

NASYA OIL

The nose is the direct route to the brain and also the doorway to consciousness. It is the entrance for prana, the life force, which comes into the body through the breath. Healthy un-congested 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. Administration of an herbal infused oil, or **nasya**, helps facilitate this cleansing process.

Nasya Oil soothes and protects the nasal passage while nourishing the tissues. Daily nasal lubrication helps to release tension in the head and relieve accumulated stress. Balancing for vata, pitta and kapha, Nasya Oil is also traditionally said to improve quality of voice, strengthen vision, and promote mental clarity

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 5-10 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 few big sniffs in, then rest for a one minute allowing the nasya to penetrate.

PRATIMARSHA - *lubricating the nostrils*

1. Place a drop or two of nasya on the tip of the pinky finger (or sesame oil)
2. Take the pinky fair (short nails) inside the nostril and gently massage the oil inside the nostril in a circular movement.

