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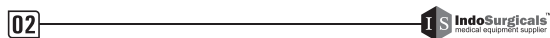
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1. INTRODUCTION

Neti (Sanskrit: नेती neti) is an important part of Hindu Shatkarma (sometimes known as Shatkriya), the yogic system of body cleansing techniques. It is intended mainly to the cleaning of the air passageways 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 (जलनेति) using water and the sutra neti (सूत्रनेति) using string. Here we will discuss only about Jala Neti.

Jala Neti Kriya or Nasal Irrigation or Nasal Douche

Jala Neti is a personal hygiene practice in which the nasal cavity is washed to flush out mucus and debris from the nose and sinuses. This is a simple and effective technique. In this technique the lukewarm saline water solution is poured into one nostril and let it run out through the other while the mouth is



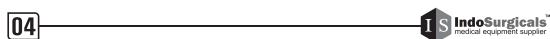
1. INTRODUCTION

lukewarm isotonic saline water to moisten the mucous membranes.

One of the most beautiful experiences in life is to breathe fully and wholly with vitality, to feel the body invigorated with every breath. The yoga cleansing technique of Jala Neti is one of the oldest and most researched aspects of sinus irrigation and nasal clearing which helps prepare your body for full body breathing.

Today, millions of people suffer from sinus infections of some sort. While many of them are becoming increasingly resistant to antibiotics, there is help available through this unique method of sinus irrigation.

According to its advocates, nasal irrigation promotes good sinus and nasal health. Patients with chronic sinusitis including symptoms of facial pain, headache, halitosis, cough, anterior rhinorrhea (watery discharge) and nasal congestion are reported often to find nasal irrigation to provide relief. In



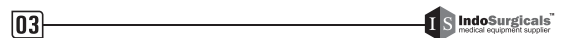
1. INTRODUCTION

kept open to breathe, using gravity as an aid. Jala neti, which means to cleanse the nose with water, is an old yogic technique from India. The container used to administer the saline is called a "neti pot".

Neti pots are typically made of metal, glass, ceramic or plastic.

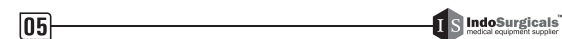
They rely on gravity, along with head positioning and repeated practice in order to rinse the outer sinus cavities. Typically they have a spout attached near the bottom, sometimes with a handle on the opposite side.

The practice is generally well-tolerated and reported to be beneficial with only minor side effects. Jala Neti in a wider sense can also refer to the use of



1. INTRODUCTION

published studies, "daily hypertonic saline nasal irrigation improves sinus-related quality of life, decreases symptoms, and decreases medication use in patients with frequent sinusitis, and irrigation is recommended as an adjunctive treatment for chronic sinonasal symptoms.



2. JAL NETI KRIYA BENEFITS

Nasal irrigation is used for a range of sinus and nasal symptoms. This technique has remarkable effects on treating sinus infections helping to drain the sinus cavities which in turn will help reprogram the body's natural mechanisms against nasal infections such as hay fever, allergies, sinusitis and other respiratory complaints like sore throats and coughs. It is also helpful in addressing allergies, headaches and stress and most importantly it clears the nasal passages allowing you to breathe fully.

2.1 CHRONIC SINUSITIS

For chronic sinusitis it can be an effective add-on therapy. It is also reported to be an effective measure against chronic sinus symptoms induced by workplace exposure to sawdust. Further evidence suggests that nasal irrigation causes relief for both hay-fever and the common cold. Nasal irrigation could also be an effective treatment for allergic rhinitis and chronic sinusitis.

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3. PRECAUTIONS & LIMITATIONS

The solution used for irrigation should be filtered, distilled, sterile or previously boiled due to the risks involved with using potentially contaminated water. If this is done the procedure is generally safe.

If possible, use a neti pot per nostril.

If the nose is blocked with cold or bleeding or infected internally, then avoid this kriya (process).

They should first clear nose by Kapalhati Pranayam and then practice jalaneti.

