

Review Article: A Critical Review on the Nasya Karma

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Abstract: *Nasya Karma, an essential procedure of Panchakarma in Ayurveda, plays a vital role in preserving health and treating disorders of the head and neck. The nose, regarded as the gateway to the head, serves as a direct route to the central nervous system through the olfactory mucosa. This forms the scientific basis for administering medicines nasally to influence the brain and sense organs. Nasya aims to eliminate vitiated Doshas from the head region (Shirah) and related structures, thereby curing UrdhwajatrugataRoga. Various formulations such as Taila, Swarasa, Kwatha, and Churna are used depending on disease type and patient condition. These medicaments reach the SringatakaMarma and act on the channels of the eyes, ears, and oropharynx, restoring the balance of Tridosha. Both preventive and curative, Nasya is simple yet requires precise technique for safe administration. This review compiles classical Ayurvedic concepts and modern research to evaluate Nasya Karma's mechanism, therapeutic relevance, and practical scope. The study highlights the need for scientific validation and standardization to establish Nasya Karma as an effective integrative approach in modern clinical practice.*

Keywords: Ayurveda, Nasya Karma, Panchakarma, Sringataka Marma

