



Subject Area : Swastha vritta

## CONCEPT OF NETI KRIYA IN URDHVA JATRUGATA ROGA

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ARTICLE INFO	ABSTRACT
<p>Article History:</p> <p>Received 12<sup>th</sup> February 2024</p> <p>Received in revised form 24<sup>th</sup> February, 2024</p> <p>Accepted 14<sup>th</sup> March, 2025</p> <p>Published online 28<sup>th</sup> March, 2025</p>	<p>Neti Kriya, a traditionalyogic cleansing technique, is widely recognized for its therapeutic benefits in promoting respiratory and sinus health. This practice involves the use of asaline solution to cleanse the nasal passages, removing accumulated mucus, allergens, and impurities. Neti Kriya is primarily performed using aneti pot, though modern adaptations include squeeze bottles and other devices. Its therapeutic role extends beyondphysical cleansing, offeringholistic benefits for mental and emotional well-being. Physiologically, Neti Kriya helps alleviate symptoms of sinusitis, allergies, and nasal congestion by clearing blockages and reducing inflammation. It moisturizes the nasal mucosa, enhancing its ability to filter airborne pathogens and pollutants. Regular practice is associated withimproved breathing, reduced frequency of respiratory infections, and enhanced olfactory function. It is particularly beneficial for individuals suffering from chronic sinus issues or seasonal allergies. Beyond its physical benefits, Neti Kriya is believed to influence the mind-body connection. By stimulating the nasal passages, it activates theolfactory andtrigeminal nerves, which are linked to the brain's limbic system—a region involved in emotionandmemory. This stimulation can promote mental clarity, reduce stress, and enhance overall well-being. Additionally, the practice is often integrated intoyoga and meditationroutines, fostering a sense ofinner balance and mindfulness. While Neti Kriya is generally safe, proper technique and hygiene are crucial to avoid complications such as infections. It is contraindicated for individuals with certain ear or nasal conditions.</p>
<p><b>Key words:</b></p> <p>Neti Kriya, yogic cleansing, saline solution, respiratory health, nasal congestion, allergies, sinusitis, olfactory function, trigeminal nerves.</p>	
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## INTRODUCTION

Hatha yoga is appraised to be one of the most significant tools to overcome various physical and psychological problems. *Hatha Yoga Pradipika* (H.P) and *Gheranda Samhita* escribed *Shatkarmas*. 'Shat' means six and 'karma' implies action;

*Shatkarma* consists of the six purificatory procedures. It should be practiced when *Medas* and *Kapha* were in excess. *Dhauti*, *Basti*, *Neti*, *Trataka*, *Nauli* and *Kapalabhati*were the six cleansing processes.

Amongthese *Neti* eradicates *Kaphaja* disorders and improves vision. Improper management of sinusitis and associated symptoms lead to asthma. In India, there are an estimated 15–20 million asthmatics. WHO estimates that 235 million people currently suffer from asthma. The human and economic burden associated with such diseases are severe. There is not much proof to substantiate the benefits of using antibiotics routinely

in the treatment of upper respiratory tract infections in children or adults. Also, there is an increase in adverse effectsassociated with the usage of antibiotics in adult patients. Hence there is a need for a non-pharmacological, low-cost, effective mode of treatment to improve the quality of health. The objective of the review was to summarize current pieces of evidence from authentic studies on the therapeutic effects of *Neti Kriya*with special reference to *Jala Neti*.

## SHATKARMAS

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

Neti is a technique to cleanse the nasal passages. It is a cleansing process related to the upper part of the respiratory system. Neti may be broadly classified into jala neti and sutra neti. It is usually practiced with a neti pot filled with lukewarm

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saline water. The exact amount of salt is not mentioned in any traditional texts. Practically it is about 2.5g for 500L of water. Based on clinical studies use of proper salt concentration (2–3.5%) has been recommended in nasal irrigation. Some authors mention about the use of *ksheera* (milk) and *madhu* (honey) instead of lukewarmwater. It is ideally practiced in morning before asanas and pranayama. In *Hatha Yoga Pradipika* it is stated that a lubricated *Sutrais* inserted through the nose to the length of one hand span so that it comes out of the mouth. This is named *Neti* by the Siddhas. Now a days 4 size rubber catheter is sterilized and used. Those suffering from chronic nasal bleeding, ear infections and nasal septum deviation should perform under proper guidance.

