

REVIEW ON THERAPUTIC EFFECTS OF JALNETI WITH SPECIAL REFERENCE TO
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ABSTRACT

Neti kriya is an integral part of *shat karmas*. 'Shat' means six and 'karma' implies action, *Shatkarma* consists of the six purificatory procedures. According to yogic literature *Dhauti*, *Basti*, *Neti*, *Trataka*, *Nauli* and *Kapalabhati* are the six procedures leads to putification of the body. It should be practiced when person having excessive *kapha* and *meda*(fat) in the body. Among these *Jala Neti* eradicates *Kaphaja* diseases especially from the upper part of the body such as- sinusitis, rhinitis, common cold, allergic condition, snoring and has a significant role to improves vision. It is an attempt to bring light to the review of *Jala Neti kriya* in *Urdhvajatru vikara*, However, clinical trial must be conducted to find out the therapeutic effect of *jala Neti* in managing the diseases of upper side of the clavicle which is simple, cost-effective, non- pharmacological mode of treatment to reduce the use of antibiotics and other suppressants and improve the quality of health.

KEYWORDS: *Shatkarma*, *Jal neti*, *Urdhvjatru vikara*.

INTRODUCTION

Jala Neti exerts a profound physiological effect on the body, mind and personality. On the physical level irrigation of the nasal mucosa removes accumulated mucus from the nostrils, associated passages and sinuses allowing air to flow without obstruction. The membrane lining the nostrils secretes a protective film of sticky mucus. Tiny hair like cilia promote the movement of this mucus, along with the pollutants, dust etc which adhere to its surface. The nasal membrane is highly innervated by nerve fibres and it perhaps the most sensitive area of the whole body. Regular practice of *Neti* maintains healthy secretory and drainage mechanisms of the entire ear, nose and throat area. It also gives resistance to various diseases of the ears, eyes and throat such as myopia, tension headache, headache due to eye strain, certain cases of deafness such as wax in ear and middle ear infections, inflammations of the adenoids as well as inhibiting the formation of nasal polyps.

Shat karma- According to *Hatha Yoga Pradipika dhauti, basti, neti, trataka, nauli* and *kapalabhati* are the *Shatkarmas*. The *shatkarmas* bring about purification of the body and have manifold benefits. They were meticulously practiced by eminent yogis (H.P verse 23). Besides boosting the vital capacity, they bring about

smooth and perfect functioning of bodily systems, thereby preparing one to perform higher practices like *pranayama*.

Neti- hath yoga advised

Neti is an important part of *shat karma* (Sometimes known as *Shat kriya*), the Hindu yogik system of body cleansing techniques. It can have universal application, irrespective of their religion. It is intended mainly to their religion. It is intended mainly to clean the air passage in the head, both the *Hatha Yoga Pradipika* and other sources usually attribute to *Neti* many beneficial effects that range from profound physiological ones on the body, mind and personality to even clairvoyance. The two main variants are *Jala Neti* using water and the more advanced *sutra Neti* using string.

Contraindications of jal neti

Jala neti is not contra-indicated for any particular illnesses or ailments but guidance should be sought by those with: hypertension, migraine, raised intracranial pressure & acute inflammatory condition of nasal tract and in Epistaxis or Nosebleed, Middle ear infection, After recent ENT surgery should not perform *Jalneti*.

Procedure of jalneti

Pradhan karma- In *jalneti* technique, pinch of salt is mixed in lukewarm water. It is taken in a neti pot with nozzle. The nozzle is introduced in to one nostril, tilting the head in to opposite side one should empty the water in to the nostril, automatically water comes out through the other nostril. The procedure is then repeated on the other side and the nose is dried by bending forward and by rapid breathing. It is also possible to sniff the water in so that it runs into the mouth and to spit it out. In a more advanced reverse variant, the water is taken in through the mouth and snorted out of the nose.

Mode of action- The exact mechanisms by which *Neti* works are not known. However, most of the experts think that it is primarily a mechanical intervention leading to direct cleaning of the nasal mucosa, independent of the composition of the solution used for nasal washing. The mucus lining the nasal cavity may be softened and dislodged. Moreover, inflammatory mediators—such as prostaglandins and leukotrienes—and antigens responsible for allergic reactions can be removed favoring resolution of URTIs.

Paschat karma**Precautions**

1. Keep breathing through the mouth.
2. Do not attempt to breathe through the nose.
3. Do not blow very hard otherwise any remaining water may be pushed into the ears
4. It is important to remove all the water after the practice so irritation of the sinuses and the mucous membrane does not occurs.
5. Although we can practice *Neti* in squatting posture, it is best to stand.
6. If experience pain in the nose during the practice, the quantity of salt is incorrect.
7. Too little salt will create pain and too much salt will cause a burning sensation
8. After completion of *Jal neti*, do not expose yourself to cold air.

Note: *Kapalbhati* Is something you must do after completing the *Jala Neti* process. That is to blow your nose to remove mucus and all water from the nasal passage.

