



Original Article

## Frequency and Dose of *Anu taila Nasya*-A Critical Review

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### Abstract

Specific time or *Kala* is a key factor in all panchakarma. This *kala* is of two types i.e. *Rutukala* (season) and *Aushadhsewankala* (Drug administration time). Both are having major impact on all panchakarma. But for *basti* and *nasya* karma frequency of procedure is as important as the drugs used in the procedure. That's why three schedules like *karma*, *kala* and *yoga* are discussed during *basti* procedure. The procedures like *vamana* and *virechana* are carried out in one episode, while *nasya* and *basti* procedures need specific schedules containing multiple sittings to get the desired results. So, frequency of these procedures has an impact over the outcome. There is a lot of misunderstanding for administering the prescribed dose of *nasya* in specific manner to achieve its higher potency or efficacy.

Apart from this, a physician has to decide the administration of *nasya* in a specific dose. Samhita had given detailed procedural guidelines. All those references are collected and analyzed in this present article.

**Key words:** *Nasya, Anu Taila, Frequency, Dose Distribution, Vaartrayen, Saptaah*

### Introduction:

Panchakarma are five specialized Ayurveda treatment procedures. All these procedures are very specific results oriented. All the desired results of panchakarma depend on various factors. *Matra*(dose) and *kala* (specific time) are very influential factors. In Ayurveda, *kala* is divided into two types i.e. *Samvatsara* (year) and *Aturawastha* (condition of diseased)<sup>1</sup>. *Samvatsarakala* is divided in two, three, six, twelve or unlimited types on the basis like *ayana* (path of sun), cold, hot and rainy conditions, *rutu* (season), months<sup>2</sup>. It is said that the physician has to decide the appropriate timing of treatment according to specific clinical condition of patient. It is termed as '*bheshajakala*' in that patient in a specific clinical condition (*aturawastha*)<sup>3</sup>. This *aturawasthakala* plays very important role in the panchakarma. For any panchakarma, its drug should be administered in specific time.

For example *vamana* (emesis) drug should be given in *purvanhe* (early morning)<sup>4</sup>, whereas *virechana* (purgation) medicine should be given once the timing of provocation of *shleshma*(*Kopakala*) is over during morning period<sup>5</sup>.

In panchakarma *pradhanakarma* (operative procedure) of *vamana* and *virechana* are carried out only once. But for *bastikarma* (enema therapy) and *nasyakarma* (Errhine therapy) literature has suggested some schedules. *Karma*, *kala* and *yoga basti-krama* are specific *basti* administration schedules of 30, 16 and 8 *bastis* respectively.

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The schedule of *Nasya* procedure is suggested to be completed in 7 days<sup>6</sup>. It can be given repeatedly with the gap of one day, two days, seven days, twenty-one days or till the physician feels it appropriate<sup>7</sup>. It indicates that frequency of drug administration is also important to get desired results.

In diseased, the frequency of *nasya* procedure and dose of drug during each episode are decided by certain factors like ingredients of particular medicine, potency of medicine, quantity of *dosha*, strength of disease and patients. Each and every factor amongst these can affect the number of days for *nasya* (i.e. frequency).

There is a lot of puzzlement in *nasya* methodology like dose distribution, frequency, schedule of *nasya*. Clarification of these points will surely enhance the efficacy of *nasya*. Through extensive literature review, this article is a sincere effort to resolve this uncertainty.

### Materials and methodology:

दद्यादेषोऽणुतैलस्यनावनीयस्यसंविधिः।

अस्यमात्राप्रयुजीततैलस्यअर्धपलोन्मिताम्॥च.सू.५/६८

स्निग्धस्विन्नोत्तमाङ्गस्यपिचुनानानैस्त्रिभिः।

त्र्यहात्र्यहाच्चसप्ताहमेतत्कर्मसमाचरेत्॥च.सू.५/६९

Methodology of *nasya* according to *Acharya Charaka* is as follows-

1. At first, *snehana* and *swedana* should be applied to *uttamanga* i.e. head region.
2. After *snehana* and *swedana*, with the help of cotton gauge, *navana* should be given in a set of three *nasya*.
3. It is to be repeated on every third day for seven days.

