



Review Article

PRATIMARSH NASYA: THE PHILOSOPHICAL NEXUS CONNECTING PRAN VAYU AND CONSCIOUSNESS IN AYURVEDIC HEALING

Parul Sharma^{1*}, K.K.Sharma²

*¹Assistant Professor, ²Professor & Head, P.G. Dept of Panchkarma, Rishikul campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand, India.

Article info

Article History:

Received: 21-06-2024

Accepted: 12-07-2024

Published: 10-08-2024

KEYWORDS:

Pratimarsh Nasya,
Breath and mind
alignment, Nasal
Drug delivery,
Holistic health,
Consciousness,
Mindfulness.

ABSTRACT

In the rich tapestry of Ayurvedic medicine, *Pratimarsh Nasya* emerges as a profound practice that harmonizes the breath (*Pran Vayu*) with the mind's consciousness. This ancient therapy not only revitalizes the senses but also bridges the gap between physical and spiritual well-being.

Ayurveda, the science of life, intertwines the physical and metaphysical through various practices. Among these, *Pratimarsh Nasya* stands out for its unique ability to connect the vital life force, *Pran Vayu*, with the deeper realms of consciousness, offering a holistic approach to healing. This gentle yet potent ritual not only revitalizes the senses but also holds the promise of enhancing the quality of sleep, aligning the body's rhythms with a harmonious balance. By channeling the subtle energies of *Pran Vayu* and fostering a serene state of consciousness, *Pratimarsh Nasya* offers a holistic approach to healing that extends its benefits to improving sleep quality and overall well-being. It offers a pathway to enhance mental clarity and spiritual balance by aligning the breath with the mind's essence.

Pratimarsh Nasya, a revered practice in Ayurveda, serves as a bridge between the vital force of *Pran Vayu* and the profound depths of consciousness. By exploring its philosophical and therapeutic dimensions, we gain insights into its transformative impact on holistic health. In the pursuit of optimal health and wellness, *Pratimarsh Nasya* stands out as a beacon of Ayurvedic wisdom. This practice harmonizes the dynamic energies of *Pran Vayu* with the contemplative aspects of consciousness, paving the way for improved sleep and profound healing. Delving into its effects reveals how this ancient tradition can be a key player in modern holistic health strategies.

INTRODUCTION

Pratimarsh Nasya is a form of nasal administration of medicinal substances in Ayurveda, an ancient system of medicine originating in India.^[1] Rooted in the holistic understanding of the human body and its connection to the universe, *Pratimarsh Nasya* represents a profound approach to healing that transcends mere physical treatment.^[2] This article delves into the philosophical underpinnings of *Pratimarsh Nasya*, exploring its principles, methods, and the broader metaphysical concepts that inform its

practice. Ayurveda, which translates to the "science of life," is based on the balance of the three *Doshas*: *Vata*, *Pitta*, and *Kapha*.^[3,4] These *Doshas* represent different elements and energies within the body, and their balance is crucial for maintaining health.^[5] The concept of *Pratimarsh Nasya* arises from this broader understanding of health and disease. The practice of *Nasya* is extensively documented in classical Ayurvedic texts such as *Charaka Samhita*^[6], *Sushruta Samhita*^[7], and *Ashtanga Hridaya*^[8]. These texts provide detailed descriptions of the types of *Nasya*, indications, contraindications, and the preparation of medicated oils.^[9,10,11] *Pratimarsh Nasya* is recommended for daily use due to its gentle nature and profound benefits.^[12-14]

Access this article online

Quick Response Code



<https://doi.org/10.47070/ijapr.v12i7.3331>

Published by Mahadev Publications (Regd.)
publication licensed under a Creative Commons
Attribution-NonCommercial-ShareAlike 4.0
International (CC BY-NC-SA 4.0)

