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Therapeutic Effects of Jalneti-Case Presentations

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Abstract: Yoga is the most practiced therapy now-a-days after the pandemic that left whole world in a situation where every individual understands the importance of complete physical and mental health. Yoga is the most ancient science which serves both the purposes. It gives physical strength along with mental stability. It is a boon gifted by Maharshi Patanjali. There are Shatkarma mentioned in Yog Vijnyan specifically told for purification of body which resembles Panchakarma of Ayurveda. In these Shatkarma there is one process called as Neti which is useful for purification of Urdhwang that is entire head globe. There are two types of Neti; Jalneti and Sutraneti. The present article will illustrate the procedure, types, precautions and therapeutic effects of Jalneti with special emphasis on case presentation
Keywords: Yoga, Ayurveda, Shatkarma, Panchakarma, Neti, Jalneti

I. INTRODUCTION

Neti has its own importance in *Shatkarma*. This process is related to purification through both the nostrils. It is also called as *Matangini*[1]. In *Yogshastra* there were no subtypes mentioned but some Yogacharya differentiate it according to material used in it e.g. *Sutraneti, Jalneti, Dugdhaneti, Ghritneti* etc. There is no difference between the process mostly *Sutraneti* is mentioned in Yogashastra. *Jalneti* will be discussed using following materials and methods

A. Pot for Jalneti

Generally Copper pot was used anciently but now there are many vessels which can be used having capacity of one and half litre. A *Neti* pot is usually small and has a long spout on one side, which is small enough to be inserted gently into one of the nostrils during the process.

B. Water used for Jalneti

Cold water is not used for *Jalneti*. It should be as warm as body fluids. One teaspoon of salt may be added into half a litre of lukewarm water in such a quantity that it can be tasted. There is scientific reason to add salt in it as it should not get absorbed through nasal membrane. It makes membrane active. It reduces obstruction if any. Due to these reasons cold water is not used.

C. Procedure[3]

Jalneti can be practiced daily but best time told for the same is morning. First of all, sit in *Kagasana* (*Utkatasana*) having a 1-foot distance between legs. Lean forward from the lower back. Tilt the head to the opposite side of the nostril whichever is more active at the moment. Insert the nozzle of the pot into the nostril which is active at that moment. Open your mouth throughout the *Neti* process and try to breathe through it. Let the water flow in through one nostril and out through the other nostril. After finishing half of the water of the *Neti* pot, put it down and clear your nostril. The same thing should start from the other side. After finishing from both sides, do forceful exhalation from both the nostrils in all directions i.e. left & right, top & bottom.(*Bhastika*)

D. Precautions[4]

1) After performing *Jalneti*, either *Kapalbhati* or *Bhastrika Pranayama* should be performed to dry the nasal region.
2) While during the above-said breathing process, one shouldn't blow very hard as it may push water into the ears.
3) The proportion of salt in water should be kept in mind as more salt leads to a burning sensation in the nasal region.
4) Breathe through the mouth throughout the practice.
5) Initially, it should be practiced under the guidance of a yoga expert.

E. Benefits of Jalneti

कपालशोधनी चैव दिव्यदृष्टिप्रदायिनी। ऊर्ध्वजत्रुगतान् रोगान् नेतिराशु निहन्ति च ।। (हठयोग प्र 2/-30)

1) Due to *Jalneti*, olfactory and optic Nerve becomes so active so that it reduces all the *Urdhwajatrugat Roga* and gives *Divyadrishti*

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विगत घननिशीथे प्रातरूत्थाय नित्यं ।
पिबति खलु नरो यो वामरन्ध्रेणवारि।।
सम्भवति भातिपूर्ण चक्षुषा ताक्ष्यतुल्यो ।
वलि पलित विहीनः सर्वरोगैर्विमुक्तः।। (भा.प्र.)

1) Not only *Divya Drishti* it increases *Dharana Shakti* and *Smriti*.
2) *Jalneti* helps in relieving sinusitis, ailments of the eyes, nose, and throat, tonsillitis, catarrh, as well as inflammation of the adenoids and mucus membranes.
3) Jalneti is extremely helpful in the prevention of cold and cough.
4) It also prevents allergic sneezing.
5) It reduces headache so that insomnia.
6) It helps in prevention of greying and loss of hair
7) It also relieves olfactory diseases.

