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## Customary working process on *Naasikabharanam* (Insufflation) in Siddha system of Medicine

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### Abstract

Siddha system of medicine mainly incorporates both internal and external therapy in the treatment of diseases. *Naasikabharanam* is one among the 32 external therapy which is widely used in the treatment of *kapham*, disease of head like *valippu* (epilepsy), *sanni* (delirium), periodic fever, *kirigai nooi* (psychiatric illness) and *peenisam* (sinusitis). *Naasikabharanam* can be compared to insufflation in modern treatment methods. *Naasikabharanam* (Insufflation) it is the method of administrating medicated powders through nostrils by snuffing. It acts easily by absorption through the mucous membrane of nostrils. The medications are usually prepared with the help of herbs and rarely with minerals. In this article *naasikabharanam* and its application are reviewed and presented scientifically.

**Keywords:** Siddha medicine, *Naasikabharanam*, external therapy.

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### Introduction

*Naasikabharanam*-insufflation is the practice of inhaling process by powder form. *Naasikabharanam* is a common route of administration for many respiratory diseases such as asthma, emphysema, rhinitis, sneezing, bronchitis, paranasal sinus (allergy). For this procedure to be effective the medicine must be in powder form and soluble in nature so that it can be absorbed well into the nasal mucous membrane. Nasal insufflation is commonly used for administration which is faster in action than oral drugs and the bioavailability is usually higher than other routes of administration for diseases related to respiration. Thereby enhanced bioavailability occurs due to easy absorption of molecules into the bloodstream through the soft tissues in the nasal mucous membrane of the sinus cavity. Since siddha drugs prescribed for nasal administration are in powder form they have higher rate of absorption and

more effective in smaller doses. And the nasal route may allow certain drug molecules to bypass through blood brain-barrier via diffusion or axonal transport along olfactory and trigeminal nerve which helps in curing the disease of the head, particularly caused by vitiated *kapham*.<sup>[1]</sup>

#### Eligible criteria

*Naasikabharanam* or Insufflation is not advised for infants, pregnant women, person suffering from nasal injury, bleeding disorders and T.B patients.<sup>[1]</sup>

#### Method of administration in *Naasikabharanam*

##### Method: 1

Blowing the powdered medicine through the diseased nostrils by physician mouth.<sup>[2]</sup>

## Method: 2

The above procedure can be performed by using a cylindrical hollow rod of 6 inches length with two opening at their ends.<sup>[2]</sup>

## Preparation of the medicine for *Naasikabharanam*

Raw drugs are soaked for one day either in milk or herbal juices, dried in shade and then powdered. The powder is filtered in a clean cloth and stored in a air tight container.<sup>[3]</sup>

## Administration of medicine

The administration is done by making the patient to lie down either in prone or supine position for their concealment. Duration of the treatment is usually 1-2 minutes.<sup>[4]</sup>

## Indication

*Naasikabharanam* is widely used in the treatment of all three *dosham* together, valipu (epilepsy), sannai (delirium), kirigai nooi (psychiatric illness), peenisam (sinusitis), *kapham* diseases of the head, glaucoma, kaathu eraichal (tinnitus) and sense of body heat.<sup>[1]</sup>

Easily available *Naasikabharam* (insufflation) medicine for various diseases:

## Snuffing for diseases of the head due to *kapham*

➤ The root of *Solanum torvum* (chundai) and *Leucas aspera* (thumbai) are powdered, dried. This is mixed with dry oilcake of *Madhuca longifolia* (illupai) and used for insufflation to treat headache and detoxify the affected dosham.<sup>[5]</sup>

➤ Roots of *Solanum torvum* (chundai), *Tamarindus indica* (pulee), *Leucas aspera* (thumabai) and the oilcake of *Madhuca longifolia* (illupai) are made into fine powder and filled in a tube. This is blown into the nostrils for disease of the head region-*kapham* disease.<sup>[5]</sup>

## Snuffing for arresting epistaxis

➤ Powder the following materials separately and blend them well. Bark of *Azardirachta indica* (vembu), *Picrorhiza kurroa* (kadugurohini), *Saussurea lappa* (kostam) dried fruits of *Vitis vinifera* (kodimunthirigai), *Phoenix dactylifera* (perichu), flowers of *Butea frondose*(palasu), *Emblica officinalis*