Nasya- The Gateway to the Brain ^[15,16], In Ayurvedic philosophy, the nose is considered the gateway to the brain and consciousness^[17, 18]. The ancient texts, such as the Charaka Samhita and Sushruta Samhita, emphasize the importance of nasal therapies for treating ailments related to the head and neck.^[19] *Pratimarsh Nasya*, a gentle and daily form of Nasya, is designed to maintain and restore balance within the body's *Doshas*, particularly *Vata* and *Kapha*.^[20-22] *Pratimarsh Nasya* involves the administration of a small quantity of medicated oil or ghee into each nostril.^[23] Unlike other forms of Nasya, which may require supervision and specific timings, *Pratimarsh Nasya* can be performed daily and is considered safe for routine use. ^[24] The primary goal of *Pratimarsh Nasya* is to lubricate the nasal passages, prevent dryness, and maintain the health of the sense organs. It is also believed to have a calming effect on the mind, enhance cognitive functions, and promote mental clarity.^[25]

Philosophical Significance

The Concept of Prana- In Ayurvedic philosophy, *Prana* refers to the vital life force that sustains all living beings. The nasal passages are considered conduits for *Prana*, and *Pratimarsh Nasya* aims to keep these pathways clear and unobstructed, ensuring the smooth flow of this vital energy.^[26, 27, 28]

Connection to Consciousness- The practice of *Pratimarsh Nasya* is deeply connected to the concept of consciousness. By maintaining the health of the nasal passages, *Pratimarsh Nasya* is thought to influence the mind and intellect positively. ^[29,30] This connection highlights the interdependence of physical health and mental well-being in Ayurvedic thought.^[31]

The Process of Pratimarsh Nasya- *Pratimarsh Nasya* involves the administration of small doses of medicated oils into the nostrils. Unlike other forms of *Nasya*, *Pratimarsh Nasya* can be performed daily and is suitable for individuals of all ages. It is believed to enhance cognitive functions, improve sensory perception, and promote mental clarity.^[32]

Selection of Oils- The choice of oil for *Pratimarsh Nasya* is critical and depends on the individual's constitution (*Prakriti*) and the specific imbalances (*Vikriti*) they may be experiencing. Commonly used oils include *Anu Taila*, *Ksheerabala Taila*, *Shadbindu* oil and plain sesame oil. Traditional Ayurvedic formulations include herbs like *Brahmi*, *Shankhapushpi*, and *Jatamansi*, known for their neuroprotective and rejuvenating properties. The oils are meticulously prepared through processes such as decoction and infusion, ensuring their potency and efficacy^[33]

Benefits of Pratimarsh Nasya

• Physical Benefits

1. **Respiratory Health:** *Pratimarsh Nasya* helps in maintaining clear nasal passages, reducing congestion, and preventing respiratory infections.
2. **Headache Relief:** Regular use can alleviate headaches and migraines by reducing *Kapha* accumulation in the sinus cavities.
3. **Sensory Enhancement:** It promotes the health of the sensory organs, particularly the eyes, ears, and nose.^[34]

• Mental and Emotional Benefits

1. **Mental Clarity:** By influencing the *Prana Vata*, *Pratimarsh Nasya* enhances mental clarity, focus, and cognitive functions.
2. **Stress Reduction:** The calming effect on the nervous system helps in reducing stress and promoting relaxation.
3. **Emotional Balance:** It contributes to emotional stability by harmonizing the flow of *Prana* and maintaining the equilibrium of the *Doshas*.^[35, 36]

Pratimarsh Nasya in Modern Context

While Ayurveda is an ancient system, its principles can be integrated with modern medical practices. *Pratimarsh Nasya*, with its preventive and curative properties, can complement contemporary treatments for respiratory, neurological, and psychosomatic disorders.^[37,38] Recent studies have begun to explore the efficacy of nasal administration of medicinal substances. The practice of *Pratimarsh Nasya*, though rooted in ancient wisdom, aligns with the modern understanding of the nasal route as an effective means for drug delivery to the brain.

Material and Methods

Connection to Srotas- In Ayurvedic anatomy, *Srotas* refer to the channels or pathways through which various substances circulate within the body. The nasal passages are considered crucial *Srotas*, connecting the external environment to the brain. *Pratimarsh Nasya* purifies these pathways, ensuring the proper flow of *Prana* (life force) and maintaining the equilibrium of the mind and body.^[39]

Mind-Body Connection- *Pratimarsh Nasya* underscores the intimate connection between the mind and body. By clearing the nasal passages and optimizing the function of the senses, it facilitates a state of mental clarity and emotional balance. This practice aligns with the Ayurvedic concept of *Sattva*, which represents purity, calmness, and harmony.^[40]

