

## NETI - AN EFFICACIOUS MEASURE IN MANAGING CHRONIC RHINOSINUSITIS

Kulkarni Sharad<sup>1</sup>, Chiranth Kumar<sup>2</sup>, Naveen B S<sup>3</sup>

<sup>1</sup>Ph.D Scholar, Dept. of Shalya Tantra, Ayurveda Mahavidyalaya, Hubballi, Karnataka, India

<sup>2</sup>PG Scholar, Dept. of Shalya Tantra, GAMC, Bengaluru, Karnataka, India

<sup>3</sup>Associate Professor, Dept. of Shalaky Tantra, Sri Sri College of Ayurvedic Science and Research Hospital, Bengaluru, Karnataka, India

Email: [chiranth2010@gmail.com](mailto:chiranth2010@gmail.com)

### ABSTRACT

Allergic rhino sinusitis is a growing problem in the metropolitan cities. It is also a challenge to medical science in terms of managing/curing it. *Neti* is one among the six purification methods (*Shatkarma*) of *Yoga* mentioned in *Gheranda Samhita* by *Gheranda*. This therapeutic measure is considered one among the effective nasal cleansing technique. Rhino sinusitis is one among the secretory disorders involving paranasal sinuses. Stasis of secretions from the sinus mucosa being the prime causative factor of the condition, which if cleansed is believed to relieve the condition and provide ease to the patient. Reduced sense of smell which is one among the prime clinical feature is also said to relieve the condition after a due course of fifteen days of regular practice of *Neti*. Mainly *Sutra Neti* and *Jala Neti* are in practice

**Keywords:** Rhino sinusitis, *Sutra Neti*, *Jala Neti*

### INTRODUCTION

*Neti kriya* is the third purification practice under *Shatkarma*. There are many variations of *Neti* in *Hatha yoga*, but in *Gheranda Samhita*, only one of these techniques, *Sutra Neti* is described. The main purpose of this is cleansing the head region and sensitizing the internal *Naadi*. It is believed that the *Naadi* related to sight and inner parts of the nose are purified through practice of *Neti*<sup>1</sup>. Use of saline solution improves the

mucociliary clearance and helps in removal of crusts<sup>2</sup>

Rhino sinusitis is a condition where there is an inflammation of the nasal mucous membrane and mucosa of paranasal sinuses<sup>3</sup> owing to infection, allergy and trauma with following presentation at different stages of the disease<sup>4</sup>

Ischaemic stage - Burning sensation in the nasopharynx, irritation, dryness in the nose, sneezing paroxysmally, shivering, malaise.

Hyperaemia stage – profuse watery discharge, blocking of nose, anosmia,

Secondary infection stage-watery nasal discharge thickens with yellow /green colour secondary infection which demands medico-surgical intervention with the incidence rate of 35 % in India. Approximately 20% of patients with chronic sinusitis have nasal polyposis<sup>5</sup>.

## Materials and methods

### Procedure of *Sutra Neti*

#### Preparation

Two types of materials may be used as a *Sutra*. Nowadays, a long, thin rubber tube called catheter of size 2 or 3 or 4 is used. It should be put in boiling water added with a pinch of salt and dried using clean cloth. The tip should be lubricated using sesame/mustard oil/ghee.

The procedure can be performed in Vajrasana/*Sukhasana*/squatting position.

Contraindications: post nasal surgeries, nasal polyps, acute bleeding from nose/patients with bleeding disorders.

### *Pradhana Karma*

A thin thread of 32 angulas (Thread prepared with cotton is lubricated with bee wax) is inserted through one nostril and taken out through the mouth [*vithasthamaanam sookshma sutram naasanaale praveshayet mukhannirgamayet paschat prochyate netikarmakam* ]<sup>6</sup>. Once the thread is out of mouth, both of its ends are gripped in a way to enable mild friction in Naso –Oropharyngeal cavity by repeatedly pulling it out and in. In practice thin rubber tube is used. This possibly helps in elimination of any sticky mucus from

the cavity and stimulates the inner cellular lining of the passage by direct friction as well as through improved circulation.

### Procedure of *Jala Neti*

#### Preparation

In practice *Jala* is also used for the purpose of *Neti*. It is performed with the help of *Neti* pot.

### *Pradhana Karma*

The pot is filled with luke warm water+pinch of *Saindhava* salt (boiled water reduced to luke-warm temperature) and nozzle of the pot is inserted in one nostril and is directed towards the other nostril and head is slightly tilted to opposite side. There should be a continuous flow of water without any break in the stream; it should be repeated by the other nostril by slightly tilting the head to opposite side.

### *Pashchat Karma of Neti*

*Kapaala Bhaathi (Vata Krama)* - forceful expiration has to be performed for 15-20 minutes till the nasal cavity is devoid of water drops.

## DISCUSSION

### Probable mode of action

In *Suta Neti* the thread/Catheter massages and strengthens the mucus membranes, enhancing their efficacy. The blood flow to the nose increases by this. The gentle movement of the thread/catheter exerts pressure on the glandular lining of nostrils, reducing swelling and inflammation. Any abnormal growth like polyps is reduced. This practice reduces rhino sinusitis.

*Jala Neti* is a variant of *Nasya Karma (Shamana variety)* of *Ayurveda* in which when lukewarm water passes through the nostrils, its influence is first felt by the tissue lining the nasal passages and sinuses. Salt itself is having the

property of *Kledana* (hydration) and *Chedana* (dissociation)<sup>7</sup>. During *Jala Neti* two processes take place simultaneously<sup>8</sup>

1. Waste products or mucus comes out along with water through the other nostril cleaning the nasal cavity
2. Usually the eyes water with this practice. This is due to nasolacrimal duct. Thus dry eyes get benefitted.

### Psychic benefits<sup>9</sup>

The spiritual benefits of *Neti* include stimulation/awakening of *Ajna Chakra* located in between the eyebrows. By this the mind becomes calm; there is experience of one-pointedness and concentration. Sage *Gheranda* has described three benefits of *Neti*. The first is the attainment of *Khechhari(Mudra)siddhi*, second is the elimination of excess *Kapha Dosha* and the third is attainment of *Divyadrishhti*.

*Khechhari Siddhi* is a state of attainment. After perfecting *Khechhari mudra*, A *Yogi* is free from all diseases and achieves complete control over the body. As per some authors it helps in attainment of astral travelling. *Divyadrishhti* is the clarity in vision/sight.

*Neti* is very effective and simple procedure which should be practiced under the supervision of the expert initially.

### CONCLUSION

*Neti* is helpful in rhino sinusitis and a number of other diseases pertaining to ENT. In western countries, an increased interest in nasal irrigation has been shown and it is recommended as

an adjunct to the conventional therapy of common cold and sinusitis<sup>10</sup>. This is one of the most recommended therapies and has proved to be worth in management of number of nasal disorders including common cold, allergic rhinitis, and sinusitis. There is scope for further research where many other conclusions can be drawn with extensive human experimentation.

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*JALA NETI*



*SUTRA NETI*



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