The background is a solid purple color. In the corners, there are white line-art illustrations of various plants and flowers, including what appears to be a hibiscus in the top-left and bottom-left, and other leafy plants in the top-right and bottom-right.

[www.hibisKISSayurveda.com](http://www.hibisKISSayurveda.com)

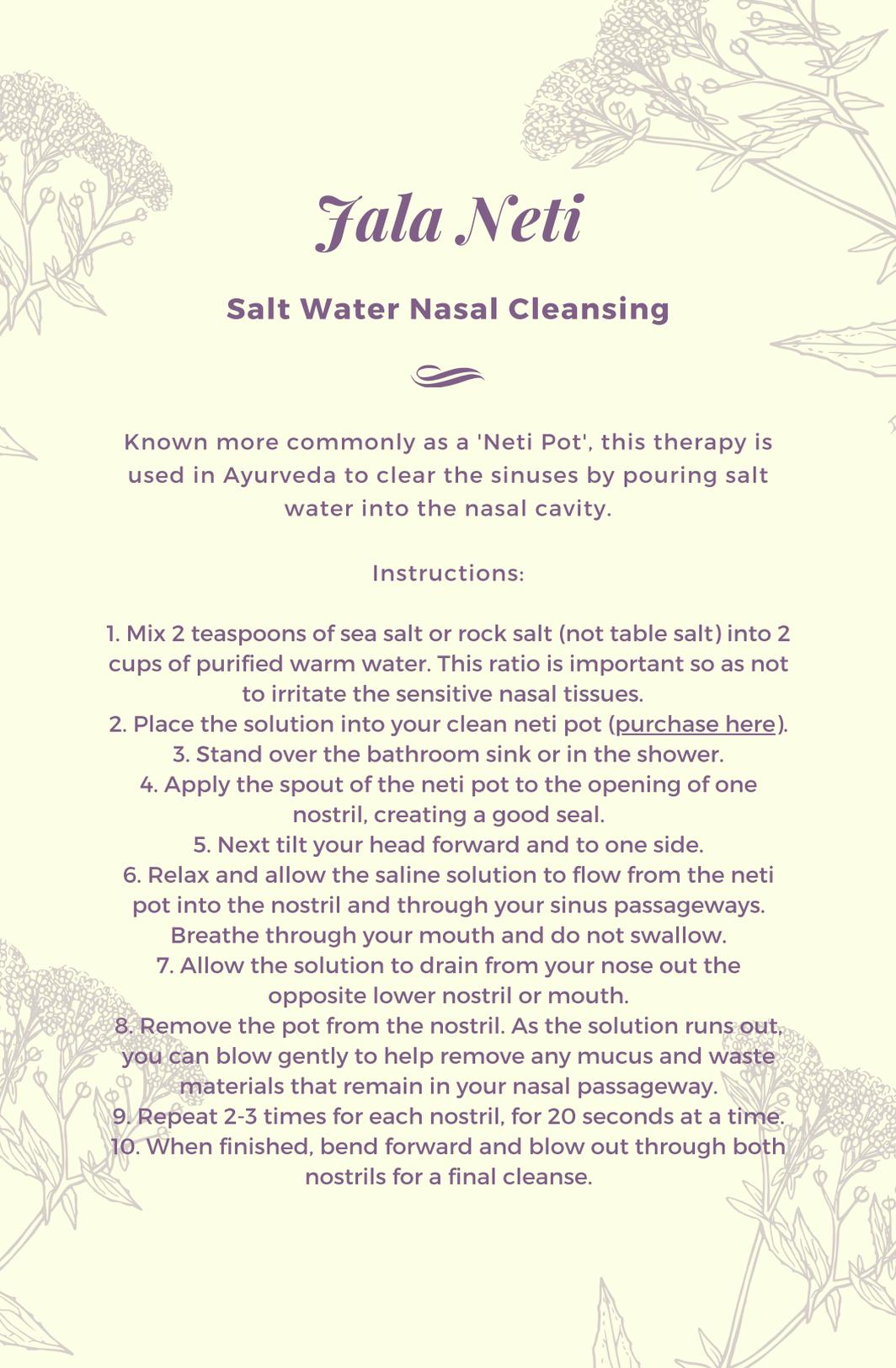
# *Ayurvedic Nasal Care*

Balance through holistic  
and healthy living



*Always consult with an Ayurvedic practitioner  
before starting ayurvedic nasal therapies*

Ayurvedic nasal care includes jala neti, pranayama,  
dhumapana and nasya.



