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Role of *Neti Karma* On The Basis of *Nasya Karma* For Health Aspect

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ABSTRACT: -

Yoga is a group of Physical, Mental & Spiritual practices or disciplines which originated in ancient India. *Neti* is an important part of *Shatkarma* (Six procedures). The *yogic* system of body cleansing techniques. It is intended mainly to clean the air passage. *Ayurveda* is a system of medicine with historical roots in the Indian subcontinent. *Ayurveda* therapies and practices have been integrated in general wellness application and in some cases in medical uses. *Nasya karma* is a term to be applied generally for medicines administered through the nasal route. It is also known as *Navana* and *Nasya karma* (Nasal medication). *Neti karma* (nasal cleansing exercise) and *Nasya karma* are applied through same route. In this paper evaluate of *Neti Karma* on the basis of *Nasya Karma*.

Key words : *Neti Karma*, *Nasya Karma* , *Ayurveda* , *Yoga*, *Shatkarma*.



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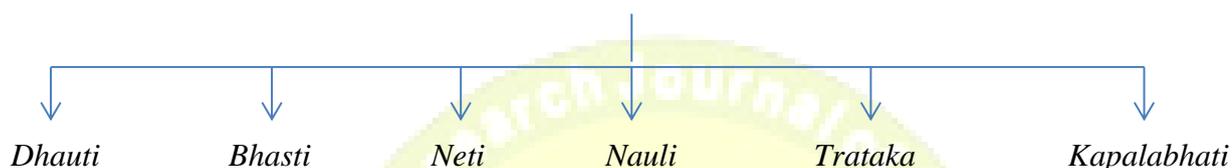
INTRODUCTION

Shatkarma – Purification Techniques in Hatha Yoga. The *Shatkarma* or the six purification techniques in *Hatha Yoga* are designed to make the body strong and healthy. ‘*Shat*’ means six and ‘*Karma*’ here means a method or technique.^[1]

Shatkarmas are considered preparatory steps towards higher practices of *Pranayama* and meditation. The ancient *Rishis* recognized the

importance of a healthy body for all activities, whether worldly or spiritual. *Hatha Yoga*, as explained in the text ‘*Hatha Yoga Pradeepika*’, is aimed at making the body and mind fit for higher practices of *Raja Yoga*.^[2] The *Shatkarmas* consists of six techniques. They can make the body clean and strong, free of diseases, remove toxins and improve concentration. It can also improve the flow of *Prana* into the organs and the *Pranic* meridians or *Nadis*^[3]. The six techniques are –

Shatkarmas



1. *Dhauti* – *Dhauti* is the practice of cleaning the stomach.
2. *Bhasti* – *Bhasti* is the cleaning of the bowels.
3. *Neti* – *Neti* is the process of nasal cleaning.
4. *Trataka* – *Trataka* develops concentration and removes mental disturbances.
5. *Nauli* – *Nauli* is the practice of churning the abdominal muscles to the left and right repeatedly. This tones up all the organs in the abdomen and removes digestive disorders.
6. *Kapalabhati* – Though many include *Kapalabhati* as a type *Pranayama*, in the *Hatha*

Yoga texts, it is classified under the *Shatkarmas*. It is removing any stagnant carbon

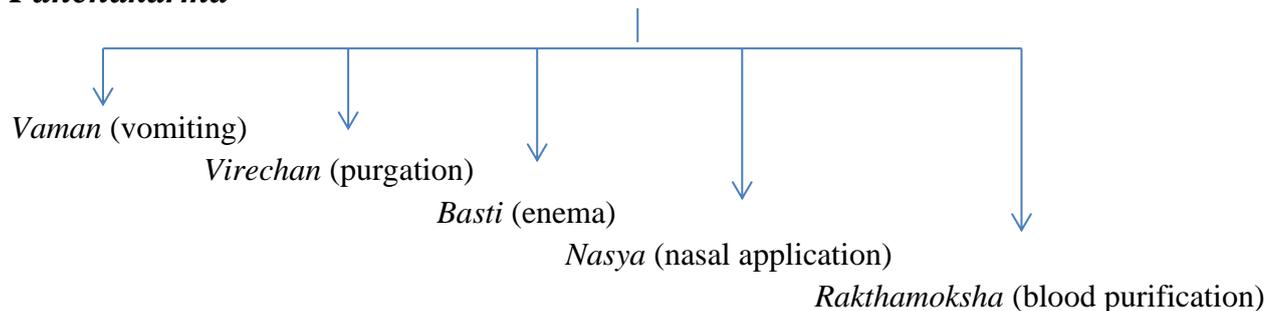
dioxide accumulated in the lower parts of the lungs. It is said to be a cure for many diseases. The *Shatkarma* practices are to be learned from an experienced yoga instructor. Regular practice of *Shatkarmas* can help to purify the body and maintain perfect health.

