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Role of *Sutra Neti* as a *Youngik Shuddhi Kriya* in Promotion of Health

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ABSTRACT

Yoga as an ancient science can help people live a long and healthy life. This science has now become increasingly popular in many countries. There are several health condition that can be cured or at least alleviated to a great extent, through the practice of this science. Yoga includes asana, Pranayam and exercises that can help body, immunity, increase strength, weight loss, remove stress and relief from pains, infections and disorders. Some of the various yoga poses and techniques can be used to cure numerous conditions ranging from nasal polyps to cancer. Since a sinus infection is one of the most common respiratory ailments that people suffer from, it is only common for them to use natural practices to cure this condition. Yoga practice, which is known as Jala neti or Sutra neti, i.e., cleansing of nasal cavity, throat can help reduce the pain and discomfort due to sinusitis, within a shorter period of time. These procedures are known as neti kriya.

KEYWORDS

Yoga, JalaNeti, SutraNeti, Pain, Stress



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INTRODUCTION

Ayurveda is a holistic healing science which comprises of two words, Ayu and Veda. Ayu means life and Veda means knowledge or science. So the literal meaning of the word Ayurveda is the science of life. Ayurveda is a science dealing not only with treatment of some diseases but is a complete way of life.

Ayurveda aims at making a happy, healthy and peaceful society. The two most important aims of Ayurveda are:

1. To maintain the health of healthy people
2. To cure the diseases of sick people.

Main objectives of Ayurveda have been divided into two aspects namely:

Swasthasya Swasthya Rakshanam -

Aturasya Vikar Prashamanam -

स्वस्थस्यस्वास्थ्यरक्षणमंआतुरस्यविकारप्रशमनंच॥च .सु .३०

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Because of unhealthy food, lack of exercise, sedentary lifestyle, lack of exercise we need external and internal purification.

Hatha Yoga has given great importance to *shat karmas* (6 processes) or *shuddhi kriyas* for the body and mind purification. Without purification of the body one will not be ready for the practice of *yoga. Shat karmas* cleanses and activates all vital organs of the body especially the digestive, respiratory,

circulatory and nervous systems. They are preventive as well as curative in nature. The six main *yogic Shat kriyas* are as follows:

- *Neti, Dhouti, Nauli, Basti, Tratak, Kapalbhati.*

धौतिर्विस्तिस्तयानेतिस्त्राटकनौलिकतथा

कपालभातिष्वेतानीशटकर्मणिप्रचक्षतेल्ल ह . प्र . ३२२

OBJECTIVES

Shat kriyas described in yoga and *samhitas* have given more emphasis on its physiological and spiritual aspects. So it is an attempt to review thoroughly the available literature on *Sutra neti kriya* so as to study role of *sutra neti* as a *Yogic shuddhi kriya* in promotion of Health.

MATERIALS AND METHODS

1. All the references regarding *sutra neti kriya* collected from various ayurvedic text, Swasthvritta books, *Hathyogap ridipika, Gherandasamhita, Charaksamhita.*
2. Concept of *Sutra neti kriya* was studied in detail.
3. Collection of all the references was done and correlation between the data was done logically by using *Yukti pramana.*



REVIEW OF LITERATURE

Two of *Neti*

1. *Jalaneti* 2. *Sutra neti*

Sutra Neti Procedure-

१. वितस्तिमांसुक्ष्मसूत्रं नासानाले प्रवेशयते □
 मुखाग्निर्गमयेत् पश्चात् प्रोच्यतेनेतिकर्मकम् □□. स . १ □□□□
२. सूत्रं वितस्तं सुस्निग्धं नासानाले प्रवेशयते □
 मुखाग्निर्गमयेच्चैषानेति □□ धैर्निगदयते □
 □□. यो . प्र . २ □□□□

Take a thin thread of 32 angul or a rubber catheter of size between 3 mm. then with the help of your hand insert the tube in left nostril now open your mouth and try to catch the tube with the help of your middle and index finger inside the mouth Pull the tube out .Do this procedure again on Right nostril.



Benefits of *Sutra Neti*

- साधनान्नेतिकार्यस्य खेचरीसिद्धीमाप्नुयात् □
 कफदोषाविनश्यतिल्विदृष्टिप्रजायते □□
 कपालसोधनीचैव दिव्यदृष्टिप्रदायिनी □
 जत्रूर्ध्वजातरोगौ धनेतिराशुनिहन्ति च □□□. यो . प्र . २ □□□□

By practicing *Neti kriya* one can obtain *khechara Mudra*. It destroys *kappa* and gives clear vision.

Limitations- *Sutra neti* should not be practiced when

1. People from chronic nose bleeding.
2. Any type of nose infection.

SIDE EFFECTS OF SUTRA *Neti*-Side effects of *sutra neti* are uncommon.

However, following side effects may be observed during *Sutra neti* procedure .

1. Nasal side effects-Itchiness, sneezing, nasal irritation.
2. Nosebleeds.

DISCUSSION

Neti is one of the important *kriya* among all shat *kriyas* for promotion of health. *Sutra neti kriya* purifies most structure in head and neck. It not only clears the nasal passage but also renders the nose resistant to many irritants. So it is helpful to remove the hypersensitivity as seen in suffering from Allergic Rhinitis.

CONCLUSION

Sutra neti is not only beneficial for rid of respiratory disorders but also it provides state of mental clarity which is useful for

higher practices of Yoga. It has great influence on psycho-spiritual health. Thus *Sutra neti* plays an important role in Promotion of Health.



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