

Netra Basti

Try doing Netra Basti with a friend.
 First, read: Ayurvedic Beauty Care, p. 237-242.
 Gather ingredients.
 Find a quiet place.
 Experiment and have fun with it. It's an amazing therapy!



Netra Basti Therapy: try this at home

Benefits of Netra Basti:

Relieves tension in the eye sockets that can lead to loss of vision, fatigue, pain, glaucoma, cross-eye, conjunctivitis, night blindness, sunken eyes, corneal inflammation and other disorders.

- Nourishes the Nervous System - relieves tension + releases emotions.

- Adds luster to eyes & skin around the eyes.
- Improves memory + can give deep insight or inner vision.
- Amazing for dry, tired eyes.

****** DON'T DO IF YOU'VE HAD EYE SURGERY!**

Make Triphala Eye Wash

- Boil 2 tsp. triphala powder in 1 cup of water, covered, for 5 minutes.
 - Allow to cool.
 - Strain.
 - Pour into sterile glass jar.
 - Refrigerate.
 - Use an eye cup to wash your eyes with triphala water.
- Lasts 1 week.

Ayurvedic eye exercises

1. Light touch: close your eyes and place your fingers over them. Now, gently caress the eyelids as you move the fingers across the lids in an outward direction. Do this for 1 to 2 minutes before getting out of bed in the morning.
2. Eye rinse: with the eyes closed, gently rinse with water. The temperature of the water should be a bit lower than room temperature. At the same time you are rinsing your eyes, hold some of the water in your mouth. This helps maintain balance between the eyes (Alochaka Pitta) and the area surrounding the eyes (Kapha). The water in your mouth will quickly warm up. When it does, spit out and take a fresh mouthful. The optimum is to continue rinsing the eyes until you've taken 10 mouthfuls of water. It takes less than 10 minutes. You can do it daily.