There are two types of processes in *Panchakarma*^[4] :-

1. *Purvakarma*: Pre-purification Measures for *Panchakarma*.
2. *Pradhanakarma*: Main Purification measures of *Panchakarma*.

In *Panchakarma* there are different types of herbal massages *Abhyanga Karma*, fomentation's such as steam *Swedana*, external oil treatments *Snehan*(Oleation), *Basti* (medicated enemas), *Virechana* (purgation) through herbs, *Vamana* (emesis) through herbs, *Nasya* (nasal administration of oils) etc.

Panchakarma



AIM & OBJECTIVE

Yoga and Ayurveda are the unique sciences of antiquity. Both were developed and practiced in similar circumstances with similar objectives in the same land. Both are based on similar concept of human existence. Currently there is an emerging trend towards the holistic approach to the health related problems. The study aims to reveal the facts on the benefits of *Neti karma* w.s.r to *Nasya Karma* based on the concepts explained in *Yoga and Ayurveda Shastra*. *Yoga Shastra* describes six purificatory measures (*Shat Karma*) as the means of *Nadi Shodhana*.

NETI KARMA :

There are various types of *Neti* practiced by *Yogi's* including *Jala Neti* (with water), *Dughda Neti* (with Milk), *Sutra Neti* (with cotton string) etc.

There are two types of *Neti* : *Jala Neti* and *Sutra Neti*.^[5]

1. Jala Neti – Yoga for Cleaning your Sinuses

Jala Neti is a yogic technique to clean your sinuses. *Neti* is one of the six purification methods in *Hatha Yoga*. The sinus cavities can get clogged with impurities which may cause infections, inflammations and headaches. The yogic text *Hatha Yoga Pradeepika* gives a

simple method to keep your sinuses clean.^[6]

The text gives six practices for cleansing the body and to prepare the body and mind for higher practices of *Yoga*. These are called *Shatkarmas*. One of them deals with Nasal hygiene and is called *Neti*. Nasal hygiene is extremely important as it is linked to many conditions like sinusitis, migraine, headaches, allergies and asthma. *Neti* is a very simple practice that can be done along with your daily routine, say immediately after brushing your teeth in the morning. It takes just a few minutes and helps to relieve many of the problems related to the nasal and sinus cavities. *Neti* practiced with water is called *Jala Neti*. *Neti* can also be done using milk and is then called *Dugdha Neti*.

How to Practice Jala Neti (Nasal Cleaning with Water)

According to the *Yoga Samhitas*, the procedure of *Jala-Neti* can be divided into 3 parts^[7]

1. *Purva Karma* (Pre treatment)
2. *Pradhan Karma* (Main treatment)
3. *Paschat Karma* (Post treatment)

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1. Purva Karma: (Nasya)

The patient was made aware of the procedure and was planned for *Nasya* with *Anu tailam* for the *Snehan* (lubrication/oleation) of the nose two drops of *Anu tailam* were poured in both the nostrils drop by drop from a height of 4 *anguli*(5-6 cm). She was advised to take deep breath and stay in the same posture for a while.

2. Pradhan Karma: (Jalaneti)

This entire procedure was carried out for consecutive seven days in the O.P.D of E.N.T under the guidance of ENT specialist without providing any conventional medications.