Points needed to be focused:

ततःकनकरजततामान्यतमशुक्तिस्थितप्रदेयंऔषधत्रिभाग

मृत्ष्णांबुप्रतप्तं....अवच्छिन्नम्आसिंचेत्।अ.सं.सू.२९/१५

पुनःपुनश्चैनंस्वेदयेदाभेषजदर्शनान्नोच्छिद्भिर्निष्ठिवेच्च।

ततश्चैवमेवद्वितीयमंशमनुषेचयेत्तथातृतीयदोषादिबलेनवा।

अ.सं.सू. २९/१८

Ashtang-sangrahaakar *Acharya Vagbhata* clearly stated that dose of the *nasya* medicine while conducting the *nasya* procedure should

be divided in three. That one third medicine should be poured in one nostril at a time. This should be followed by the second OR the third part of dose if needed (as per the provocation of *dosha*) with *nishthivan* and *swedana* offered in between<sup>8</sup>.

आभेषजक्षयादेवंद्विस्त्रिर्वानस्यमाचरेत्। अ.ह. सू.२०/२१

Ashtang-hridayakar *Acharya Vagbhata* advocates finishing administration of *nasya* dose in two or three parts in a single sitting.

### A. Interpretations of नानैस्त्रिभिः:

Here neither *Chakrapani* nor other commentators are being able to clarify about exact nature of dose distribution of *ardhapala anu taila* and the nature of frequency of dose repetitions.

- a. *Ardhapala* (20ml) of *anu taila* for a single *nasya* sitting- It will be repeated three times in a single day i.e. 60 ml/day, possibly in two ways;
  - Three episodes of *nasya* consecutively i.e. one after another in one sitting till the complete expulsion of *doshas* (*doshadi apeksha krutah* - Indu)<sup>9</sup> or
  - Three different sittings in a day
- b. Or a dose of 20 ml of *anutaila* for a single day - should be divided into three split dosages of nearly 6.5ml each per sitting in a single day, possibly in two ways;
  - Three episodes of *nasya* should be conducted consecutively in one sitting (i.e. one after another in one sitting) or
  - Three episodes in different times in a single day.

### B. Interpretations of त्र्यहात्र्यहाच्च:

त्र्यहात्र्यहाच्च is interpreted as

- on every third day (*Chakrapani*)<sup>10</sup> or
- on the 5<sup>th</sup> day i.e. after completing the 3 in between days (*Gangadhar*)<sup>11</sup>.

So in a nutshell, it can be said that *nasya* can be tried on every 3<sup>rd</sup> or 5<sup>th</sup> day for 7 sittings.

### C. Interpretations of सप्ताहः

*Ardhapala* (20 ml) should be given on

- 20 ml every day, possibly can be administer in two ways
  - 20 ml in three divided doses in single sitting in a day,
  - 20 ml in three divided doses in three sittings in a day.
- 20 ml divided in seven days i.e. nearly 3ml in day possibly can be given in two ways
  - 3ml in three divided doses (1-1-1 ml) in single sitting in a day,
  - 3ml in three divided doses (1-1-1 ml) in three sittings in a day.

### Duration:

#### 1. सप्ताहमेतत्कर्मसमाचरेत्<sup>12</sup> Ch Su 5/69.

The schedule of *nasya* should be carried out for seven days. The episodes of *nasya* during these days may be decided by the physician on the basis of quantity of *dosha*, severity of disease, potency of medicine and strength of the patient.

#### 2. सप्ताहं च तदाचरेत्<sup>13</sup> अ.ह. सू. २०/१६

*Nasya karma* should be completed in 7 days i.e. one *nasya karma awartan* or schedule should be completed.

So, the option of choosing the schedule was limited upto 7 days or 7 episodes only.

- If the tryahyat word is to be applied that means it should be administered after 3 days, there are two options.
  - On alternate day – that means on every third day. The duration will be completed in 13 days.
  - On every fifth day – duration will be completed in 25 days.
- Saptaham – If one has to administer the dose for 7 days, it should be administered on every day excluding

the interval days. [NNN (set of three) gap day NNN (set of three)].

