

Benefits of Nasya Oil in Relieving Nasal Issues and More

Oil can help facilitate the cleansing process, particularly when using Nasya Oil, which is a nurturing and nourishing traditional herbal oil for the nasal passages. A traditional component to a healthy daily routine, the benefits of daily nasal lubrication with Nasya Oil abound, from moisturizing the inside of nose to soothing and protecting the nasal passages, helping to relieve sinus congestion, releasing tension in the head, and relieving accumulated stress. Balancing for *vata*, *pitta*, and *kapha*, Nasya Oil is also traditionally said to improve quality of voice, strengthen vision, and promote mental clarity.

There are different types of nasya for different purposes. Nasya Oil, which is crafted according to traditional Ayurvedic methods and is blended with herbs renowned for support of the mind, respiratory system, and channel of prana. The herbs work synergistically, enhancing the overall efficacy of the formula.

Herbs used in Nasya Oil are:

Eucalyptus. Eucalyptus is known around the world for its ability to work in both the respiratory system and in the mind, supporting easy breathing and mental clarity.

Brahmi/gotu kola. Brahmi/gotu kola has an affinity for the mind and is incredibly soothing to the nervous system while it also supports the flow of prana throughout the body. It supports memory



and intelligence as well.

Skullcap. Grounding and centering, skullcap brings a sense of calm and increased awareness.

Calamus. Also known as *vacha*, *calamus* has also long been used to bring clarity and to help rejuvenate the mind. While it is not clear whether it can be used for internal consumption, it can be used topically and is safe in herbal oil, including Nasya.

These herbs are infused in a base of refined sesame and olive oils. Beyond the lubricating and moisturizing properties of oil, it is considered an *anupan*, a carrier substance, which means that it carries the properties of these herbs deep into the tissue layers. With Nasya Oil, it penetrates the nasal passages to the mind, nervous system, and the channel of prana, to our very consciousness.

Managing Hyperthyroid with Exercise

Hyperthyroidism is where the thyroid gland produces more hormone thyroxines that



could cause weight loss rapidly, irregular heart rate, sweating and irritability. Some of the symptoms faced by people having hyperthyroidism are dry skin, nail weakening, numb feeling in hands, irregular menstrual periods, diarrhoea, muscle weakness, blurry vision etc. Hyperthyroidism results in increased thyroid production and causes hyperactiveness thereby causing aggressiveness and ineffective nutrition and excess energy that can be dangerous for the body. Hyperthyroidism also causes liver dysfunction, nutrition deficiency, and metal toxicity in body.

Following are some exercises that help in stabi-

lising the level of hyperthyroidism:

Water Aerobics:

Water aerobics in simple terms is exercising in water. Walking in a swimming pool can make things better than ever. It would give a light feel once the person is done with the exercise and it helps boosts positive thinking. Jogging in water is also a healthier option.

Tai Chi:

Tai chi is also known as moving meditation that can be used as a very good way to treat hyperthyroidism. It is a form of martial art that helps in balancing your moods and strengths. However, there are many studies that have proven that Tai chi improves muscular strength, flexibility, fitness and also improves the functioning of the immune system. It is a natural way to release stress and pain from the body. When hyperthyroidism can cause joint stiffness, tai chi can create relief and naturally heal joint pain and helps in circulation of blood.

One-legged Lift:

This exercise is done by standing on one leg while holding onto to something for balance. Then, placing one hand in front of a thigh and push hips as far back as possible until the hand touches the ground. The back must be straight and nor curved during this exercise.

Yoga:

Patients with hyperthyroidism should do yoga as it would help in strengthening the lung functions. The below-mentioned 5 types of exercises in yoga are the most practised and have benefits in hyperthyroidism.

- Bhujangasana (cobra pose)
- Sarvangasana (shoulder standing pose)
- Matsyasana (fish pose)
- Sirshasana (headstand Pose)
- Setubandhasana (Bridge Pose)

Yoga for Migraine Treatment

According to a study published in online issue of *Neurology*®, the medical journal of the American Academy of Neurology, adding yoga to the regularly prescribed migraine treatment may be better than medication alone. The new research suggests yoga may help people with migraines have headaches that happen less often, don't last as long and are less painful.

