

10 - WHAT IS NASYAM THERAPY ?

- Nayam is a [Ayurveda method of treatment](#) for headache, sinusitis, migraine, ear, nose and throat. During this procedure, **medicated powder, juice, or herbal oils are applied through the nostrils**. Seed therapy is very effective in removing toxins from the scalp and purifying organs. [The healing oils and powders](#) used in this process stimulate important centers of your brain that control your emotions. Frequent use of Alone therapy reduces stress, detoxifies and improves your skin tone.
- Seed therapy is carried out in three phases – before purifying measures or **Poorvakarma**, the actual procedure known as **Pradhanakarma** and after therapeutic measures or **Paschatkarma**. **steam bath on your face, forehead, neck and ears**. This is done to relax the muscles.
- The second stage is the most important in which the **cool healing oil** flows through your nostrils. Healthy, even breathing is crucial to ensure proper prana flow to the body and head. **Nasyam** protects and soothes the nasal passage and helps reduce **congestion of the sinuses**. In the third and final stage your mouth will be cleaned with lukewarm water and you will be given medicinal smoke to inhale.
- **How is Nasam treated?**
- Treatment for yourself follows a few simple steps. You will need to lie on your back and keep your head tilted back so that your nostrils are toward the sky. You can put a **pillow or towel under your neck for support**. Put 5-10 drops of warm, saturated oil in each nostril, drop by drop. **The temperature of the oil** should not exceed the body temperature, otherwise it may damage the mucous membrane or the nasal cavity.
- The various herbal oils used in the preparation of for rent are – **parmesan, anu, shadbindu, guraadi, marichiades** and others. Some herbs commonly used in therapy include: **Vidanga, Hing, Apomorag, Tulsi, Gourmand and Maricha**.
- After you apply drops of **medicinal oil**, cover with one hand your left nostril and inhale through the right. Now cover your right nostril and exhale through the left. After repeating this action for a while, you will need to stay back and relax for a while. The healing oils and powders used in this process stimulate **important centers of your nervous and venous systems** and thus reduce blockage in the canals of overcoming diseases.



- **Who is eligible for treatment?**

- Anyone can do [Ayurvedic therapy](#). Especially if they suffer from **sinusitis, migraines, ear or throat pain**. This particular treatment is also effective in detoxifying the skin.

- **Who is ineligible for treatment?**

- Therapy is not for you if you suffer from a serious illness, such as **fever or infectious disease**. **Seed treatment** is not recommended during menstruation or pregnancy, **during or immediately after an asthma attack or heart attack**.

- **Are there any side effects?**

- There are no known side effects of therapy. It is effective and safe. However, when the oil goes down your throat, you may feel **burning or irritation of the throat and all over your face**. These are common symptoms and go away after a while, without many complications or **serious side effects**.

- **What are the post-treatment guidelines?**

- After nasyam therapy, there are several things to keep in mind: **do not rinse your hair immediately after treatment, do not blow your nose immediately after nasyam**.

- **How long does it take to recover?**

- Recovery after treatment alone does not take time because it is Ayurveda therapy and after that you can **return to your usual activities as soon as the healing session ends**.

- **Are the results of treatment permanent?**

- Treatment alone does not produce permanent results. You will need to have frequent therapy sessions at least once every 2-3 months to experience long lasting results.

- **What are the treatment alternatives?**

- There are no alternatives to **Ayurveda treatment** alone. However, if you feel uncomfortable lying on your back and inhaling medicinal oils through your nostrils, you may consult a doctor to take a medicine for migraine, sinusitis, or other **ENT-related illnesses**.

- **Species Usam**

- **Navana Nasyam** – Applies to Snehana and Shodhana. It helps with Bell's disease, tinnitus, hair fall, headache and more.
- **Avapeedna Nasyam** – 5-6 drops of herbal juice are placed in each nasal cavity, which helps the patient suffering from epilepsy, rhinitis, poisoning and more. to recover.
- **Dhumpana** – a treatment whereby the smoke from herbs is inhaled slowly by the patient.
- Like these, there are many other therapies that can be used according to the symptoms of the person in need of therapy.

- **Benefits of Nasam**

- After several weeks of treatment, nasyam strengthens your sense organs.
- Nasyam helps to get rid of thinned hair by healing it.
- It also enhances patient vision.
- Nasyam treatment makes the whole body stronger and stronger than before.
- Strengthens the immune system so that one does not get sick easily.
- Nasyam also helps to avoid premature aging.

- **Efficacy of treatment**

- This form of treatment is adapted for ophthalmic and ENT diseases. The treatment aims to remove toxins from the neck and head.
- Other areas where Nasam can be applied with good results include psychiatry, dentistry and neurology

- **Nasyam Treatment – Meaning and Benefits**

- Nasyam or Nasya karma is a treatment in **the Panchakarma therapy mentioned in Ayurveda**. It is an Ayurveda detoxification therapy. Therapy is highly effective for the treatment of a number of diseases and conditions
- **Treatment not only helps to remove toxins from the area of the head**, neck, brain, eyes, ear, nose and throat, but also helps to boost the much needed immunity to these vital parts of the body.

- **Diseases and conditions treated with therapy**

- Improves **memory and vision** / Cures **insomnia**
- **Has a positive effect on nasal allergies**
- Treats damaged nasal septum, nasal polyp
- Helps with **sinusitis** / Helps with **migraine**
- Helps with **shoulder grip** / Good for **cervical spondylitis**
- **Hemiplegia and paraplegia** / Odor loss and taste / [Helps with acne](#)
- Improves the condition of the sensory organs
- Clears **congestion of the sinuses and removes toxins from the head and neck**
- Helps relieve **voice hoarseness and nose and throat pain**
- Provides relief from **headaches and migraines**
- Improves rhinitis or runny nose and clears blocked nasal passage

- **Relieves mental and emotional stress and anxiety**
- Strengthens hair and prevents gray hair from falling and dandruff
- Prevents **goiter, tonsillitis and motor disorders**
- Stimulates the brain and improves concentration

- **Tones eyesight** and reduces ear infections / **Improves skin tone** and slows down aging
- **Helps with mute** / Helps with **bronchitis** / **Cataract** / Used for **chronic pain**

- **Makeup**
- Diseases of **mouth, nose, ears, eyes and head**
- **Diseases of the eyelid**
- **Dry nose** / **Facial paralysis** / Hemi Krania
- **Successfully used in hysteria**
- Migraines / Multiple sclerosis / **Parkinson**
- **Seed disorders** / **Shoulder pain**
- **Sinus retention** / Sinusitis
- **Stuttering**
- **Stiffness** in the head, neck, teeth and jaw
- **Tetanus**
- **Tonsillitis**
- **Toothache and other dental diseases**
- **Seed procedures**, with their various uses and herbs used for treatment, can be of benefit to people of different age groups throughout their lives.