Also avoid practicing it at night times. Always do it when sun is shining (preferably early in the morning with empty stomach).

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4. HOW IT WORKS

remove mucus, crusty deposits of snot, and dusty debris. Cilia are tiny little hair-like structures that beat back and forth like windshield wipers clearing a windshield.

Medical guidelines in both the United States and Canada are now recommending nasal and sinus saline flushing for a variety of conditions. It's an effective and well-tolerated form of treatment for sinus congestion and nasal drip due to the common cold, allergies, and sinusitis. By using this natural method of healing, people have found they need less medication to control their symptoms. Some are even able to abandon pills and steroid sprays completely.

Beyond alleviating symptoms of sinus congestion and stuffiness, jala neti is a great daily kriya to help prevent their occurrence. It's one of Yoga's many gifts for holistic healing and health maintenance.

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2. JAL NETI KRIYA BENEFITS

Daily nasal irrigation with a salt-water solution (a mixture of 0.9% non-iodized sodium chloride and either purified or filtered water warmed to around 98°F/37°C, with or without inclusion of a buffering agent such as sodium bicarbonate) has been recommended as both an add-on and primary treatment in such cases and is preferable to the use of corticosteroids except in the most serious cases of acute bacterial sinusitis. Irrigation should be used with caution in infants, as nasal drops are not widely tolerated.

Treatment guidelines in both Canada and the United States recommend use of nasal irrigation for all causes of rhinosinusitis and for postoperative cleaning of the nasal cavity.

2.2 ACUTE INFECTION

There is tentative evidence for benefit of saline irrigation in acute upper respiratory tract infections such as the common cold and acute sinusitis.

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4. HOW IT WORKS

Many people don't understand how something as simple and inexpensive as jala neti can be effective. To figure out how it works, scientists have done some research. Their findings scientifically support the use of jala neti as an effective healing measure.

- 4.1 Jala neti mechanically flushes out bacteria, viruses, dust, and allergens.
- 4.2 Jala neti thins the remaining mucus so that sinuses and their ostia (openings) don't clog leading to pressure and infection.
- 4.3 Jala neti decreases swelling of the nasal mucosa for less stuffiness.
- 4.4 Jala neti removes histamine, leukotrienes, and other naturally occurring chemical substances that provoke inflammation and discomfort.
- 4.5 Regular practice of jala neti increases the frequency that cilia beat to

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5. SALINE SOLUTION

While nasal irrigation can be carried out using ordinary tap water, this is possibly unsafe and additionally can be uncomfortable because it irritates the mucous membranes. Therefore, an isotonic or hypertonic salt water solution is normally used, i.e. water with enough salt to match the tonicity of the body cells and blood. For the same reason, lukewarm water is preferred over cold water, which in addition to irritating nasal membranes can also exaggerate the gag reflex during irrigation. Use of distilled, sterile or previously boiled and cooled water over ordinary tap water is advised. A small amount of baking soda is sometimes employed as a buffering agent to adjust the pH of the irrigating solution to that of the body.

Many pharmacies stock pre-manufactured sachets of pharmaceutical grade salt designed to be used with the volume of water their corresponding device uses. IndoSurgical's also provide Sachet of Pharmaceutical Grade Salt (You can purchase it from www.meddeal.in). Sometimes manufactured solutions such as a lactated Ringer's solution are used. It is also simple to make a salt-

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5. SALINE SOLUTION

baking soda mixture.

Potential allergens (such as iodine) or contaminants (algae, etc.) are to be avoided in the sodium chloride, water, or buffering ingredients. Pre-manufactured dosages of salt water flushing solutions can be purchased, or the user can mix non-iodized 'kosher' salt, with or without a buffering agent such as sodium bicarbonate or baking soda. (Table salt frequently is iodized, while sea salt may contain algae or other contaminants.)

