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Nasya and Gandusha as Nityaupakrama; a critical review

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Abstract:

Maintaining a sound health has become a prime question in today's modern world. In due course of time there has been a vast change in lifestyle. The altered day to day activities and food habits had led to poor health. Ayurveda had mentioned the routine to be followed on day to day basis as well as according to seasonal variations under the name of Dinacharya and Rutucharya. In this Nasya and Gandusha are morning routine to be followed for the betterment of overall health. Nasya is application of medicated oil or Ghee in both nostrils while Gandusha is oil pulling. Here an attempt is made to discuss these both procedures critically. And how this can be included in our daily routine along with its due benefits.

Keywords: *Dinacharya, Rutucharya, Nasya and Gandusha.*

Introduction:

Human beings have acclimatized to the change in their daily routine. The ever increasing desires have led to a rat race. The shift in food habits and increasing mental stress has had a huge impact on one's health. A holistic approach for this pace of life is very important for maintaining optimum health. Here Ayurveda has given a very easy and beneficial procedure to be followed and also drugs used for it. Each human being has had a certain daily set of routine. Many of the times this routine has been set or accepted in accordance to one's physical, social and work routine. And in this the health aspect is neglected, resulting in several of physical as well as mental ailments. Ayurveda has

described daily routine to be followed under the title – *Dinacharya*. The word is made up of two parts, *Dina* – day and *Charya* – activity. Thus implying simple meaning of sets of activities which are to be done in order to promote self-care and improve one’s health status.

Dinacharya –

Ayurveda classics had mentioned this in an elaborate manner. The activities included in this set which are stated in these texts are as follows,

<i>Karma</i>	Activity to be done
<i>Utthan - Brahma Muhurta</i>	Waking up early (96 minutes before sunrise)
<i>Souch</i>	Defecation
<i>Dantadhavana</i>	Brushing the teeth and cleaning the tongue
<i>Anjana</i>	Collyrium
<i>Nasya</i>	Application of <i>Sneha</i> within both nostrils
<i>Kavala and Gandusha</i>	Oil pulling and holding it in mouth
<i>Dhoompan</i>	Medicated smoking
<i>Abhyanga</i>	Body oil massage
<i>Murdhataila</i>	Application of oil to head
<i>Vyayama</i>	Exercise
<i>Ubtana</i>	Skin applications
<i>Snana</i>	Bathing
<i>Vastra- Ratnadharana</i>	Clothing
<i>Ahara</i>	Dietary regime
<i>Ratricharya</i>	Night regime

Each activity is set with a defined purpose to improve the health of that specific *Indriya* and to maintain overall sound health.

Among this all steps, here *Nasya* and *Gandusha* are been discussed critically.

Nasya – application of medication in nostrils is termed as *Nasya*. Ayurveda classics describes

nose to be the gate way of head, *Nasa hi Shirso Dwaram*; there are many types described for this procedure.

Nasya types – there are five types described in Ayurveda text. *Marsha, Pratimarsha, Avpidnasya, Pradhamannasya* and *Shirovirechana*. Among these, *Pratimarsha Nasya* is included in *Dinacharyai*.e. Its use can be done in daily routine. Medications given through this route has effects on mind, *Vaatdosha, Saddhak Pitta* and *MajjaDhatu*. The *Sneha* given in *Pratimarsha Nasya* has nourishing effect on *Indriya Sthana* located in head and thus helps to enhance the health of respective *Indriya*. It is administered by lying down on back with head tilted slightly backwards, then according to medicated *Sneha* or drug, 2-6 drops are administered in each nostril and gentle massage is done around the nose and frontal head region. Then after 10-15 min regular work is resumed. The regular practice is very efficacious in pain management of muscles, diseases of ear, nose, throat, skin and hair health, eye care, improve the immunity, respiratory health and improve the *Prana* level i.e. general awareness/ alertness. The *Sneha* which can be used in day to day practice for *Nasya* are, Coconut oil, almond oil, *Goghрут, Siddha Ghruta, Anutaila, Panchaindriyavardhan tail*, sesame oil etc.

Gandusha – it is filling the mouth with oil or medicated waters and holding it without gargling is *Gandusha*. There are three types mentioned in Ayurveda classics, *Snehana Gandusha* – use of herbal oils for lubrication and nourishment, *Shamana Gandusha* – for management of dental/oral disorders, *Shodhana Gandusha* – for cleansing of *Dosha* and *Mala*. The prescribed medication is taken and then filled in mouth fully without swallowing it is then held for some time. Till the muscles of mouth and neck starts aching and tears start to flow, one can then spit the medication out. This procedure is followed in daily routine – *Dinacharya*. It is beneficial in lowering drowsiness, increasing appetite, in dryness of mouth, balancing *VataDosha*, improving health of mouth, improving skin health, maintaining health of sensory organs etc. it can be done with Coconut oil, almond oil, *Goghрут, Siddha Ghruta, Siddha taila, Triphala Kwath, Dhanyak Hima* and also with warm water.

Inference:

In this age of gadgets, there is utmost importance for fine coordination of our sensory organs and its functioning. Also our overall health is dependent on health of these senses – *Indriya*. Hence these procedures of *Nasya* and *Gandusha* which are to be included in one's daily routine in order to gain its benefits. We had included the brushing of teeth as one of our daily routine practice in similar manner we have to include these both procedures of *Nasya* and *Gandusha* for the betterment of one's health.

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