



## REVIEW ON NAASIGABHARANAM (NASAL INSUFFLATION) - AN EXTERNAL THERAPY IN SIDDHA SYSTEM OF MEDICINE

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### INTRODUCTION

The Siddha system of medicine is one of the earliest traditional medical system which deals with the physical, psychological, social and spiritual wellbeing of an individual. This system consists of 32 types of internal medicines and 32 types of external therapies. *Naasigabharanam* (Insufflation) is one among the external therapies, which is performed by administering medicated powders through nostrils by snuffing. Drugs that are not absorbed orally can be delivered to the systemic circulation by nasal drug delivery. Drug administration through this route can have a local or a systemic effect. It is easily accessible and suitable for self-medication. Generally the bio availability of drugs administered via nasal is significantly higher

than the oral administration, due to the high permeability, high vasculature, low enzymatic environment of nasal cavity and avoidance of hepatic first pass metabolism are well suitable for systemic delivery of drug molecule via nose. *Naasigabharanam* is used in the treatment of rearrangement of all three *Dhosam*, Delirium (*Sanni*), Epilepsy (*Valipu*), Asthma (*Eraipu*), Psychiatric Illness (*Mana noi*), Sinusitis (*Peenisam*) and Headache (*Thalai Vali*).

**KEYWORDS:** Siddha system, External therapies, *Naasigabharanam*, Nasal insufflation.

**Aim**

- To review the importance of *Naasigabharanam* in Siddha system.
- To explain the drug absorption and drug delivery pathway in *Naasigabharanam*.

**Methods****SOP of *Naasigabharanam***

- Explain the procedure to the patient and get them seated in a chair or a table.
- Before starting the procedure wash your hands.
- Blindfold the patient's eye and sub nasal area with a cloth strip.
- Take a prepared drug between your thumb and index finger.
- Then the index finger with the drug should be positioned near the patient nostril and blow off the drug using blow pipe.
- Ask the patient not to consume the blown drug orally.
- Drug administration may result in continuous sneezing. Once the sneezing stops, repeat the procedure if necessary.

**Duration**

1-2 minutes.

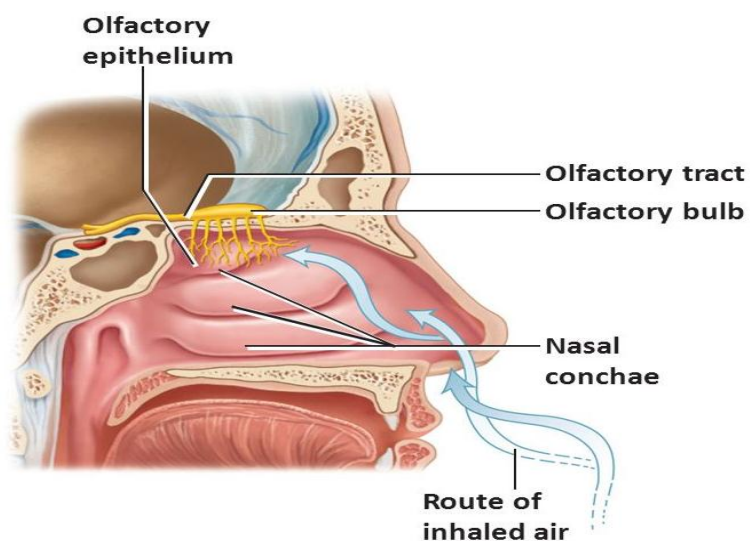
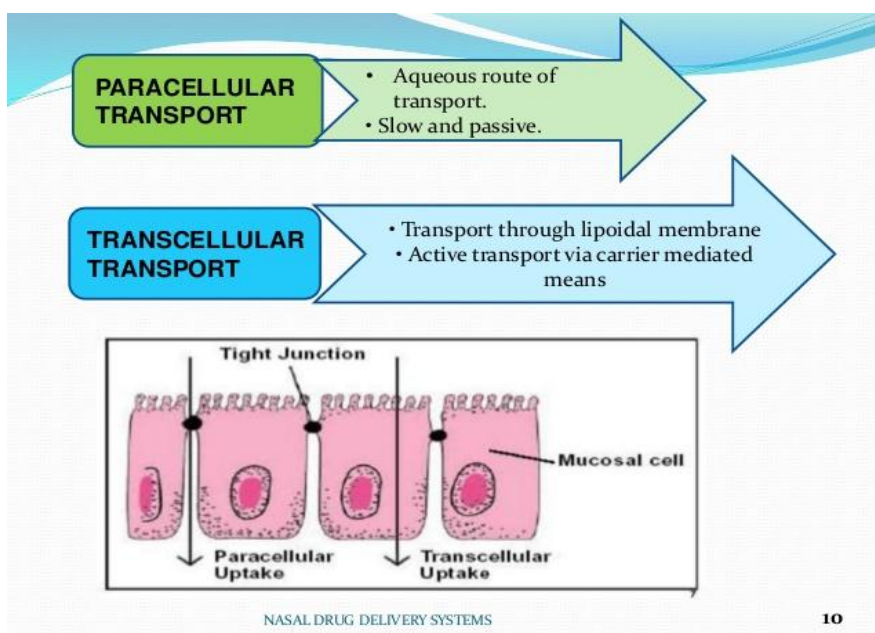
**Eligible criteria**