Cognitive Enhancement- *Pratimarsh Nasya* is traditionally believed to enhance cognitive functions, including memory, concentration, and mental clarity. Modern research supports these claims, suggesting

that certain herbal oils can improve neuroplasticity and protect against age-related cognitive decline.^[41]

Respiratory Health- By maintaining the cleanliness and moisture of the nasal passages, *Pratimarsh Nasya* supports respiratory health. It can help alleviate conditions such as sinusitis, allergic rhinitis, and nasal congestion. The practice also fortifies the body's natural defense mechanisms against respiratory infections.^[42]

Emotional Well-being- The holistic benefits of *Pratimarsh Nasya* extend to emotional health. By promoting a sense of calm and balance, it can reduce stress, anxiety, and depression. The practice aligns with the Ayurvedic concept of *Sattvavajaya*, which emphasizes the importance of maintaining a positive and stable mind.^[43]

Daily Ritual and Mindfulness- Incorporating *Pratimarsh Nasya* into daily routine reflects the Ayurvedic emphasis on *Dinacharya*, or daily rituals. These practices promote mindfulness and self-care, fostering a deeper connection with oneself. ^[44] *Pratimarsh Nasya*, as a daily ritual, encourages individuals to cultivate awareness and presence in their everyday lives.^[45]

CONCLUSION

Pratimarsh Nasya is a timeless practice that encapsulates the holistic principles of Ayurveda. By purifying the nasal passages and enhancing sensory functions, it promotes cognitive, respiratory, and emotional well-being. The philosophical underpinnings of *Pratimarsh Nasya* highlight the profound connection between body, mind, and spirit, emphasizing the importance of maintaining balance and harmony in all aspects of life. As modern medicine continues to explore integrative approaches to health, the ancient wisdom of *Pratimarsh Nasya* offers valuable insights and practical benefits for achieving optimal wellness. This article provides a comprehensive exploration of *Pratimarsh Nasya*, delving into its philosophical foundations, practical applications, and potential benefits. By integrating ancient wisdom with modern scientific understanding, *Pratimarsh Nasya* exemplifies the timeless relevance of Ayurvedic practices

REFERENCES

- Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.89. Varanasi: Chaukhambha Orientalia; 1981
- <https://atmabodhwellness.com/complete-guide-to-nasya-therapy-understanding-the-healing-power-of-detoxification/NOV 2023>
- Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Sutra Sthana. Ch. XX, Ver. 1-25. I. Varanasi: Chaukhambha Orientalia; 1981. pp. 137-43.
- Sharma PV, editor. Susruta Samhita of sushruta. First edition. Sutrasthana, Ch. I, Ver. 1-41. I. Varanasi: Chaukhambha Visvabharati; 1999.
- Sharma PV, editor. Susruta Samhita of Sushruta. First edition. Sutrasthana, Ch.15, Verse 41. I. Varanasi: Chaukhambha Visvabharati; 1999.
- Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.89. Varanasi: Chaukhambha Orientalia; 1981
- Sharma PV, editor. Susruta Samhita of sushruta. First edition. Chiktsa sthana, Ch. 40, Verse21. I. Varanasi: Chaukhambha Visvabharati; 1999.
- Paradakara Hari shivadasa shastri, Ashtanga hridaya of Vagbhata, Sarvanga sundara & Ayurveda rasayana commentary, Chaukhamba Surbharati Parakashan, Varanasi, Reprint ed., 2007, sutra sthan, chapter 20 verse 7
- Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.2, Verse.21-22 Varanasi: Chaukhambha Orientalia; 1981
- Sharma PV, editor. Susruta Samhita of sushruta. First edition. Chiktsa sthana, Ch. 40, Verse22-24. Varanasi: Chaukhambha Visvabharati; 1999.
- Paradakara Hari shivadasa shastri, Ashtanga hridaya of Vagbhata, Sarvanga sundara & Ayurveda rasayana commentary, Chaukhamba Surbharati Parakashan, Varanasi, Reprint ed., 2007, sutra sthan, chapter 20 verse 2-4
- Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.92 Varanasi: Chaukhambha Orientalia; 1981
- Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.116-117 Varanasi: Chaukhambha Orientalia; 1981
- Paradakara Hari shivadasa shastri, Ashtanga hridaya of Vagbhata, Sarvanga sundara & Ayurveda rasayana commentary, Chaukhamba Surbharati Parakashan, Varanasi, Reprint ed., 2007, sutra sthan, chapter 20 verse 26
- Paradakara Hari shivadasa shastri, Ashtanga hridaya of Vagbhata, Sarvanga sundara & Ayurveda rasayana commentary, Chaukhamba Surbharati Parakashan, Varanasi, Reprint ed., 2007, sutra sthan, chapter 20 verse 1
- Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.88 Varanasi: Chaukhambha Orientalia; 1981
- Merrick, Christina & Godwin, Christine & Geisler, Mark & Morsella, Ezequiel. (2014). The olfactory system as the gateway to the neural correlates of