The study involved 114 people between the ages of 18 and 50 who had episodic migraine. Participants experienced four to 14 headaches per month and were randomly assigned to two groups: medication-only or yoga plus medication.

The people in the yoga group were taught a one-hour yoga practice that included breathing and relaxation exercises and postures. People were supervised by a yoga instructor three days



a week for one month. Then they practiced on their own at home for five days a week over the next two months. Both groups received the appropriate medications and counseling about lifestyle changes that may help with migraine, such as getting adequate sleep, eating regular meals and exercising.

Participants kept a log about how long their headaches lasted, how severe they were and medications they took.

The study showed people improved in both the medication-only group as well as the yoga group, but the benefit was higher in the yoga group in all areas, including headache frequency, pain intensity, use of medications as well as how much migraine interfered with daily life.

One limitation of the study was that people reported information about their headaches themselves, so the results may not be consistent.

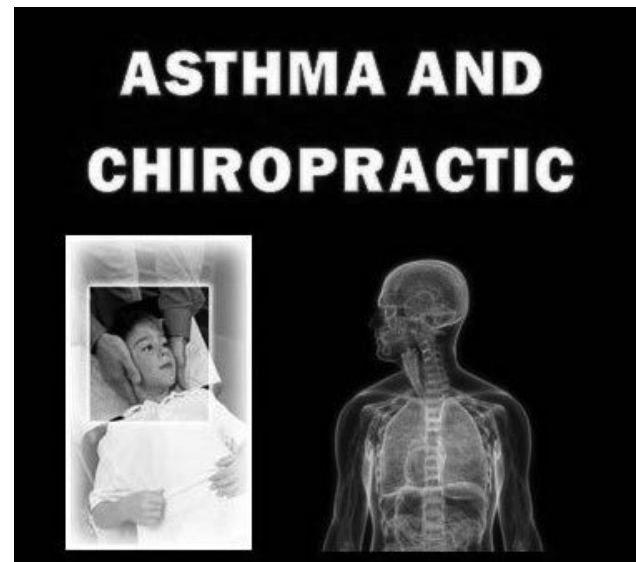
Treating Asthma with Chiropractic Care

Asthma leads to shortness of breath, wheezing, irritating cough, and can even progress into a full blown attack in which an individual requires an emergency inhaler or even medical attention. While traditional solutions like inhalers and prescription medications are commonplace in the treatment of asthma, alternative methods such as chiropractic care should also be considered as viable options.

Chiropractic care has shown to help improve the condition with regular treatment, and provides an alternative to these traditional therapies.

Chiropractic treatment involves the realignment of the spine and therefore the nerves, which play a role in every function the body carries out. Accordingly, chiropractic manipulation can adjust an individual and eliminate obstruction during nerve impulse conduction to the lungs and airway. By restoring the body to its natural state of alignment, nerves can function as they should, allowing organs (namely lungs) to function as they should.

In addition to bettering nerve function, chiropractic care can also benefit asthma sufferers by fixing musculoskeletal alignment problems in the



ribcage and spine. In doing so, the thoracic cavity is free to expand as it should, and take in the air the body requires to live. Chiropractic care for the treatment of asthma is a non-invasive option for patients who have either tried other unsuccessful routes, or patients who are looking for alternatives to medications

Homeopathic Treatment to be a Solution for Allergic Rhinitis

The treatment of allergies with homeopathic medications has been researched extensively, and studies have proved them to be very effective, according to the National Center for Homeopathy. Many homeopathic allergy medications are marketed to be natural, safe, and effective without causing drowsiness or other adverse effects.

Research suggests that homeopathic treatment for allergies may be ideal because this type of therapy acts as an immunoregulator or immunomodulator, possibly regulating or reviving the immune system. In some cases, clinicians may recommend the combination of homeopathic medication with other prescription or non-prescription medications when warranted.

Homeopathic allergy preparations may contain 1 or more of the active ingredients like Allium



cepa, Apis mellifica, Urtica urens, Natrum muriaticum, Histaminum hydrochloricum, etc. Selection of treatment is tailored to each patient based on the patient's symptom profile. Various dosage formulations, such as liquid drops and pellets, are available, and formulations are available for adult and pediatric patients. Nasal and ophthalmic formulations are also available for allergy sufferers.