F. Case Presentation

1) Case no 1 Swarnima Soni

Age 10yrs
Chief complaints: weak eyesight
Treatment: *Jalneti* started on September 2020 daily in the morning still on-going
Result: improved both eyesight with relief in myopia and hypermetropia

2) Case no 2 Shalini Poddar

Age 32yrs
Chief complaints: weak eyesight
Treatment: *Jalneti* on morning for 6 months two times in a week
Result: Improved vision. Visual acuity test showed before and after difference of 0.75D

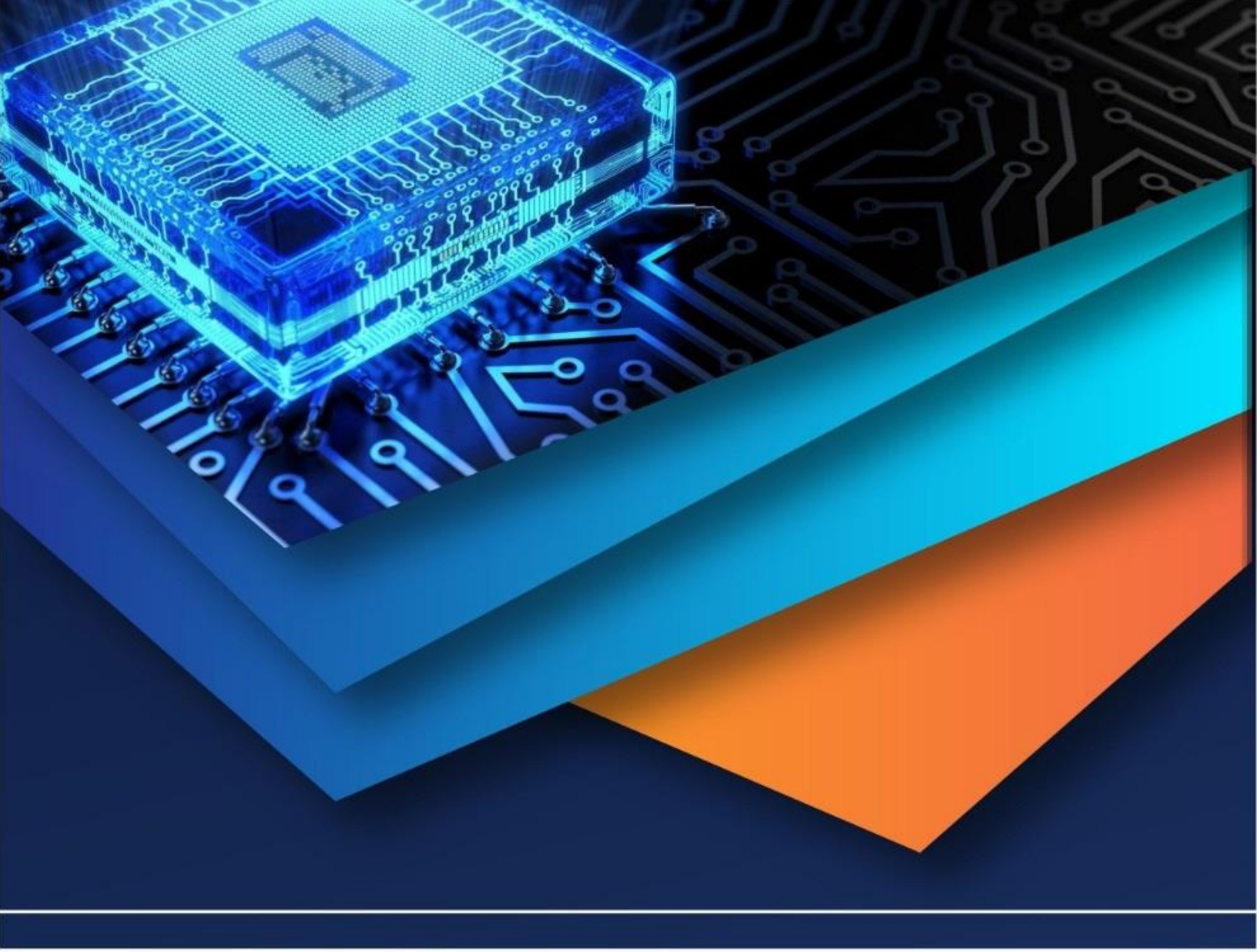
3) Case no 3 Saurabh Soni

Age 34
Chief complaints: Migraine from last 10yrs. Severe headache episodes 4 to 5 times in a month
Treatment: *Jalneti* started daily in the morning for 8 months
Result: Patient has occasionally one episode in a month and symptoms are not also so severe as before

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