

REVIEW ARTICLE

# Review on Therapeutic Effect of *Jal Neti*

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## ABSTRACT

Background- *Neti kriya* is a part of *Shatkarma*, a cleansing techniques which plays a very important aspect of *Hathyoga*. It helps in preventing, inhibiting and controlling the upper respiratory tract diseases. According to WHO (World health organization) In 2021, the global number of all-cause URTIs (excluding COVID-19) was 12.8 billion for all age groups.

Aim- This attempt is being made to go through literature review and highlight the therapeutic effect of *jal neti*.

Material and method- Database collected from literature as well as research portal.

Discussion- *Neti karma* cleans nasal passage by removing mucus congestion, which could manage the respiratory problems.

Conclusion- by using this therapeutic procedure, individual may get relief from upper respiratory problems.

**Key Words** *Jal Neti, nasal cleansing, respiratory health, upper respiratory tract disease*

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## INTRODUCTION

*Hathyoga* is appraised to be of one of the most important techniques which manage various physical and psychological issues<sup>1</sup>.

*Hathyoga Pradipika* and *Gherand Samhita*<sup>2</sup>, both explained the *Shatkarma*. Shat means six and karma means implies action, it should be performed, when our body has excess amount of *kapha* and *meda*. The two main variants are *jalneti* by using water and the more advanced is *sutra neti* by using string<sup>3</sup>.

According to WHO (World health organization) In 2021, the global number of all-cause URTIs (excluding COVID-19) was 12.8 billion for all

age groups, with an incidence rate of 162,484 per 100,000 population<sup>4</sup>.

“The practice of nasal cleansing purifies the air sinuses, invigorates the brain, tones up the optic nerves and thus improves sight.”

### *Shatkarma*<sup>1</sup>

*Shatkarma* encompasses six therapeutic techniques in *Ayurveda*, aimed at purifying and detoxifying the body. These practices are designed to:

- Balance the doshas (*Vata, Pitta, and Kapha*) in the body and mind.
- Promote overall physical, mental, and spiritual well-being.

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- Enhance the body's natural detoxification processes.

The six practices include:

1. **Neti:** Nasal cleansing to clear nasal passages
2. **Dhauti:** Digestive tract cleansing
3. **Nauli:** Abdominal churning to massage internal organs
4. **Basti:** Colon cleansing to eliminate toxins
5. **Kapalbhati:** Breathing technique to cleanse lungs and invigorate the mind
6. **Trataka:** Gazing technique to enhance concentration and purify the eyes

These ancient practices offer a holistic approach to health and wellness, promoting balance and harmony in the body and mind.

### **Jal Neti**

The Sanskrit word, divides into two parts-

1. *Jal-* water.
2. *Neti-* to guide



**Figure 1** *Jal Neti*

*Jal neti* means guiding water through the nasal passages to cleanse them or a method for nasal and sinus Purification. *It* is a technique utilized to purify and cleanse the upper respiratory tract, specifically the nostrils and sinuses, using lukewarm saline water. This practice involves gently pouring water into one nostril and allowing it to flow out through the other, effectively removing impurities and debris.

### **Nasal Hygiene**

Maintaining nasal hygiene is crucial, as the sinuses are prone to clogging with impurities, leading to inflammation, infections, and various respiratory disorders. The sinuses, a network of hollow cavities, play a vital role in overall health. When these cavities become congested, conditions such as sinusitis, migraine, allergies, and asthma can arise.

### **Procedure<sup>6</sup>**

*Jal Neti* is an ancient yogic practice that involves rinsing the nasal passages with saline water to promote nasal health and overall well-being. The procedure requires a *Neti* pot, typically made of copper, with a nozzle that fits comfortably into the nostril.

### **Preparation**

1. Fill the *Neti* pot with lukewarm water mixed with salt (approximately 3gm per half liter).
2. Ensure the water is pure and at body temperature to prevent discomfort or irritation.