### Discussion:

Detailing of above interpretations are as follows.

- Acharya *chakrapani*'s commentary stated नावनैस्त्रिभिःवारत्रयेणेत्यर्थः<sup>14</sup> which means *navana nasya* should be done thrice. Here वार can be considered as synonym either for a single day or for frequency of any episode.
- If we consider वार as frequency of any episode, *navana nasya* can be administered for three times a day.
- If we consider वार as a single day, *navana nasya* can be conducted for three consecutive days.

Considering above references following various interpretations can be drawn.

Interpretations:-

A) If we consider वार as frequency of any episode, *navana nasya* can be administered for three times a day. Following are the interpretations-

#### • *Ardhapala* as single dose in a single day:

- 20ml can be served three times consecutively in one sitting i.e. 60 ml total in one sitting in a single day (20ml-20ml-20ml dose serving in one sitting in single day). (Total 60 ml /single day/one sitting three parts pattern).
- 20ml can be served three times i.e. 60ml total in three sittings in single day. (20ml TDS) 20 ml – 20 ml -20 ml /TDS/Single day in each episode (Total 60 ml/single day/ three sitting pattern).
- 60ml total in three sittings with every 20ml divided in three consecutive sittings in single day {20ml(6.5ml-6.5ml-6.5ml)-20ml(6.5ml-6.5ml-6.5ml)-20ml(6.5ml-6.5ml-6.5ml) doses serving in three sittings in single day}. (Total 60 ml / three sittings single day/three parts per sitting pattern).

The above system can be repeated on every third day or on every 5<sup>th</sup> day for 7 sittings (total dose will be 60 ml X 7 = 420 ml).

**\*\* Ardhapala as split dose given in a single day**

- d. Total 20ml can be served in three divided doses i.e. 6.5ml each consecutively in one sitting in single day (6.5ml-6.5ml-6.5ml dose serving in one sitting in single day).(total 20 ml /single day/one sitting three parts pattern)
- e. 20ml can be served in three divided doses i.e. 6.5ml each in three sittings in a single day (6.5ml-6.5ml-6.5ml dose serving in three different sittings in a single day i.e. TDS). (Total 20 ml/single day/ three sitting pattern)
- f. 20 ml in three sittings with every 6.5 ml divided into three consecutive sittings in a single day. {6.5ml (2.2ml-2.2ml-2.2ml)-6.5ml(2.2ml-2.2ml-2.2ml)-6.5ml(2.2ml-2.2ml-2.2ml) (Total 20 ml / three sittings single day/three parts per sitting pattern).

The above system can be repeated on every third day or on every 5<sup>th</sup> day for 7 sittings. (Total dose will be 20 ml X 7 =140 ml)

**\*\*\* Ardhapala dose in a split dose for 7 repetitions**

- a) Total 3ml can be served in three divided doses i.e. 1 ml each consecutively in one sitting in single day (1ml-1ml-1ml dose serving in one sitting in single day). (total 3 ml /single day/one sitting three parts pattern)
- b) 3 ml can be served in three divided doses i.e. 1 ml each in three sittings in a single day (1 ml- 1 ml- 1ml dose serving in three different sittings in a single day i.e. TDS). (Total 3 ml/single day/ three sitting pattern)
- c) 3 ml in three sittings with every 1 ml divided into three consecutive sittings in a single day {1 ml(0.3 ml-0.3 ml -0.3 ml)- 1 ml(0.3 ml-0.3 ml -

0.3 ml)- 1 ml (0.3 ml-0.3 ml -0.3 ml)(Total 3 ml / three sittings single day/three parts per sitting pattern)

The above system can be repeated on every third day or on every 5<sup>th</sup> day for 7 sittings. (Total dose will be 20 ml X 7 =140 ml)

- g. If we consider वार as a single day, *navana nasya* can be conducted for three consecutive days.

