

Nasya Treatment



Nasya is the procedure in which medications are administered through the nostrils in order to purify the head and neck region Su. Chi 40/41

The medicines used for this treatment include oil (most common), powders, paste, swarasa (plant juices), decoctions and smoke. Nasya treatment is very effective in the treatment of sense organs and ailments above the neck. Many of the nerves emanating from the head have their ends extended to the inner nose, thus the medicines applied there can spread their potency to the entire head and to some parts of the body.

Benefits of Nasya Treatment

1. Regular use can prevent disease of the ear, nose, throat and head.
2. Effective treatment of hair loss, premature greying and skin conditions.
3. Strengthening of the sense organs.
4. Diseases like common cold, migraine, headache, facial paralysis, etc.

What to Expect?

- The procedure involves a gentle massage on shoulders, neck, forehead and face followed by a mild herbal steam
- Administration of slightly warm oil instilled in each nostril.
- Gargle mouthwash as directed by the practitioner.
- Next the inhalation of medicinal smoke (Dhumapana) followed by rest.
- It is important not to swallow any saliva after nasya. Spit saliva in a tissue.

Nasya Preparation

- Nasya should be done on an empty stomach.
- Avoid strenuous exercise prior to treatment.
- Follow your typical morning routine.

Nasya Aftercare

- Do not shower for 8 hours following your treatment.
- Limit your screen-time.
- Avoid sun, wind and extreme weather conditions.
- Bring sunglasses to wear after the treatment. If it is a cloudy or rainy day bring a scarf or hat to wear afterwards.