- *Naasigabharam* is not advised to infants.
- Hypoxemic respiratory failure,
- Acute exacerbation of COPD,
- Post-extubation,
- Pre-intubation oxygenation,
- Sleep apnea,
- Acute heart failure.

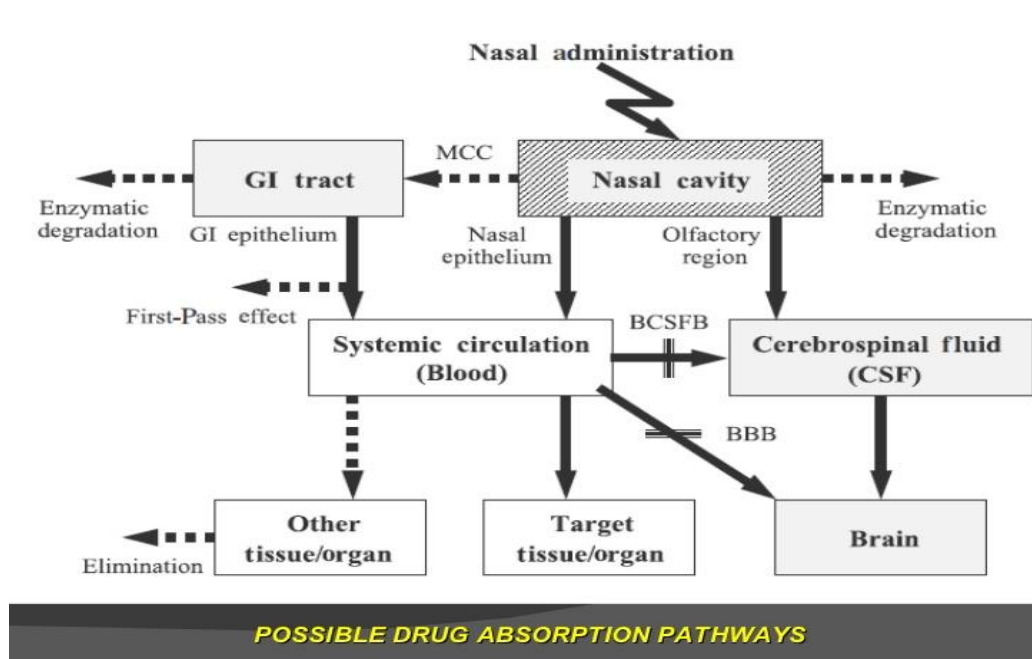
**Table 1: Literary collection of *Naasigabharanam* medicine from ancient Siddha literatures.**

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

### Mechanism of drug absorption



## Drug delivery pathway



## DISCUSSION

Due to its rapid, direct route for drug delivery to brain, *Naasigabharanam* is considered to be the most effective treatment for brain disorders like Delirium (*Sanni*), Epilepsy (*Valipu*), Asthma (*Eraipu*), Psychiatric Illness (*Mana noi*). It can also be used in emergency treatment in Siddha due to its rapid drug absorption and quick onset. But it has some limitations like nasal irritations and there could be mechanical loss of drugs into other parts of the respiratory tract like lungs.

## CONCLUSION

*Naasigabharanam* is found to be a very effective external therapy for treating brain disorders as well as systemic illness. It is a promising alternative route of administration for several systemically acting drugs with poor bioavailability and it has advantages in terms of improved patient acceptability and compliance compared to parenteral administration of drugs. Further clinical evaluation is needed to improve its efficacy.

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