*Vaartrayen* in 7 days – {NNN(set of three) gap day NNN (set of three)}

1. 20 ml / day for 6 days (6 sittings) in seven days= 120 ml
2. 20 ml / 3 days in 2 sets (6 sittings)in seven days= 40 ml
3. 20 ml / 6 sittings in seven days= 20 ml

**1. 20 ml / day for 6 days (6 sittings) in seven days= 120 ml**

- a) 20ml can be served in a single sitting for three consecutive days with gap on 4<sup>th</sup> day followed by 20 ml serving in a single sitting for next 3 days.
- b) 20ml can be served in three divided of nearly 6.5 ml each in single sittingfor three consecutive days with gap on 4<sup>th</sup> day followed by 20ml can be served three divided of nearly 6.5 ml each in single sitting for next 3 days.
- c) 20ml can be served in three divided of nearly 6.5 ml each in three sittings for three consecutive days with gap on 4<sup>th</sup> day followed by 20ml can be served three divided of nearly 6.5 ml each in three sittings for next 3 days.

**2. 20 ml / 3 days i.e. nearly 6.5 ml/day in 2 sets (6 sittings) in seven days = 40 ml**

- a) 6.5ml can be served in a single sitting for three consecutive days with gap on 4<sup>th</sup> day followed by 6.5 ml serving in a single sitting for next 3 days.

- b) 6.5ml can be served in three divided of nearly 2.2 ml each in single sitting for three consecutive days with gap on 4<sup>th</sup> day followed by 6.5 ml can be served three divided of nearly 2.2 ml each in single sitting for next 3 days.
- c) 6.5 ml can be served in three divided of nearly 2.2 ml each in three sittings for three consecutive days with gap on 4<sup>th</sup> day followed by 6.5 ml can be served three divided of nearly 2.2 ml each in three sittings for next 3 days.

**3. 20 ml / 6 sitting in seven days = 20 ml**

- a) 3.3 ml can be served in a single sitting for three consecutive days with gap on 4<sup>th</sup> day followed by 3.3 ml serving in a single sitting for next 3 days.
- b) 3.3 ml can be served in three divided of nearly 1.1 ml each in single sitting for three consecutive days with gap on 4<sup>th</sup> day followed by 3.3 ml can be served three divided of nearly 1.1 ml each in single sitting for next 3 days.
- c) 3.3 ml can be served in three divided of nearly 1.1 ml each in three sittings for three consecutive days with gap on 4<sup>th</sup> day followed by 3.3 ml can be served three divided of nearly 1.1 ml each in three sittings for next 3 days.

In above both interpretations, *ardhapala* dose is considered as a sitting.

- B) If *ardhapala* dose is divided in seven sittings i.e. nearly 3ml can be used in *nasya* sitting.

Above both interpretations of वार can be added with interpretations of त्र्यहात्र्यहाच्च of *Acharya Chakrapani*(every third day) and *Acharya Gangadhar* (after 3 days) i.e. these combinations can be tried on every 3<sup>rd</sup> or 5<sup>th</sup> day.

**Whether mentioned *Nasya* dose (*ardhapala*) is wholesome and to administer into both nostrils or mentioned for only one nostril?**

The quantity for *anu tailanasya* is specified as *ardhapala*. The question arises whether this *ardhapala* dose should be administered into both nostrils (total 20 ml in both nostrils i.e. 10 ml in each nostril) or into either nostril (20 ml in each nostril i.e. total 40 ml). Nostril wise dose distribution is not mentioned anywhere in the texts.

This dose should be considered as full dose for both the nostrils as/since it is suggested for *nasya* in general. The total dose for any single episode should be divided by two while administering into single nostril, when there are no specific directions regarding this.

**Conclusions:**

The frequency of *navana nasya* is said to be three times with *ardha pala* dose. It can be administered for seven days with the total dose to be counted as 20 ml, 40 ml and 120 ml, depending upon the strength of patient, potency of drug, quantity of *dosha* and strength of *dosha*.

When dose of *nasya* is given and specifications are not mentioned, it should be considered for both nostrils.

The frequency of administration can be on daily basis or on alternate day or on every fifth day.

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