

## Nasya and Neti

Nasya Oil and the Neti pot are two of the most wonderful practices in Ayurveda.

### Neti Pot

Most people today have heard of using a neti pot but many people are still intimidated by it! Do not be put off, when you need the neti it is well worth the effort. It is indicated to relieve congestion, sneezing and clear nasal passages from an accumulation of dust, dirt or allergens when necessary. It is useful during a cold and to prevent one.

Unlike somethings you hear, neti pot should NOT be used daily, but rather just occasionally and when needed. Used daily, it is too drying to the nasal passages and the body produces more mucous to compensate. Not what we are trying to happen!

Using a Neti Pot is best, but in a pinch you can using any cup. I like to use a paper cup that can be squeezed to make a nice 'spout' if I am traveling and need a neti.

#### Instructions:

Fill up your Neti Pot (usually about 8 oz) with body temperature water, filtered if possible. Add 1/4 teaspoon of sea salt. Special neti pot salt is nice but unnecessary.

Lean over the sink and place the spout of the neti pot in one nostril and tip your head to the opposite side. The water will flow in one side and out the other. Switch sides. Exhale to remove any gunk that is coming out with the water.

To make sure all of the water has made it out, try taking a wide stance and doing a couple of opposite toe touches, tipping your head back and looking toward the ceiling.

If it burns, hurts or is otherwise uncomfortable, you probably used too much or too little salt. Toss it out, make sure you have lukewarm (body temp) water and that your 1/4 tsp salt is dissolved completely. It should just taste salty.

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### Nasya Oil

Of lesser fame but perhaps even greater importance is Nasya oil. Nasya oil CAN and SHOULD be used every day and has many benefits. First of all are the direct benefits of soothing, lubricating and nourishing the nasal tissues. This has great benefits of making our breath clearer, preventing colds and lessening our tendency towards allergies.

The secondary benefits come from the pacifying effect that this practice has on the Vata Dosha. Calming for the mind and the nervous system, oil always pacifies vata.

The tertiary and also very powerful benefit comes from the medicinal effect of the herbs used in the Nasya oil. Using a medicated Nasya oil is a powerful and direct way to gain the benefits of herbal medicine. Your Nasya oil can be used to address any imbalance.

#### Instructions:

Select a pre-made Nasya oil or place some plain sesame oil in a small dropper bottle.

Tip your head back, exhale completely. Drop 2 drops in each nasal passage and inhale. That's it!

You can also place the drops in while reclining. You can use a little more oil this way and will really be able to get the benefits by relaxing and letting the oil absorb.

Another option is 'mini-nasya' - simply place a drop or two on your (clean) little finger. Coat the inside of your nose with the oil.

Take care not to touch the dropper to your nose and/or to wipe off the dropper after use. You do not want to 'contaminate' your nasya oil. It is good to be careful about this, but don't worry too much!

Nasya oil should be applied at least once per day but morning and before bed is optimal. Also use as needed!