

Swasthya Sankalpam

JALA NETI

The Ancient Yogic Cleansing
Technique

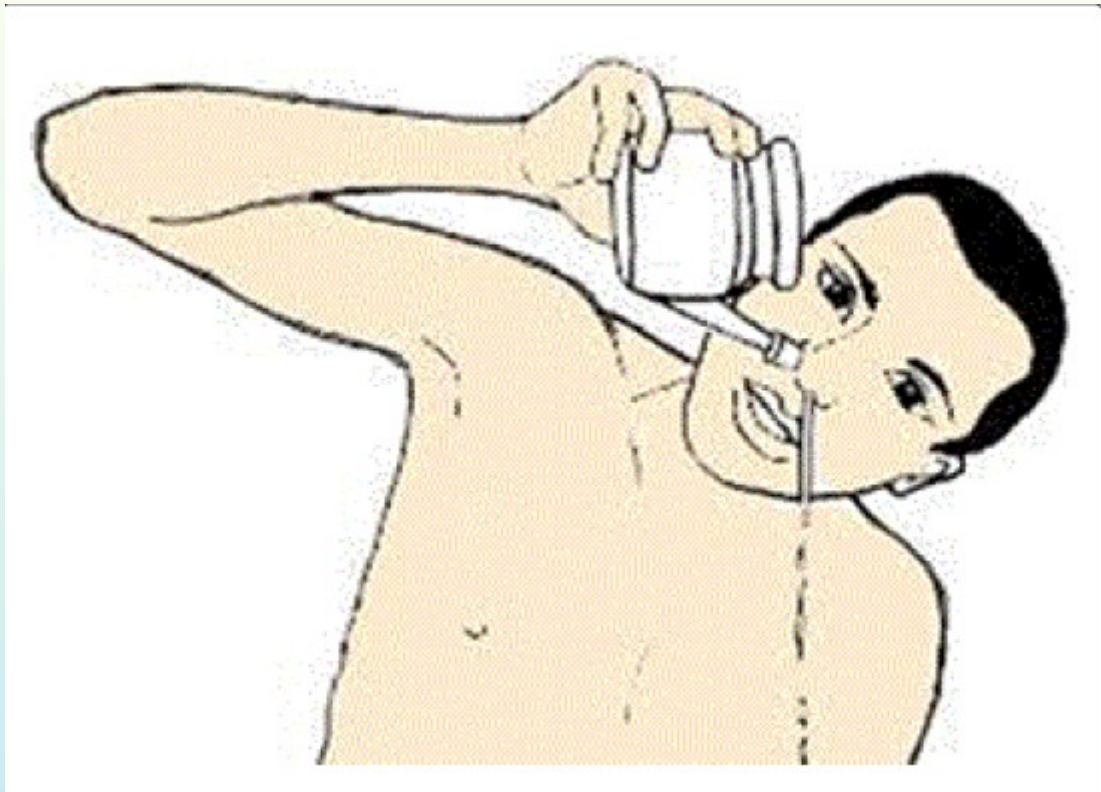
Preparation

Early morning is the best time for Jala Neti, but it can be performed at other times as well. Before starting, gather:

- ***A Neti Pot***
- ***Lukewarm Saline Water:*** Mix 1 teaspoon of salt in 500 ml of lukewarm water. Ensure the water is slightly warmer than body temperature.

Procedure

1. ***Posture:*** Sit in *Kagasana* (squat) or slightly bend forward at the hips if squatting is uncomfortable.
2. ***Insert the Nozzle:***
 - Hold the neti pot in your right hand. Insert its nozzle into your right nostril smoothly without forcing.
 - Ensure a tight seal between the nozzle and nostril.
3. ***Breathing:*** Keep your mouth slightly open throughout and breathe through it.
4. ***Pour Water:*** Gradually tilt your head and the neti pot so water flows from the right nostril to the left.
5. ***Repeat:*** After completion of right nostril, switch to left nostrils and repeat.



Sneezing Technique

Technique-1

- Close ears with your thumb fingers and close left nostril with little finger, turn your head right side and exhale forcefully through the right nostril 10 times.
- Close ears with your thumb fingers and close right nostril with little finger, turn your head left side and exhale forcefully through the left nostril 10 times

Technique-2

- Place your hands back side, turn your head right side and exhale forcefully through the both nostrils 10 times.

- Place your hands back side, turn your head left side and exhale forcefully through the both nostrils 10 times.

Technique-3

- Rise your head upward slowly inhale and exhale for 5 times and now bend your head down and exhale forcefully through the both nostrils 10 times.

Technique-3

- Kapalabhati

Precautions

- **Use Saline Water:** Saline water prevents absorption into nasal membranes, avoiding discomfort. Ensure salt is fully dissolved.
- **Mouth Breathing:** Always keep your mouth open for easier breathing.
- **Comfortable Posture:** If you experience knee or back pain, avoid squatting and choose a bent-over position.

Benefits of Jala Neti

1. Respiratory Health:

- Removes dust, mucus, and bacteria, ensuring clean nasal passages.
- Eases sinus infections and allergies, promoting smooth and healthy breathing.

2. Improved Vision:

- Helps reduce eye irritation and enhances focus, clarity, and sharpness.

3. Asthma Relief:

- Clears nasal passages, facilitating improved oxygen flow to the lungs and easing bronchial congestion.

4. Enhanced Hair Health:

- Reduces hair fall and prevents premature graying by improving scalp circulation and reducing internal heat.

5. Mental Clarity:

- Relieves stress, anxiety, headaches, and migraines, fostering calmness and mental peace.
- Improves focus, concentration, and overall mental alertness.

6. Cough and Cold Prevention:

- Clears excessive mucus, reducing vulnerability to respiratory infections and seasonal ailments.

7. **Hearing Health:**

- Alleviates ear-related issues caused by sinus blockages, enhancing auditory clarity.

8. **Improved Sleep:**

- Helps combat insomnia caused by stress and modern lifestyle habits, ensuring restful and rejuvenating sleep.

9. **Enhanced Smell:**

- Revitalizes and sharpens olfactory senses, heightening the sense of smell.

10. **Radiant Skin and Facial Glow:**

- Promotes natural detoxification, improves blood circulation to the face, and adds a youthful, healthy glow.

11. **Bronchial Health:**

- Reduces congestion in the bronchial tubes, enhancing lung capacity and respiratory efficiency.

12. **Cost-Effective Health Solution:**

- Eliminates the need for expensive treatments for ENT, respiratory, and lung-related issues, offering a natural, sustainable alternative.

Additional Notes:

- Jala Neti should be practiced **under the guidance of a certified Yoga Instructor** for safety and effectiveness.
- It can be performed **once every three days** to maintain nasal hygiene and ensure lasting benefits.

(Jalanetiḥ prakṛtyā svāस्थ्यam.)
"Jala Neti: Nature's way to health."