- consciousness. *Frontiers in Psychology*. 4. 1011. 10.3389/fpsyg.2013.01011.
18. Narine, Avvinish & Mangal, Gopesh. (2021). Conceptual study of nasya karma and its various applications. 10.46607/iamj1610022022.
19. Paradakara Hari shivadasa shastri, Ashtanga hridaya of Vagbhata, Sarvanga sundara & Ayurveda rasayana commentary, Chaukhamba Surbharati Parakashan, Varanasi, Reprint ed., 2007, sutra sthan, chapter 20 verse 1
20. Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.92 Varanasi: Chaukhambha Orientalia; 1981
21. Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.116-117 Varanasi: Chaukhambha Orientalia; 1981
22. Paradakara Hari shivadasa shastri, Ashtanga hridaya of Vagbhata, Sarvanga sundara & Ayurveda rasayana commentary, Chaukhamba Surbharati Parakashan, Varanasi, Reprint ed., 2007, sutra sthan, chapter 20 verse 32-33
23. Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.116,117 Varanasi: Chaukhambha Orientalia; 1981
24. Sharma PV, editor. Caraka Samhita of Agnivesha (Text with English Translation) Siddhi Sthana. Ch.9, Verse.116 Varanasi: Chaukhambha Orientalia; 1981
25. Sharma, Siddharth & Vedpathak, Surendra & Kumar, Vipin & Patidar, Anil. (2022). Retrospective Study on the Concept of Pratimarsha Nasya. *Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha and Homeopathy*. 4. 10.37591/rtsrt.v4i2.340.
26. <https://rishihood.edu.in/the-essence-of-prana-vital-energy-in-yoga-and-ayurveda/> Kaushlandra Singh Research Intern, Centre for Human Sciences, Rishihood University
27. Pandey, Smriti & Garg, Prof. (2021). The concept of prana in ayurveda. *World Journal of Pharmaceutical Research*. 10. 493-499. 10.20959/wjpr202114-22310.
28. <https://www.ayurindus.com/nasya-nasal-administration/by-Dr-Deepthi-Niranjan>
29. Ramteke RS, Patil PD, Thakar AB. Efficacy of Nasya (nasal medication) in coma: A case study. *Anc Sci Life*. 2016;35(4):232-235. doi:10.4103/0257-7941.188188
30. Gupta, Nidhi & Choudhary, Kshiteeja & Mangal, Gopesh & Scholar, Ph. (2021). Conceptual study on Partimarsha Nasya -A Review Article. 4.
31. Maheshwari Diwakar Joshi et al Effect of Pratimarsha Nasya (Nasal Instillation of oil) and Yoga based Protocol (Omkar chanting, Bhramari Pranayam, and Relaxation Technique) in reducing Geriatric stress with reference to Manas Swasthya (Mental Welbeing): A Randomized Control Trial – A study Protocol JMSCR Volume 11 Issue 11 November 2023
32. Joshi, Maheshwari. (2023). Effect of Pratimarsha Nasya (Nasal Instillation of oil) and Yoga based Protocol (Omkar chanting, Bhramari Pranayam, and Relaxation Technique) in reducing Geriatric stress with reference to Manas Swasthya (Mental Welbeing): A Randomized Control Trial – A study Protocol. *Journal of Medical Science And clinical Research*. 11. 29-34. 10.18535/jmscr/v11i11.03.
33. Meena AK, Rekha P, Perumal A, et al. Identification and estimation of bioactive constituents Negundoside, Berberine chloride, and Marmelosin by HPLC and HPTLC for development of quality control protocols for Ayurvedic medicated oil formulation. *Futur J Pharm Sci*. 2021;7(1):171. doi:10.1186/s43094-021-00322-3
34. Chaudhari V, Rajagopala M, Mistry S, Vaghela DB. Role of Pradhamana Nasya and Trayodashanga Kwatha in the management of Dushta Pratishyaya with special reference to chronic sinusitis. *Ayu*. 2010;31(3):325-331.doi:10.4103/0974-520.77165
35. Ashwini R. Parkanthe, Brijesh Mishra, Harish J. Purohit (2021), "A review on role of Pratimarsha Nasya with Anutaila in the prevention of covid-19." *Ayurline: International Journal of Research In Indian Medicine* 2021; 5(2):01-07
36. Sushant Sukumar, Bargale & Balagopal, Aiswarya. (2023). A Critical Review On Pratimarsha Nasya.. 11. 154-165.
37. Aiswarya Balagopal, & Bargale Sushant Sukumar. (2023). Critical Review on Pratimarsha Nasya. *Journal of Ayurveda and Holistic Medicine (JAHM)*, 11(1). <https://doi.org/10.70066/jahm.v11i1.618>
38. Gupta, P.K., Sonewane, K., Rajan, M. et al. Scientific rationale of Indian AYUSH Ministry advisory for COVID-19 prevention, prophylaxis, and immuno modulation. *ADV TRADIT MED (ADTM)* 23, 321–345 (2023). <https://doi.org/10.1007/s13596-021-00574-7>
39. Dibyajyoti Moharana, Supriya Bhosale, Supriya Guddad, V.G. Hiremath, G.S. Badrinath, Nasya Karmukta with special reference to pharmacodynamics of Nasya. *J Ayu Int Med Sci*. 2023;8(3):63-68. <https://jaims.in/jaims/article/view/2337>
40. Neerja Ahuja, <https://www.ayurveda-awareness.com.au/breath-mind-and-spirit-power-of-pranayama-for-well-being>.
41. Dr. Krishna Prabhakaran, Dr. Keshav MS, *Journal of Emerging Technologies and Innovative Research*

