shirovirechan* in *Sutra Adhyaya 25* i.e., *Pratyakpushpa* or *Apamarga*. Going to *Vimansthana Adhyaya 8*, he specifies 64 *Dravya* according to their 7 *Ashrayas* i.e., *Phala-14, Patra-14, Moola-14, Kanda-4, Pushpa-5, Nirayasa-7, Twacha-6*.

Acharya Sushruta in *Sutra Adhyaya 39*, total 34 *Dravya* are given according to the part used i.e., *Phala-7, Moola-9, Kanda-3, Patra-4, Twacha-2, Pushpa-4, Saara-3, Niryasa-2. Lavana, Madya* and *Go-Shakrita* and *Mutra* is also used.

Acharya Vagbhatta mentioned 14 *Dravya* and *Saindhav Lavana*. He did not clearly mention about the part use of *Dravya*. He added *Tarkshyashaila*, the *Rasaushadhi* for the *Nasya Karma*.

**Table 5: Comparison of *Dravya* mentioned in *Bruhatrayi***

SN	Name of drug	Charak Samhita	Sushruta Samhita	Ashtang Hridayam
1.	Aguru	+	-	-
2.	Ajaji	+	-	-
3.	Ajgandha	+	-	-
4.	Alamalaka	+	-	-
5.	Alarka	+	+	-
6.	Aparmarga/ Pratyakapushpa	+	+	+
7.	Arjaka	-	+	-
8.	Arka	+	+	-
9.	Asana	+	-	-
10.	Ativisha	+	+	-
11.	Avakapushpi	+	-	-
12.	Bimbi	-	+	-
13.	Brihati	+	-	+
14.	Daru-haridra	+	-	+
15.	Devdaru	+	-	-
16.	Ela/truti sukshma	+	-	+
17.	Gandiraka	+	-	-
18.	Gandirapushpi	+	-	-
19.	Gawakshi	+	-	-
20.	Harenuka	+	-	-
21.	Haridra	+	-	-
22.	Hingu	+	+	-
23.	Ingudi	+	+	-
24.	Jati	-	+	-
25.	Jingani	+	-	-
26.	Jyotishmati	+	+	-
27.	Kantakari	+	-	-
28.	Karanja	-	+	-
29.	Karvira	-	+	-
30.	Kshawaka	+	-	-
31.	Kustha	+	-	-
32.	Kuteraka	+	-	-
33.	Laksha	-	+	-
34.	Lashuna	+	+	-
35.	Lodhra	+	-	-
36.	Madanphala	+	-	-
37.	Madhuka	-	+	+
38.	Mahashweta/Kinihi	+	+	-
39.	Maricha	+	+	+
40.	Matulungi	-	+	-
41.	Mesha-shringi	-	+	-
42.	Moolaka	+	-	-
43.	Nagadanti	+	-	-
44.	Nimba	+	-	-
45.	Parnaas	+	-	-
46.	Phaninjaka	+	-	-
47.	Pilu	+	+	-
48.	Pippali	+	+	+
49.	Prathvika	+	-	+

50.	Saptaparna	+	-	-
51.	Saral	+	-	-
52.	Sarshapa/Sidhartaka	+	+	-
53.	Shaala	-	+	-
54.	Shallaki	+	-	-
55.	Shigru	+	+	+
56.	Shirisha	+	+	+
57.	Shunthi/Nagar	+	+	+
58.	Shweta/Aparajita	+	+	-
59.	Sumukha	+	-	-
60.	Surala	-	-	+
61.	Surangi	-	+	-
62.	Sursa	+	+	-
63.	Taala	-	+	-
64.	Talisha	-	+	-
65.	Tamaala	-	+	-
66.	Tarkari	+	-	-
67.	Tejowati	+	-	-
68.	Truti/ela sthula	-	-	+
69.	Vacha	+	+	-
70.	Varanga	+	-	-
71.	Vayastha	+	-	-
72.	Vidanga	+	+	+
73.	Vrischikali	+	-	-

From the above data, all the three *Acharyas* mentioned seven *Dravya* in common i.e., *Maricha*, *Nagar/Shunti*, *Pippali (Dravya of Trikatu)*, *Apamarga*, *Shigru*, *Shirisha* and *Vidanga* for *Nasya Karma*. *Acharya Charaka* and *Sushruta* have other 13 *Dravya* in common i.e., *Alarka*, *Aparajita*, *Arka*, *Ativisha*, *Hingu*, *Ingudi*, *Jyotishmati*, *Lashuna*, *Pilu*, *Sarshapa*, *Shweta*, *Sursa* and *Vacha*. Whereas *Acharya Sushruta* and *Vagbhatta* have other one *Dravya* common i.e., *Madhuka*. *Acharya Charaka* and *Vagbhatta* have four other common *Dravya Brahti*, *Daruharidra*, *Ela* and *Hingupatri* or *Prathvika*.

**Table 6: Different views on part used for Nasya Karma in Bruhatrayi.**

SN	Drug Name	Charaka Samhita	Sushruta Samhita	Ashtanga Hridayam Samhita
1.	Apamarga	Phala, Moola	Phala	+
2.	Arka	Moola, Pushpa	Moola	-
3.	Ativisha	Moola	Kanda	-
4.	Brihati	Twacha	-	Beeja
5.	Kshringabera	Patra, Kanda	Kanda	+
6.	Lashuna	Patra, Kanda	Kanda	-
7.	Pilu	Phala	Pushpa	-
8.	Shigru	Phala, Twacha	Phala	Beeja
9.	Shirisha	Phala, Beeja	Phala	Beeja
10.	Sidhartaka	Patra	Phala	-

## Conclusion

This article presents a thorough comprehensive review of *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridayam Samhita* concerning compilation of 73 *Dravya* used in *Nasya Karma*. It includes a critical evaluation of several aspects related to botanical identification, plant parts used and their current availability. Commonly used *Nasya* and *Shiro-Virechan Dravya* include *Apamarga*, *Jyotishmati*, *Shunthi*, *Maricha*, *Pippali*, *Shigru*, *Vacha*, *Haridra*, *Vidanga* among others. The selection of suitable classical *Nasya Dravya* can enhance efficacy, with minimal side effects or complications, based on the patient's medical condition and disease severity. Future research trials could explore the detailed pharmacodynamics of the listed drugs.

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