Effects of jalneti- *Jala Neti* is one among the six cleansing procedure to be utilized for purification of upper respiratory tract. It cleans nasal passage and realated function, remove excessive nasal mucosa from the nostrils, associated passages and sinuses, improving breathing, it reduces the tendency of mouth breathing by freeing the nostrils of mucus. *Neti* improves sensitivity of the olfactory nerves, helping to restore lost sense of smell & taste.

Role of jalneti in vision- *Acharya Charaka* explains that eye is on organ of *Tejomahabhuta* predominancy. Hence it is prone for the *Kaphaja* disorders. *Hatha Yoga*

Pradipika and *Gheranda Samhita* have described that *Neti* is indicated in *Kaphaja* disorders and is said to provide clear vision. It is effective in alleviating symptoms such as eye pain, eye strain, watery eyes, and *Jal Neti* therapy gives a significant improvement in myopia (near-sightedness). It helps flush the tear ducts, encouraging clearer vision and gives a sparkle to the eyes.

Role of Neti in Rhinitis and Sinusitis- Nowadays, people are easily affected by allergies due to heavy air pollution; it can be rid of this amazing natural method. *Jal Neti* uses hypertonic saline (salt content) which reduces nasal secretion and cough. Characteristics of rhinitis are watery nasal discharge, sneezing, stuffy nose, nasal blocking, itching on the eyes and palate. This watery nasal discharge contains histamine and leukotrienes, and both the culprits are the main reason for the further development of nasal secretion. *Neti* reduces the histamine and leukotrienes concentration. In the *Jaa Neti* technique, the saltwater helps to rinse the sinus, which leads to removing pollen, dust, and thick mucus. According to studies, regular practice of *Jala Neti* reduces the chance of getting sinusitis.

Role of jalaneti in headache- *Jalaneti* Clears the Sinuses and disinfect them and also the lukewarm saline water clams inflammation of the nerves behind the eyes hence relief eye strain too. This technique cures headache in 5-7 minutes.

Role of jalaneti in snoring- Well, that's funny how you snore every night while sleeping! Isn't it? But you can get rid of your bad snoring habits by *Jala Neti* practice which controls severe snoring and obstructive sleepapnea.

Role of jalaneti in mental health- *Jala Neti* is developed an integrated approach of yoga comprising of as a therapeutic tool for mentally retarded/ tired peoples. It improved their mental ability, psychomotor coordination, intelligence and social behavior. Many studies has proven that *Jala Neti* helps to improve the presence of mind, intelligence and in relieving stress. It also helps to improve concentration and gives a feeling of lightness and clarity to the mind.

Adverse effects

Fortunate elements always come with some exceptions and price. Hence, you can observe *Jala Neti* side effects if you ignore the points listed below!

1. Sometimes after *Jala Neti* practice, people forget to dry well; it may cause nasal passage infection.
2. Itching and a burning sensation in the nasal passage are commom side effects of *jala Neti*.
3. This practice might cause Nosebleeds for some.
4. People should clean the *Neti* pot before and after usage; otherwise, it carries some fatal illness.
5. If a person accidentally ingests the nasal water while performing this procedure, all the bacteria in the

nasal passage can enter the body of a person and can cause fungal infections.

DISCUSSION

Netikriya is one of the purificatory measures explained in Yoga classics. *Neti Karma* is indicated in all the diseases of the organs which lie above the clavicle. “*Nasa Hi Shiraso Dwaram*” (A.S.SU. 29/3). Nose is said to be the gateway to head; medicine administered through nose reaches *Shringataka Marma* (a vital point) and reaches all the organs which lie above the clavicle. Hence *Nasya Karma* is indicated in all the diseases of head, eyes, ears, nose and throat. References with regard to *Neti Kriya (Yoga)* and *Nasya Karma (Ayurveda)* are strongly evident supporting the management of above said diseases through nasal root. *Urdhvajatru* is main sthana for *Kapha (Jala Mahabhuta* i.e., water element) *dosha* in our body. Hence it is prone for the *Kaphaja* disorders. Intervention through nasal cavity stimulates the olfactory nerves which are connected with the higher centers of brain i.e., Limbic system which contains amygdaloidal complex, hypothalamus, basal ganglia etc. So the drugs administered through the nose stimulate the higher centers of brain which in turn affects the endocrine and nervous system functions by controlling the doshas.

CONCLUSION

According to yogic literature, *Neti* is an important *Shatkriya* which play a pivotal role in managing *urdhvajatrugat vikara* of the body. This review was done to bring to light the therapeutic efficacy of *jalneti* with special reference to *urdhvajatrugat vikara*. We found that only minimal studies were published in indexed journals like PubMed, Scopus and Ayush Portal. Limited available yogic literary works and lack of research were the main shortcomings. The simple cost effective, non-pharmacological mode of treatment can reduce the use of antibiotics and other suppressants. Further studies are needed to prove the efficacy of this therapy and establish the same as a science-based, evidence- based practice.

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