- (JETIR), Comparative Clinical Study On Effect Of Pratimarsha Nasya And Nadishuddi Pranayama In Vataja Shirashoola Wsr Tension Type Headache, JETIR June 2021, Volume 8, Issue 6.
42. Dr. Samiksha S. Chandekar, Dr. Rahul B. Nakil, Dr.Ranjit Mohite etal. Conceptual Study Of Pratimarsha Nasya In Swasthavritta IJMHS;Vol. V, Issue: 1 Jan-Mar 2019 International Journal of Multidisciplinary Health Sciences
43. Priyanka Inaniyan et al: A Study on The Efficacy of Shadbindu Tail Pratimarsh Nasya Along with Anulom Vilom Pranayama in Management of Peenas (Chronic Rhinitis). International Ayurvedic Medical Journal {online} 2022
44. Dr. Mamta Kumari Meena, Dr. Vikram Singh, Dr. Chetan Ram Meghwal etal, Review Of Dinacharya And Its Effect On Healthy Life, wjpmr, 2023, 9(3), 98-101, World Journal Of Pharmaceutical And Medical Research
45. Paresh R. Deshmukh & Kavita K. Fadnavis: Clinical Study of The Effect of Nasya Karma in the Management of Cervical Spondylosis with Special Reference to Manyastambha. International Ayurvedic Medical Journal, {online} 2021 {cited January, 2021} Available from: http://www.iamj.in/posts/images/upload/27_31.pdf

Cite this article as:

Parul Sharma, K.K.Sharma. Pratimarsh Nasya: The Philosophical Nexus Connecting Pran Vayu and Consciousness in Ayurvedic Healing. International Journal of Ayurveda and Pharma Research. 2024;12(7):115-119.

<https://doi.org/10.47070/ijapr.v12i7.3331>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr. Parul Sharma

Assistant Professor,
P.G. Dept of Panchkarma, Rishikul
campus, Uttarakhand Ayurved
University, Haridwar, Uttarakhand,
India.

Email: parul.ved@gmail.com

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.