### **Washing the Nostrils**

1. *kagasna* / standing position (depends on person reassurance) with, tilting your head to one side.
2. Insert the nozzle gently into the uppermost nostril, ensuring a comfortable fit.
3. Tilt the *Neti* pot to allow water to flow into the nostril, keeping your mouth open and breathing through it.
4. Adjust your body position to allow water to flow out through the lower nostril.
5. Repeat the process on the other side.

In figure no.1, volunteer perform *Jal Neti* uploaded picture after taken his consent.

### **Drying the Nostrils**

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1. Stand erect and close one nostril with your thumb.
2. Perform rapid breathing through the Figure no.-1, *Jal Neti* procedure open nostril (*Kapalbhati Pranayama*).
3. Repeat on the other side.
4. Bend forward and repeat the process with your head tilted to both sides.
5. Finally, breathe through both nostrils.

### Precautions

1. Ensure water flows only through the nostrils; adjust head position if water enters the throat or mouth.
2. Dry the nostrils thoroughly after the practice to prevent irritation and cold symptoms.
3. Keep your mouth open and breathe through it during the process.

By following these steps and precautions, *Jala Neti* can be a safe and effective practice for maintaining nasal health and promoting overall well-being<sup>5</sup>.

### Benefits of *Jal Neti*

Regular practice of *Jal Neti* offers numerous benefits, including:

1. **Nasal Passage Hygiene:** Maintains nasal passage cleanliness, effectively clearing dirt, bacteria, and mucus.
2. **Sinus Health:** Provides relief from sinus problems, such as acute or chronic sinusitis, by promoting drainage of sinus cavities.
3. **Allergy Relief:** Reduces bouts of allergies and rhinitis by soothing sensitive nasal tissues.

**4. Respiratory Benefits:** Effective for individuals with asthma, reducing symptoms and facilitating easier breathing.

**5. Ear Health:** Helps prevent tinnitus and middle ear infections.

**6. Migraine Relief:** Decreases the frequency of sinusitis and migraine attacks.

**7. Upper Respiratory Tract Health:** Cleanses the upper respiratory tract, reducing complaints such as sore throats, tonsils, and dry coughs.

**8. Sleep and Snoring:** May improve sleep quality and reduce snoring caused by nasal congestion.



**9. Eye Health:** Cleanses and flushes tear ducts, improving vision and reducing symptoms like eye pain, strain, and watery eyes.

**10. Neurological Benefits:** Enhances olfactory nerve sensitivity, improving the sense of smell, and aids digestion.

**11. Stress Relief:** Calms the mind, relieves stress, and has a cooling effect on the brain, helping with depression, mental tension, and temper tantrums.

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**12. Cognitive Benefits:** Regular practice can lead to reduced irritation and anger, promoting a sense of well-being.

By incorporating *Jal Neti* into one's daily routine, individuals can experience these benefits and improve their overall health and well-being.

## DISCUSSION

The therapeutic effects of *Jal Neti* can be attributed to its ability to purify and cleanse the nasal passages, sinuses, and upper respiratory tract. By removing impurities and debris, *Jal Neti* helps to:

- Reduce inflammation and infections in the sinuses and respiratory tract
- Improve nasal breathing and reduce symptoms of respiratory disorders
- Enhance cognitive function and mental clarity
- Promote overall well-being and reduce stress

The benefits of *Jal Neti* are supported by both traditional *Ayurvedic* texts and modern scientific studies. By incorporating this practice into one's daily routine, individuals can experience significant improvements in their overall health and well-being. Regular practice of *Jal Neti* can lead to a range of benefits, from improved nasal health and respiratory function to enhanced cognitive abilities and reduced stress levels.

## CONCLUSION

*Jal Neti* is a therapeutic practice that offers numerous benefits for overall health and well-being. By incorporating this ancient yogic

technique into one's daily routine, individuals can experience significant improvements in nasal health, respiratory function, and overall quality of life. The practice of *Jal Neti* has been shown to be effective in managing various respiratory problems, including sinusitis, rhinosinusitis, and allergic conditions, while also promoting improved vision, mental clarity, and cognitive function.

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