## THERAPEUTIC EFFECTS

*Neti* cleanses cranium, gives clear sight and alleviates diseases which manifest above the root of the neck (H.P verse 30). *Neti* removes foreign bodies like allergens, dust and enhances the drainage of sinuses by preventing stasis of mucus. It also increases blood circulation and functional efficiency of the nasal mucosa. *Neti* provides a relaxing and irrigating effect upon the eyes by stimulating the tear ducts and glands. It has a positive effect on cognitive faculties like memory, concentration and is beneficial in reducing anxiety and depression. By the systematic practice of *neti*, secretory and drainage mechanisms of the entire ear, nose and throat area are well maintained. This helps to keep at bay conditions like sinusitis, cold, cough, allergic rhinitis and insensitivity to smell.

*Neti* can effectively be applied in conditions like sinusitis, rhinitis, rhinosinusitis and allergic rhinitis which are *kapha* predominant.

## NETI IN SINUSITIS

In chronic rhinosinusitis saline irrigation is one of the keystones of treatment. Patients, who practiced daily nasal irrigation had improvement in symptoms of chronic sinusitis up to 70% after 2 weeks of treatment. In these patients the use of medication had decreased considerably. Evidence supports that there was a significant improvement in nasal symptoms and health status of patients with sinonasal disease. The use of hypertonic saline reduced cough and nasal secretion. Main clinical features of chronic sinusitis are purulent nasal discharge, foul smelling discharge, local pain, headache, nasal stuffiness and anosmia which may be compared with *dustapratishyaya* in which major symptoms are *slesmasruthi* (discharge of fluid resembling pus), *mukhadourghandhya* (foul-smelling of mouth), *ura-parswavedana* (pain in chest and flanks), *nasa rodham* (blockage of nasal passage) and *gandha na vethi* (anosmia). Analyzing these it is advisable to use *neti* in *dustapratishyaya*. Most studies consider saline nasal irrigation effective in the management of sinusitis. We may infer that *neti* can be adopted as a first-line treatment. Studies need to be done on *jala netiso* as to prove its efficacy in the management of sinusitis.

## NETI IN RHINITIS AND RHINOSINUSITIS

saline solution irrigation in reducing inflammatory mediators in nasal secretions which proves its efficacy in treating chronic rhinitis. Inflammatory mediators were assessed using a competitive radio immuno assay. Histamine and leukotriene concentrations in nasal secretions decreased substantially after

treatment with saline solution irrigation. It reduced histamine for a period of 6 h after a single 15 min treatment. both *manuka* honey and saline nasal irrigations resulted in the reduction of chronic rhinosinusitis. *Manuka* honey nasal irrigation was done by adding 10% of honey to saline solution. Culture negativity was statistically better for the group receiving *manuka* honey sinus irrigation twice daily for 30 days and without taking oral antibiotics/steroids suggesting that manuka honey alone may be effective for treating acute exacerbations of chronic rhinosinusitis. Treatment in allergic fungal rhinosinusitis with 2 mL of a 50/50 mixture of honey–saline solution in a nostril one time a day for 30 days showed positive response in a few patients. Prospective studies suggest that nasal saline lavage greatly reduced chronic sinonasal diseases and improved the quality of life in children aged 3–9 years when treatment was given for 1 month. Major clinical features in rhinitis are rhinorrhea, sneezing, nasal obstruction, associated headaches and anosmia. These may be compared to *nasasrava* (nasal discharge), *kshawathu* (sneezing), *siroguruthwam* (heaviness of head), *siravyatha* (headache), *granauparodham* (nasal congestion) of *pratisyaya*. Analyzing the above we understand that *neti* can be administered in *pratisyaya* and mainly in *kaphajapratishyaya* as there is predominance of *kapha*. In yogic literature the use of *madhu* for *neti* has been mentioned. It is still unclear as to which type of honey is best suited and the accurate amount to be used in *neti*. Evidence substantiates the use of manuka honey in chronic rhinosinusitis. Authentic work needs to be done to identify the benefits of using *madhu neti*. Rhinosinusitis, both acute and chronic which is a major concern in the pediatric group can be managed by saline nasal irrigation. This shows that *jala neti* is equally safe to be practiced in children. Care should be given to practice under proper supervision.