# *Jala Neti*

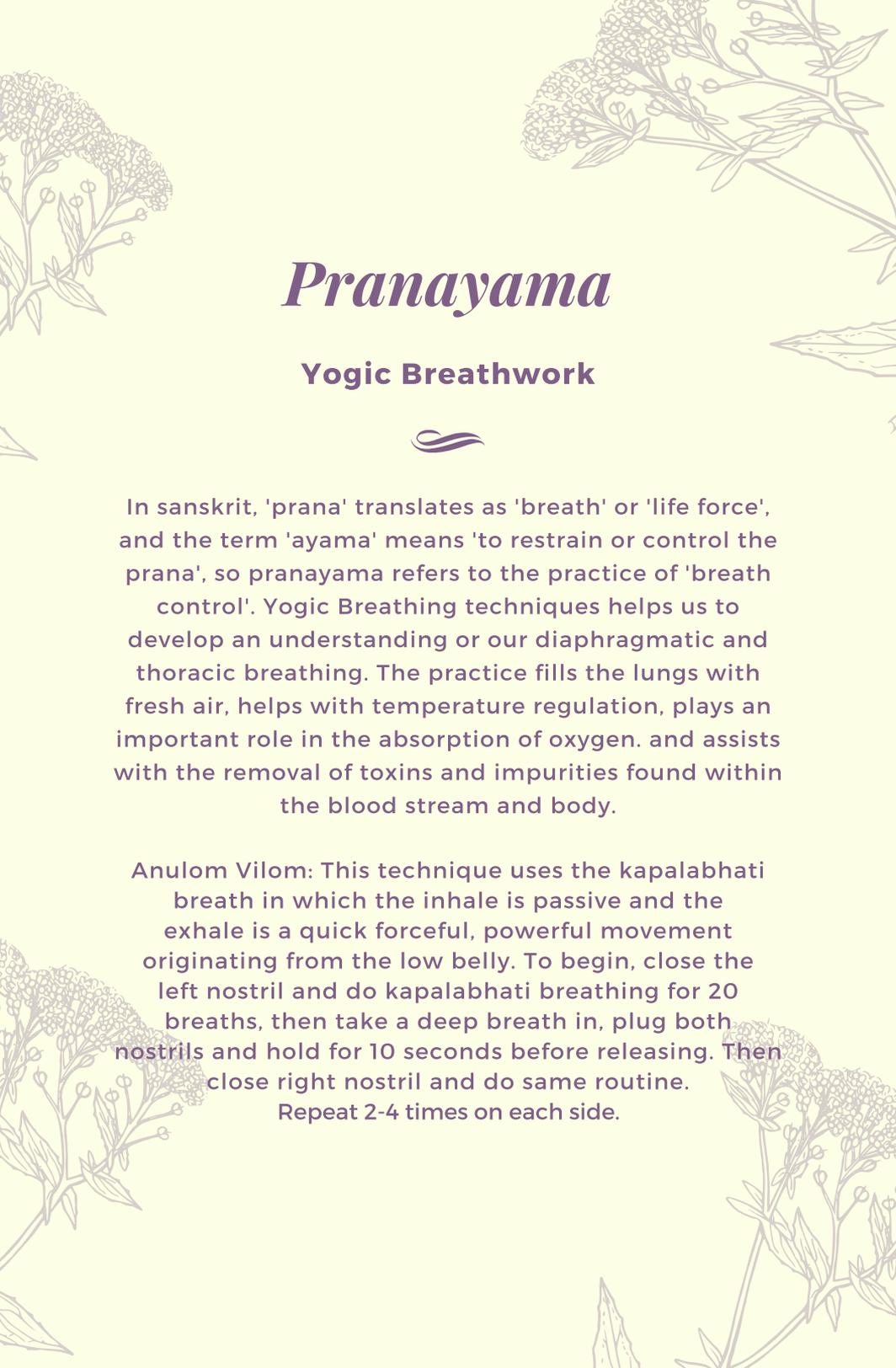
## **Salt Water Nasal Cleansing**



Known more commonly as a 'Neti Pot', this therapy is used in Ayurveda to clear the sinuses by pouring salt water into the nasal cavity.