Optional additives include xylitol which is claimed to draw water into the sinus regions and helps displace bacteria. Xylitol is commonly used to prevent acute otitis media in Europe and dental cavities in the United States, but research into xylitol use in the sinus cavities is lacking. Another nasal irrigation additive is aloe extract, which helps to prevent nasal dryness. Sodium citrate and citric acid help not only to balance the pH, but also to improve the sense of smell.

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6. PROCEDURE

6.2 JALA NETI KRIYA

- 6.2.1 Jala Neti can be performed over a sink or bowl in the shower or outside.
- 6.2.2 Place the tip of the neti pot into the right nostril gently sealing it. Slowly bend forward from the waist so the tip of the nose is the lowest point of the head and then tilt the head to the left, so that the left nostril is now the lowest point of the nose.



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6. PROCEDURE

- 6.2.8 It is important to not blow hard or pinch the nostrils to create extra force; all that is needed is several soft blows into the sink to help remove the water from the nose. You may like to have a box of tissues handy to gently blow your nose as well during the initial stages.

6.3 DRYING THE NOSE

Nasal passage drying is a very important part of this practice.

- 6.3.1 FOR THOSE WHO DO NOT SUFFER HIGH BLOOD PRESSURE OR DIZZINESS
 - 6.3.1.1 First bend forwards gently from the waist ensuring you soften/bend your knees as you hang your head upside down.
 - 6.3.1.2 Let any residual water drain out from the nose.
 - 6.3.1.3 Then point the nose towards the knees. A few droplets of water may

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6. PROCEDURE

The technique is very important for successful Nasal clearing.

6.1 SOLUTION PREPARATION

- 6.1.1 Boil about 600 ml of the clean filtered water (or RO water) and let it cool to 37 - 40°C
- 6.1.2 Thoroughly clean your Neti Pot with soap and hot water. Allow the pot to air dry completely before use.
- 6.1.3 Pour a small amount of cooled water in your Jala Neti Pot.
- 6.1.4 Add 4.5 gm (1/3 tsp) of non-iodized pure sodium chloride or one sachet of IndoSurgical's Jala Neti Salt.
- 6.1.5 Shake the water till the salt is completely dissolved.
- 6.1.6 Fill the Neti pot up to the neck (make it 500 ml)



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6. PROCEDURE

- 6.2.3 Close your mouth. Tilt the pot slowly as the saline solution begins to work its magic. After a few seconds the water should begin to run out of the left nostril.
- 6.2.4 Be patient, initially there may be no or very little flow. Breathe through the mouth whenever you need to.
- 6.2.5 Allow the water to flow for about half of the pot, water flowing right to left.
- 6.2.6 Remove the pot, close off the right nostril with your index finger and gently blow to expel through the left nostril. Close off the left nostril with index finger and expel gently.
- 6.2.7 Repeat the same procedure on the right side. Always do half a pot right to left, then half a pot left to right.

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6. PROCEDURE

- run out.
- 6.3.1.4 Keeping your knees soft, rise to standing position and gently do some rapid breathing through both nostrils with a little more emphasis on the exhalation.
- 6.3.1.5 Then seal off right nostril with index finger and repeat rapid breathing, release repeat with sealing off left nostril.
- 6.3.1.6 Finally breathe consciously through both nostrils.
- 6.3.2 FOR THOSE WHO SUFFER WITH HIGH BLOOD PRESSURE
 - 6.3.2.1 Simply bend slightly over the sink keeping your head above the heart and follow the above procedure.
 - 6.3.2.2 If after doing the above steps the nostrils are still blocked, the whole process may be repeated several times a day until there is a free flow.

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6. PROCEDURE

- 6.3.2.3 Jala neti should preferably be practiced daily each morning just as you would wash your face and brush your teeth. As a daily practice it will continue to build up the strength and resilience of the respiratory passages leading to improved health and vitality.
- 6.3.2.4 Clean the neti pot with soap and hot water. Allow the pot to air dry completely. Store in dry place.

