

“ROLE OF NASYA KARMA IN AVABAHUKA”

1. DR. VIJAY PRABHAKAR SHINGADE,
PhD Scholar, Dept. of Panchkarma

2.DR. ALKANANDA KULKARNI (PROFESSOR)

Ph.D. Guide, Professor& HOD of Dept. of Panchkarma,
Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta. Dist: Sangli.

Corresponding Author: Dr.Alkananda Kulkarni , Mobile no- **9860359489**

ABSTRACT:

In this review two articles were taken for study, a case study and pilot study. The case study revealed that Nasya karma with Anutaila is significantly effective in the management of Avabahuka. Pilot study showed that, management of Avabahuka with Nasya Karma of Dvitiya Brihanmasha Taila is effective in relieving the symptoms like Stambha, Gaurava and Shoola.

Key words: Nasya, avabahuka, anutaila, dvityabrimhanmashataila

INTRODUCTION:

As a researcher I reviewed two articles regarding role of nasya karma in the management of avabahuka. Avabahuka comes under vatavyadhi. The disease mostly affects the individuals with the age between 18 to 60 years. Prakupitavata enters in thesirasa, snayusa, kandarasa at the amsapradesha and affects normal functions of amsasandhi. Pain, stiffness, restriction in joint movements are common symptoms observed in avabahuka. AmsaShosha may be present in chronic stage of avabahuka. Strenuous physical work and aghata are the predisposing factors in the manifestation of the disease. Nasya is treatment of choice in the management of avabahuka. Nasya is effective in treatment of urdhvajatrugatavikaras like avabahuka.

REVIEW OF LITERATURE:

Nupurbiswas in article Effect of Nasya Karma in the Management of Avabahuka-A Case Study. *ijaprs.com* [Internet]. [cited 2022 Nov 16]; revealed that nasya with anutaila is effective in the management of avabahuka. In this case study, nasya with anutaila was given for 15 days after snehana and swedana. After 15 days of treatment significant results were found in symptoms like pain, stiffness and restriction of joint movements. This is shodhana type of nasya⁽¹⁾

Nath V et al. in article An Open Clinical Study Of DvitiyabrihanmashaTailaNasya In The Management Of Avabahuka, *World Journal of Pharmaceutical Research* 2357 *World Journal of Pharmaceutical Research SJIF Impact Factor* [Internet]. 2015 [cited 2022 Nov 16]; 11:2357–77. revealed that dvitiyabrimhanmasha tail nasyais significantly effective in treatment of avabahuka. This was pilot study including 30 patients. Treatments were assessed using symptoms like amsasandhishula, graha, stambha and modern objective parameters also.⁽²⁾

AUTHOR’S CONTRIBUTION:

In case study author has used shodhana type of nasya in treatment of avabahuka. This shodhananasya eliminates vitiated dosha from body. Whereas in pilot study author has preferred bruhana type of nasya while treating avabahuka. The effect of Nasya Karma of Dvitiya Brihanmasha Taila pacifies the Vata Prakopa due to its Snehana and Brimhana qualities.

CONCLUSION:

After reviewing two articles it seems that case study has shown significant results in avabahuka with shodhananasya. But its sample size is very less, further study is required to assess the effect. Pilot study has also shown significant results in avabahuka with bruhana type of nasya. Sample size in pilot study was appropriate to come to conclusion. Both shodhan and bruhana type of nasya is effective in avabahuka.

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