

A literary survey on traditional *Nasya* formulae indicated for *Shiroroga*

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Abstract

Administration of medicines through nasal route is known as *Nasya Karma*. As it is the nearest root, any disease related to head is best treated by this procedure. A *Nasya* formulae which is used for *Shiroroga* was collected from selected traditional texts and categorized according to the indications, medical preparations, type of *dravyas* and *Panchapadartha*. Data were analyzed paying attention to proper variations. All the texts have mentioned 85 formulas in the chapters dedicated for treatments of *Shiroroga*; 17 in *Sarartha Sangraha*, 22 in *Yogarnavaya*, 19 in *Besajjamanjusa*, 17 in *Varayogasarayana* and 10 in *Sinhala Yogarathnakara*. 26 formulae were repeatedly mentioned and 59 formulae were exclusive. Among them, formulae were identified as indicated for *Sarwashiroroga* (35.59%), *Krimija Shirobhithapa* (ST) (11.86%), *Akalapalithya* (10.17%), *Pittaja* ST, *Suryawartha* and *Ardhawabhedaka* (6.76% per each). 59 formulae have been used as *Taila* (42.37%), *Kalka* (13.56%), *Kwata* (11.86%), *Churna* (11.86%), *Grita* (10.17%) and *Ksheera* (1.69%). These formulae contain 82.76% of *Oudbhidadravya*, 10.34% of *Janthawadravya* and 06.90% of *Parthiwadravya*. Among 48 *Oudbhidadravya*, *Nagara* (25.42%), *Madhuyasthi* (22.03%), *Pippalli* (15.25%), *Marica* (13.56%), *Vidanga* (11.86%), *Nirgundi* (10.17%) were commonly found. Cow's milk (10.17%), breast milk (6.78%), bee honey and cow's urine (each in 03.39%), animal blood (1.69%) were mentioned under the *Janthawadravya*. *Saindhawalavana* (5.08%), *Yawakshara* (3.39%), *Galmada* and *Kasisa* (each in 1.69%) were used as *Parthiwadravya*. *Dravya* contain *Thikta* (61.11%), *Katuka* (59.26%), *Madhura* (40.74%), *Kashaya* (31.48%), *Amla* and *Lavana* (each in 1.85%) *Rasa*. *Lagu* (83.33%), *Ruksha* (51.85%), *Singdha* and *Theekshna* (each in 37.04%) were the predominant *Gunas*. 74.55% were *Ushnavirya* and 25.45% were *Shitavirya*. 72% of *Katukavipaka* and 28% of *Madhuravipaka*. 50% of *Dravya* were *Kaphavatashamaka*. In conclusion, most of formulae indicated for *Sarwashiroroga* and *Taila* are the predominant types of preparation. *Oudbhida* is the common type of ingredient. *Thikta* and *Katu Rasa*, *laghuguna*, *ushnavirya* and *katuvipaka* were predominant *Panchapadartha*. *Kaphavatashamaka* is the predominant type of *Dosa Karma*.

Keywords: *Nasya*, *Shiroroga*, *Oudbhida dravya*

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