

**Review Article**

## Neti Kriya Enhances the Nasal Functions

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**Abstract:**

This review paper focuses on Neti Kriya and its process. Neti Kriya improves the functions of Nostrils and protects from all kinds of viral diseases and proper breathing. The yogic practices maintain the flow of air in each nostril. After practicing the nostrils will admit the greater amount of air/oxygen. The nerves, improves the secretory, and circulation. Enhances the immunity, clears the dried up mucus deposits and foreign particles. The neti kriya improves ailments of respiratory system and influence on psycho-spiritual health.

**Keywords:** NetiKriya Enhance Nasal Functions

**Introduction:**

Neti is an important part of Shatkarma, the yogic system of cleansing techniques. It is intended mainly to clean the airways. Nasal cleansing process can be done with the four main variants; Sutra, Water, Milk or Ghee. Jalaneti in Hatha Yoga Pradipika and Geranda Samhita states beneficial effects that range from profound physiological clairvoyance. Neti influence on the various nerves.

Dugdhaneti provide softness in air ways and Grithaneti provides protects from all kinds of virus and provide energy to the brain. This is a reason that we highly recommend that to practice Sutra neti, Jalaneti, Dugdhaneti and Grithaneti.

**Meaning and definition:**

The original meaning of neti is “to guide”, neti is a traditional Yogic cleansing process that clears the nose, sinus, air ways or nasal passages through

nasal irrigation, this is known as ‘Neti Kriya’ The method of Nasal cleansing performed by neti means nasal passage. Sanskrit word, “sutra means thread which is made by cotton and some part of the thread used by wax. jala, means “water”. Dugdha means Milk, and warm ghee to practice ghritaneti”.

**Nasal functions:**

**Nose,** the important organ among the look at that provide as the doorway to the respiratory tract and hold the olfactory organ. It supply air for respiration, provides the good judgment of fragrance, state the air by filtering, warming and moistening it, and fresh itself of irrelevant fragments extort from breathing.

The nose has two cavities, divided from one another wall of cartilage called the septum. The structure of the nasal cavity is multifaceted. The accelerate part, inside and over each nostril, is

known as the vestibule, and the length of each external wall are three elevations, commonly in succession from front to rear, and each elevation is known as turbinate, hang up an air ways. Adjacent to the topmost concha is the olfactory region of the nasal cavity. The other area of the cavity is breathing part is creased a damp mucus membrane with a well coated predictions called as cilia, which gather fragments. Mucus cells in the membrane wall helps to catch elements of dust, carbon, and bacteria. Sinus cavities are located in the bony skull on both sides of the nose.

In the smelling portion a small section of the lining nerve cells are the actual sensory organs. Nasal cavities covered by thin layer of moisture. This moisture dissolves small particles carried nostrils into the nose from odour emitting substance, and the particles dissolve in the fluid and stimulate the olfactory nerve cells.

### **Procedures of Neti Kriya:**

Sit or stand in a comfortable position in the guidance of yoga trainer. First practice sutra neti that gently and slowly insert the narrow end of the sutra into the one nostril when the sutra come in to throat, so as to pass through the root of the nose into the upper back of the throat. Never force to push the catheter straight up as the nasal cavity is narrow at the roof & widest at the base. throat then take out from mouth by two fingers.

Then perform the Jalaneti, it cleans and removes blockages in the nasal passages. Breathe through the mouth while practicing jal neti. Take full of jalaneti pot with salted hot water, gently insert the nozzle into the uppermost nostril then open mouth water come out in other nostril wait for come out all the water then repeat on the other side. After completing this process, the nostrils must be thoroughly dried.

### **Precautions for NetiKriya:**

- Jalanetiis followed by Kapalabhati to dry the nose and breathe out through one nostril closed, then through the other nostril, lastly through both the nostrils.
- Physicians advise is recommended

### **Benefits of NetiKriya:**

- Sutraneiti stimulates the nerves, improves the functions of the eyes, tear ducts and olfactory zone.
- It removes excess of mucus, flushing out the secretory glands and improves the blood circulation.
- Enhances the immunity of the body.
- This stimulation also causes a slight irritation to the mucus membranes, resulting in an increased blood circulation in the nose which tends to encourage excessive secretion of mucus for a short period of time. This is very beneficial, for it removes any stagnation of blood in the nostrils and flushes out the secretory glands. The organs in the nose are consequently encouraged to function far more effectively. This includes the eyes, since the tear duct outlet in the nose and the blood supplies are closely connected.
- Sutra neti is an excellent method of preventing colds or other inflammations of the nose, especially if it is supplemented with jalaneti.
- Sutraneiti stimulates the nerves, improves the functions of the eyes, tear ducts and olfactory zone.
- This practice is excellent for cases of chronic headache, insomnia and drowsiness.
- It prevents & controls the hair fall and premature graying of hairs.
- This helps to improve the memory power.
- It improves the eye sight and facial complexion.
- Diseases of the ear, impaired hearing and discharge through the ear, etc. can be managed.
- In short, diseases of the different organs from the neck upward can be effectively managed with the help of this practice.

## Research Findings:

Optional extra treatment with yogic kriya in constant split airways stumbling block(1)in 1978. The neti kriyas improved nasal functions. The study was effect of short term yaga practice on ventilator function tests(2) Jal neti remove the excessive mucous emission, reduce tenderness, and diminish bronchial allergic reaction(3). Regular practice neti kriya make sure to revitalize the complete nose region therefore avoids a lot of illness of this part of the body(4). Cleansing practice netikriya makes the brain cells new and revive, recover the purpose of the slash canal and olfactory area of brain and helps to sleeplessness(5). It boost conflict to incursion by bacteria(6).Neti practice greatly assists in balancing the airflow of the two nostrils<sup>7</sup>Netikriya engages the Koshas and stimulates the Ājñāchakra, the psychic centre in the midbrain. It prevents and manages cold, cough and sneezing<sup>8</sup>. Remove all the complications and facilitates relieving of headache and migraine.<sup>9</sup>The practice ofneti is good to boost memory.<sup>10</sup>

## Conclusion:

In conclusion, this yogic kriya practice involves cleaning up the nasal passages as well as the throat. Neti cleans the impurities nostrils and delicate membranes, helps to provide more oxygen to whole body and improves the functions of nostrils and brain cells, its great influence on psycho-spiritual health, and totally removes snoring at night.

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