(nellikkai), *Piper retrofractum* (yanai thippili). This powder is inhaled to arrest nasal bleeding.<sup>[1]</sup>

## Snuffing for thalaivali (headache)

➤ The wild cow dung is soaked in the latex of *Calotropis gigantean* (erukkan) and dried. This process is repeated ten times and made into by calcination process. This ash is snuffed into the nostril for treating hemicranias and sinusitis.<sup>[6]</sup>

## Snuffing for kirigai nooi (psychiatric illness)

➤ One part of *Piper longum* (thipilli) two parts of *Barringtonia acutangula* (samuthra pazham) and four part of oilcake of *Madhuca longifolia* (illupai) are powdered and used as a snuffing to treat all psychiatric illnesses.<sup>[7]</sup>

➤ The patient is made to inhale the blend powders of salt, *Piper nigrum* (milagu) mixed with the crushed leaves of *Calotropis gigantean* (erukkan), *Leucas aspera* (thumbai), *Ocimum sanctum* (thulasi), *Butea frondosa* (palasu) and *Piper betle* (vettrilai) for treating psychiatric illness due to deranged *pitham*.<sup>[1]</sup>

## Snuffing for periodic fever

➤ *Piper nigrum* (milagu), *Acorus calamus* (vasambu), *Trachyspermum ammi* (omum), petiole of *Piper betle* (veteilai), *Allium sativum* (poondu), *Mollugo parviflora* (kachanthirai) and *Eclipta alba* (karisalai) are powdered, mixed homogenously or kept inside a cotton pouch and inhaled for curing intermittent fever(periodic fever).<sup>[8]</sup>

## Snuffing for paambu kadi (snake bite)

➤ 5 grams each of *Acorus calamus* (vasambu), *Ferula foetida* (perungayam), *Piper nigrum* (milagu), *Cupric acetate* (thurusua) are finely powdered in a special granite mortar (nannikal kalvam) 488mg of this powder is filled in a smoke pipe and blown in the nostrils of the patient during unconscious due to snake bite poisoning. The typical symptoms include frothy dripping saliva, weakness of bone, muscles and cyanosis.<sup>[1]</sup>

## Snuffing for sannai (delirium)

➤ 300grams of cow dung cake, 12.3 grams of *Piper nigrum* (milagu) and 1gram of *Aconitum ferox* (naabi) are made into a paste by triturating with latex of *Calotropis gigantean* (erukkan) dried and made into

powder. 65mg of the powder is used as nasal application for treating delirium.<sup>[9]</sup>

➤ 150 grams of the seeds of *Luffa amara* (peipeerku), 41.6 of *Aconitum ferox* (naabi) and 40 grams of *Piper nigrum* (milagu) are made into fine powder and stored in a container. 60 mg of the powder

is used as nasal application for treating delirium and fever twice a day.<sup>[9]</sup>

➤ *Allium sativum* (vellai poondu) and rock salt (indhuppu) are mixed in the leaf juice of *Momordica charantia* (pagal) and instilled in the nostril for fever with delirium.<sup>[10]</sup>

Table 1. Literary collection of *Naasikabharanam* medicine from ancient siddha literatures.<sup>[11]</sup>

S.no	Plant name	Disease
1.	Kattupagal	Headache
2.	Maasikaai	Bleeding in nose
3.	Marudhu	Headache
4.	Eluppai	Sneezing
5.	Etti	Animal poison
6.	Ellam	Sinusitis
7.	Thipilli	Cardiac arrest, faint, expectorant
8.	Kadukkaai	Bleeding in nose

## Discussion

This customary operative process defines the use of therapeutic insufflation for various diseases particularly kapham disease. From this route of administration patient suffering from chronic bronchitis, nasal polyp, sinusitis, epilepsy, delirium can be benefited with this herbal medicine.

## Conclusion

The *Naasikabharanam* (insufflations) therapy is one of the best therapies indicated in siddha system in the treatment of *kapham* disease pertaining to the head region. In future, this will be the vital therapy for emergency treatment.

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