### Instructions:

1. Mix 2 teaspoons of sea salt or rock salt (not table salt) into 2 cups of purified warm water. This ratio is important so as not to irritate the sensitive nasal tissues.
2. Place the solution into your clean neti pot ([purchase here](#)).
3. Stand over the bathroom sink or in the shower.
4. Apply the spout of the neti pot to the opening of one nostril, creating a good seal.
5. Next tilt your head forward and to one side.
6. Relax and allow the saline solution to flow from the neti pot into the nostril and through your sinus passageways. Breathe through your mouth and do not swallow.
7. Allow the solution to drain from your nose out the opposite lower nostril or mouth.
8. Remove the pot from the nostril. As the solution runs out, you can blow gently to help remove any mucus and waste materials that remain in your nasal passageway.
9. Repeat 2-3 times for each nostril, for 20 seconds at a time.
10. When finished, bend forward and blow out through both nostrils for a final cleanse.



# *Pranayama*

## **Yogic Breathwork**



In Sanskrit, 'prana' translates as 'breath' or 'life force', and the term 'ayama' means 'to restrain or control the prana', so pranayama refers to the practice of 'breath control'. Yogic Breathing techniques help us to develop an understanding of our diaphragmatic and thoracic breathing. The practice fills the lungs with fresh air, helps with temperature regulation, plays an important role in the absorption of oxygen, and assists with the removal of toxins and impurities found within the blood stream and body.

**Anulom Vilom:** This technique uses the kapalabhati breath in which the inhale is passive and the exhale is a quick forceful, powerful movement originating from the low belly. To begin, close the left nostril and do kapalabhati breathing for 20 breaths, then take a deep breath in, plug both nostrils and hold for 10 seconds before releasing. Then close right nostril and do same routine. Repeat 2-4 times on each side.

# *Dhumapana*

## Herbal Smoking



Dhumapana, or herbal smoking, is a remedy for wet cough, bronchial spasms, bronchitis, asthma, dyspnoea, rhinitis or bad smell of the nose and mouth. **ONLY** use this therapy after first consulting with an Ayurvedic practitioner. Do not practice this therapy if there is soreness in the throat or any type of head injury.

**Method 1:** Sit close to a censer or incense burner, burn herbs in the vessel, and inhale the smoke through nostrils.

**Method 2:** Use a piece of cloth, put the herbal medicine on it, let it rolled very tightly and tied at the end to hold the herbs. Make it look like a cigar. Lit and hold it close to the nose, inhale the smoke in nostrils.

### Instructions:

1. The patient should sit straight and relax. Traditionally, the smoke should be inhaled by each nostril.
2. The smoke is inhaled from one nostril and then breathe out from another nostril. Use fingers to open and close each nostril. Repeat on each side.
3. Smoking should be done thrice, with three times inhaling and three exhaling alternately.
  - .Snigdha - mild strength smoke - 1 set of 3 inhales and exhales.
  - Madhya - medium strength smoke - 2 sets of 3 inhales and exhales.
  - Teekshna - strong strength smoke - 3 or 4 sets of 3 inhales and exhales.



# *Nasya*

## Oiling the Nostrils



In Ayurvedic medicine, the nose is considered the gateway for prana, or life force energy. Nasya is a wonderful treatment to help with opening up the senses, addressing dry nose in the winter months or alleviating symptoms of seasonal allergies.

### Instructions:

1. Warm the oil to a little warmer than body temperature. This can be done either in a cup of hot water or in front of a light bulb or next to a candle.
2. Massage the head, neck and face areas of the body to assist with opening up of the nasal passageway.
3. Tilt the head back or lie on your back on a bed, with your head hanging down over the end of the bed with the crown of the head pointing directly toward the floor.
4. Using a dropper, put 5-10 drops of nasya oil into the nose and sniff the oil back into the nasal passages. If you are prone to sinus congestion use only one drop in each nostril at first until you can assess the effects, and drape a hot cloth over your face before and after to open up the channels.
5. Massage your sinuses, forehead and crown, sniffing vigorously for about 5 minutes or longer.