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8. TIPS

- 8.1 Exercises you may want to do afterwards:
- 8.1.1 **Exhalations.** Exhale vigorously through both nostrils while holding your head over the sink. Quickly drawing the abdomen toward the spine with each exhalation will make your exhalations more forceful. If you exhale into a tissue, be careful not to pinch the nostrils closed while exhaling.
- 8.1.2 **Forward Bending.** Bend forward from the waist far enough so that the top of the head is pointing toward the floor. Hold this position for few seconds, and then return to standing. Follow this movement with a few vigorous exhalations.
- 8.1.3 **Alternate Toe Touching.** Place your feet two to three feet apart. Raise the arms out to the side at shoulder height. Slowly bend from the waist and bring the left hand to the right knee, shin, or foot (whichever you can reach without straining). Reach up toward the

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9. FAQ?

- 9.1 **What should I do when I can't get the water to come through the other nostril?**
Please wait about 15-20 second. If problem still exist, it means you may be congested with more solid mucus. Make sure that you are drinking plenty of water, and keep trying the Neti pot 2-3 times a day. In this case, it is likely that you will have to repeat the process to loosen up thicker mucus.
- 9.2 **How often can I use a Neti pot?**
If you are treating a particular symptom or issue, you can use the Neti pot once or twice a day. Once the symptoms subside, you can use the pot three or four times a week.
- 9.3 **How often can you use the Neti pot a day?**
As many times as you want. Just be careful not to use too hot or cold a temperature of water, as this can damage your nasal cavity, causing discomfort.
- 9.4 **How often does a Neti pot need to be replaced?**

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7. RECOMENDED FREQUENCY

For general nasal cleanliness, once or twice a day is usually sufficient. Jala Neti is best practiced first thing in the morning to clear out the night's grogginess and prepare the body and mind for the day's breathing activities. However, if you live or work in a dusty or polluted environment where the nostrils have an increased load of filtering, a good second occasion is upon returning from such work. Neti should always be done before rather than after meals. It can be done up to a maximum of 4 times a day for therapeutic applications, but only upon qualified advice. The following are the possible best times:

- 1.1 Upon waking before breakfast
- 1.2 Mid morning before lunch
- 1.3 Evening before dinner
- 1.4 Just before bed

In the case of a cold, 3 - 4 times a day will give great relief, providing the nose is well dried each time and this frequency does not induce nose bleeds.

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8. TIPS

- ceiling with the right hand; turn the head gently and look toward the raised hand. Hold this position for a few seconds. Come back to standing and repeat the movement to the left. Exhale vigorously through the nose.
- 8.2 The ideal amount of salt is 0.9% in the full neti pot. A single teaspoon of salt with 500 milliliters (16.9 fl oz) of water provides about this equivalent or 4.5 gm of salt in 500 milliliters of water.
- 8.3 Nasal irrigation with a neti pot may be done as often as brushing one's teeth.
- 8.4 Make sure the water is a comfortable temperature, body temperature or slightly warmer.

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9. FAQ?

- You shouldn't have to replace your Neti pot. Wash it before and after you use it.
- 9.5 **How do I get rid of a scab on the inside of the nose?**
Aloe vera is a helpful way to get rid of scabs, sunburns, and even acne.
- 9.6 **Is spring water safe to use in a neti pot?**
No. Spring water may contain bacteria and algae that can literally go into your brain. If you have no other water available, boil the water for a period of time to purify it and let it cool down before using it.
- 9.7 **Can water enter the brain or other areas through the nose?**
Water cannot enter the brain through your nose, but it may run down your throat.
- 9.8 **Can I use distilled water?**
Yes. Distilled water is a best option.
- 9.9 **Can any solutions aside from saline be used?**
We do not recommend. Kindly consult your physician.

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NOTE

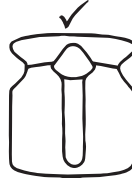
POSITION YOUR JAL NETI NOSE TIP
IF YOUR JAL NETI TIP IS NOT IN CORRECT POSITION
THAN ADJUST IT BY ROTATING TO CORRECT POSITION



**WRONG
POSITION**



**WRONG
POSITION**



**CORRECT
POSITION**



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