NASYA: Nasal Administration of Medications

The nose is the door to consciousness and the pathway to our inner pharmacy. Medications that are administered via the nasal passages affect the mind, prana vata, tarpaka kapha, sadhaka pitta, and majja dhatu. Administer nasya on an empty stomach an hour before or after a shower or exercise. Lie down with the head tilted back and put 5 drops of nasya in each nostril. Sniff deeply, then remain lying for a minute or so, to allow the nasya to penetrate.

General Indications
- Stiffness or pain of head, neck, or jaw
- Headache and Migraine
- Sinus pain and congestion
- Toothache, loose teeth, receding gums
- Hoarseness of voice
- Twitching or drooping eyelids
- Tingling sensations on face
- Obstruction in throat
- Uvulitis, Tonsillitis, Laryngitis, Pharyngitis
- Speech disorders and loss of speech
- Bell’s Palsy (facial paralysis)
- Goiter
- Glaucoma
- Pituitary or space-occupying tumor
- Unconsciousness/fainting
- Depleted sexual energy
- Any disorders above clavicle area

General Contraindications
- Children (under 7) & Old age (over 80)
- Pregnancy
- Menstruation
- Just before or after shower/bath
- Indigestion or full stomach
- Diarrhea
- Hunger or Hypoglycaemia
- Thirst or Dehydration
- Exertion
- Intoxication
- Physical exercise
- Acute fever
- Grief
- Just having done purgation or basti
- Same time as neti pot nasal cleansing

Types of Nasya

1) Virechana (cleansing) nasya: dry powers or herbs are blown into the nose. Commonly used substances include vacha (calamus), brahmi (gotu kola), & jatamansi.

Specific Indications
- Kapha disorders
- Headache or heaviness in the head
- Cold
- Sticky eyes
- Runny nose, Sinusitis, Chronic Rhinitis
- Hoarseness of the voice due to kapha
- Cervical lymph congestion
- Attachment, greed, or lust
- Adenitis
- Bacterial infections
- Epilepsy

Additional Contraindications
- Skin diseases
- Drowsiness
- Parkinsonism

2) Bruhana (nutritive) nasya: especially good for vata dosha. Strengthening and tonifying substances are administered through the nose. Commonly used substances are ghee, salt, shatavari ghee, ashwagandha ghee, medicated milk, and various oils.

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- Sticky eyes
- Runny nose, Sinusitis, Chronic Rhinitis
- Hoarseness of the voice due to kapha
- Cervical lymph congestion
- Attachment, greed, or lust
- Adenitis
- Bacterial infections
- Epilepsy

Additional Contraindications
- Hunger
- Same day as rakta moksha therapy
- 1 month post-partum
- Cough
- Asthma
- Facial paralysis
- Emaciation
3) Shamana (sedative) nasya: medicated decoctions, teas, the fresh juice of herbs, or medicated oils specific to the dosha are used. Substances used include brahmi ghee (for pitta), vacha oil (for kapha or vata), and tikta ghee (for vata or pitta).

**Specific Indications**
- Pitta disorders
- Blue patches on skin: infradermal hemorrhage
- Alopatheia
- Blephritis
- Psoriasis

**Additional Contraindications**
- None

4) Navana nasya: decoctions, fresh juices, and oils are mixed together and administered according to the aggravated dosha. Used for pitta-vata or pitta-kapha disorders. Among the substances used include brahmi juice (for pitta) and vacha juice (for kapha or vata).

**Specific Indications**
- Aggravated doshas

**Additional Contraindications**
- None

5) Marshya: A little ghee or oil is inserted into the nostrils with the little finger. This, along with gentle massage, helps to relieve stress and opens the deep tissues. It can be done on a regular basis or occasionally as desired.

**Prati marshya:** Marsha done on a daily basis.

**Specific Indications**
- Stress
- Dryness

**Additional Contraindications**
- None