

Swasthya Sankalpam



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.

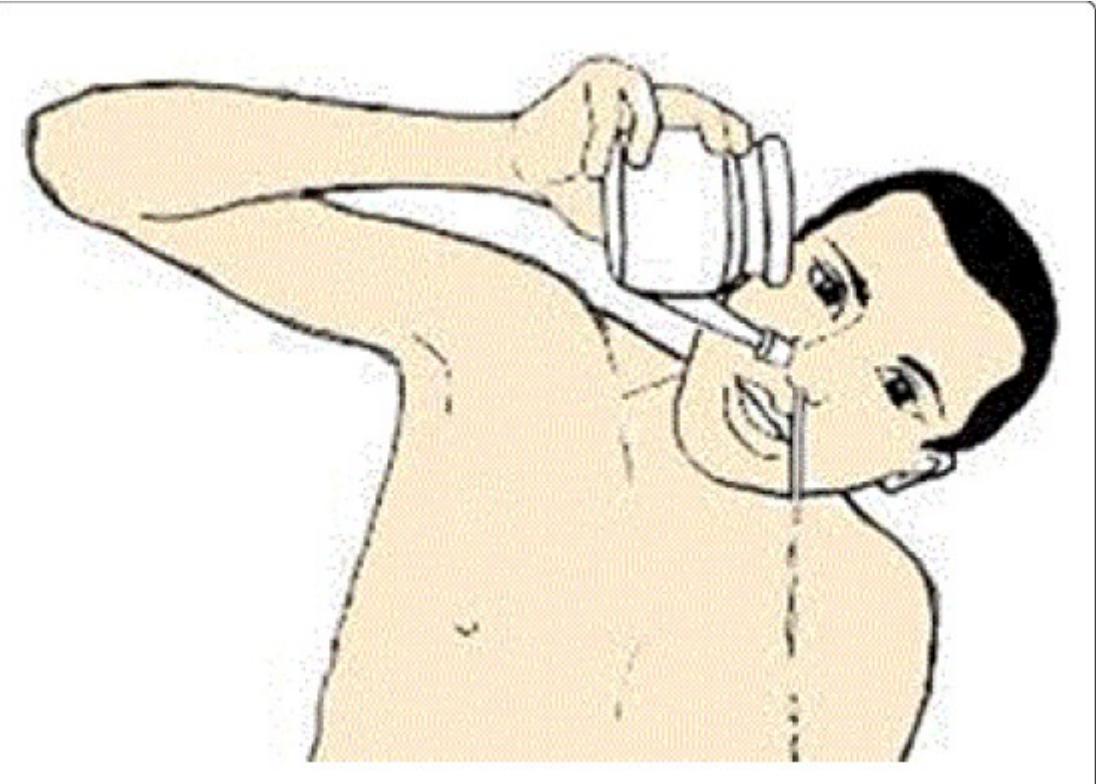
2. **Insert the Nozzle:**

- 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.

(Jalanetih prakṛtyā svāsthyaṁ.)
"Jala Neti: Nature's way to health."