



NASYA

Nasal Drops for Clear Breathing

The nose is the direct route to the brain and also the doorway to consciousness. It is the entrance for prana, the vital life force, which comes into the body through the breath. Healthy uncongested breathing is important to ensure proper flow of prana throughout the head and body. When an excess of bodily fluids accumulates in the sinus, throat, nose, or head areas, it is best eliminated through the nose.

BENEFITS OF USING NASYA

- Lubricates and protects the nasal passages and helps relieve sinus congestion
- Helps facilitate the cleansing process
- Provides soothing relief for nasal dryness
- Helps to release tension in the head and relieve accumulated stress
- Balancing for vata, pitta, and kapha
- Traditionally said to improve quality of voice, strengthen vision and promote mental clarity

THE TECHNIQUE

1. Begin by comfortably lying down on your back and tilting your head back with your nostrils opening towards the sky. If you are lying on a bed, you may hang your head off the edge of the bed or place a small pillow beneath your neck for support.
2. Place 3-5 drops of nasya oil in each nostril. With skill, you can administer the oil drop by drop, circling the inside perimeter of the nostril, thoroughly coating the nasal membranes.

3. Take a big sniff in, then rest for a few minutes allowing the nasya to penetrate.

ALTERNATE TECHNIQUE

If lying down is not convenient, you can also apply nasya this way:

1. Place a drop of nasya oil on the little finger and gently insert it into the nostril.
2. Gently massage the inner walls of the nasal passage.
3. Alternate left and right nostrils until each nostril has received a total of three applications of oil.
4. The lubrication and gentle massage helps to alleviate stress and release any tension in the tissues.



Learn more about this daily routine technique...

To watch a video demonstration of how to administer nasya oil and to learn about its benefits, visit www.banyanbotanicals.com/nasya



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.