## NETI IN ALLERGIC RHINITIS

The most important of inhaled allergens are animal dander, dust mite, mold and pollen. These pass through the nasal mucosa to come in contact with cell-fixed IgE antibodies. The resultant antigen–antibody interaction triggers a reaction in the local mast cells. This releases histamines which is the main cause for most of the symptoms. Sinus rinsing helps clear out histamine and other inflammatory substances from nasal passages. Besides clearing the mucus that results from allergic reaction, it has a soothing effect on irritated nasal passages. Recent studies have shown that nasal irrigation removes histamine, leukotrienes and other inflammatory substances. A study was conducted to assess the effectiveness of saline nasal irrigation in the management of allergic rhinitis. Symptoms were assessed using visual analog scale. Immuno sorbent assay (ELISA) was done to detect contents of histamine and leukotriene. It revealed that 40°C saline nasal irrigation reduced sneezing, nasal obstruction and the levels of histamine and leukotriene. Characteristic features of allergic rhinitis are watery nasal discharge, nasal obstruction, sneezing, stuffy nose, itching in eyes and palate. It may be correlated to symptoms like *kaphasruthi* (discharge of thin fluid from nose), *granauparodha* (nasal obstruction), *kshavathu* (sneezing) and feeling of insects crawling around eyebrows of *vatajapratishyaya*. Hence advocating *neti* in *vatajapratishyaya* ought to give results. Currently, there is no effective medication that controls allergic conditions. From the studies it is wise

to assume that *neti* can play a key role in treating allergies associated with upper respiratory tract conditions.

### NETI IN VISIBILITY

*Jala neti*, *nadishodhana pranayama*, *shitali pranayama* and point *trataka* exerted better improvement in myopia. Practice of *jala neti* and other yoga procedures were effective in symptoms like eye pain, eye strain, watering and heaviness of eye. In all ophthalmic cases *neti* can be applied. Evidence has shown that when used as combined therapy *jala neti* yields a significant improvement in myopia. Systematic practice of *neti* results in the reduction of eye strain and subjective improvement in vision. However, the competence of *neti* as an exclusive therapy ought to be explored.

### NETI IN SNORING

Practicing *Sutraneti* helped the patient to control severe snoring and obstructive sleep apnea. This gave positive results for several months. We do know that surgery carries uncertainty in the management of snoring. The potential of *sutra neti* in this area needs to be studied. Thus a non-invasive treatment modality which guarantees minimal recurrence needs to be advocated.

### NETI IN MENTAL HEALTH

It improved mental ability, psychomotor coordination, intelligence and social behavior. Important application of *jala neti* in improving the presence of mind, intelligence and in relieving stress. Research need to be undertaken in this field to validate the role of *neti* in treating psychological disorders.

### NETI AS A PREVENTIVE APPROACH

Daily nasal irrigation with a hypertonic saline solution reduced the severity of symptoms in sinusitis, the occurrence of acute exacerbations and the need for antibiotic therapy. It was found that regularly practicing *Neti kriya* had lesser attacks of upper respiratory tract infections. In spite of known side effects antibiotics are widely used. However, they do not offer complete cure nor prevent recurrence. On the other hand practice of *jala neti* restores the competence of nasal mucosa, wards off mucus, debris and reduces the chance of respiratory infections.

### PRECAUTIONS AND ADVERSE EFFECTS

During the practice of *neti*, water should pass only through nostrils. Even if water enters the throat or mouth it does not cause any harm. Too little salt may induce pain and too much salt may cause burning sensation. After *neti*, *kapalabhati* should be performed to dry nostrils. *Kapalabhati* consists of forceful exhalation followed by passive inhalation in rapid successions. After 10 rapid breaths, inhale and exhale deeply. This makes one round of *kapalabhati*. Practice up to three rounds. In chronic bleeding and structural deformities of nose, one should seek expert guidance while performing *neti*. Those prone to or having ear infections should avoid *neti*. Apart from those mentioned in texts in the review we observed that mild side effects like ear pain, cough and nausea occurred in a few children but this did not preclude the use of nasal saline irrigation. It has been studied that hypotonic or very hypertonic can have harmful effects on mucociliary clearance and can cause severe irritation.

## CONCLUSION

*Neti kriya*, a traditional yogic cleansing technique, offers numerous benefits for respiratory health and overall well-being. By using saline water to cleanse the nasal passages, it helps remove impurities, reduces congestion, and improves breathing.

Regular practice can alleviate allergies, sinusitis, and cold symptoms while enhancing mental clarity and focus. *Neti kriya* also promotes balance in the pranic energy flow, supporting a calm mind and better meditation. However, proper technique and hygiene are essential to avoid complications. When practiced mindfully, *Neti kriya* serves as a simple yet powerful tool for maintaining physical and mental health, aligning with the holistic principles of yoga for a harmonious lifestyle.

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