Standard operating procedure of *Jalaneti* :

Water mixed with *Saindhav* (rock salt) was took in the one-sided holed pot called *NETIPATRA*. Pour water into one nostril by *NETIPATRA* and allow the water to come out from another 200 ml of water was used for one time wash. Blow the nostrils to clear of all the watery discharge. Repeat the same procedure with another nostril and blow off all the remanant mucous of nasal and oral cavity with a loud sneeze.

3. Paschat Karma : (Kapaalbhati)

The patient is asked to sit in the *Padmasana/Swastikasana* and asked to perform *Kapalbhati* for about 5 mins.(15strokes per minute). When you first start this practice, you may get irritations in the nose, sneezing, coughing, etc. which will disappear after few sessions.

Benefits of *Jala Neti* (Nasal Cleaning with Water) :

1. *Neti* helps to maintain the nasal hygiene by removing the dirt and bacteria trapped along

with the mucus in the nostrils.

2. *Neti* de-sensitizes the sensitive tissues inside the nose, which can alleviate rhinitis, allergies and some asthmas.

3. Several health problems like sinusitis, migraine, headaches, ear problems like tinnitus and middle ear infections can be reduced by doing *Neti*.

4. It can alleviate upper respiratory complaints, sore throats, tonsils and dry coughs.

5. It can clear the eye ducts and improve vision.

6. Effect of *Neti* on the mind is also notable. It can remove tensions and depressions; and give clarity of mind. *Jala Neti* precautions

Precaution During *Jala Neti* Procedure :

1. The nose should be dried properly after the process.
2. People with high blood pressure should be careful during this part. If one feels dizzy while drying the nose, then it should be done standing upright.
3. Take care that you do not leave any water in the nasal passages as it might cause an infection.
4. Like any other yogic practice, learn it from an expert practitioner.
 - *Jala Neti* goes beyond nasal cleansing and helps in aligning your body, mind, and soul. Hence,
 - It should be practiced daily and not only when one has a nasal blockage or cold.

JALA NETI
NASAL CLEANING IN HATHA YOGA



SUTRA NETI
NASAL CLEANING
WITH THREAD / CATHETER



2. *Sutra Neti* – Nasal Cleaning in Hatha

Yoga :*Sutra Neti* is a *Hatha yoga* technique to clean your nasal cavity. *Sutra Neti* is one of the six methods of purification or *Shatkarma* as given in the yogic text *Hatha Yoga Pradeepika*. In *Sutra Neti*, a waxed cotton string is traditionally used to clean the nasal cavity. The waxed cotton string is inserted into the nose and then pulled out from the mouth. Then both ends are held with the hands and nasal cleaning is done by to and fro motion of the strings. Now a days, a rubber catheter is used instead of the string as it is easily available in any medical store.

How to practice of *Sutra Neti* ?

Sutra Neti should be learned from a qualified *yoga* instructor as it needs guidance in the beginning. This practice is ideally done in the early morning after brushing your teeth, though it can be practiced at any time of the day. Acquire a rubber catheter of size between 1 mm and 3 mm from any medical store. Select a size which you feel is comfortable for you to use, through trial and error or through expert advice.

1. Take the rubber catheter in your hand and very gently insert the tube inside your left nostril. Take care not to rush it; do it very slowly as it can irritate the sensitive membrane inside the nostril. Many people have mild nasal septal deviations, which is more or less harmless. If the deviation is acute then one may feel a block while inserting the rubber tube. Seek expert guidance in such cases.
2. Push the tube into your nostril upwards, till it hits the back of the throat. At this point the tube will bend and go down the throat. Continue inserting the catheter slowly.
3. Open your mouth and use your middle and index fingers to grab the tube from inside

your throat. This takes a little practice. Once you get the knack of it, you can do it with ease.

4. Pull the tube out so that part of it is just outside the mouth. Never leave the other end of the tube, which you are holding with your other hand.
5. Now using both hands move the tube in a massaging motion to clean the nostrils and throat. Repeat the procedure with the right nostril.
6. After the practice is over, remove the catheter and clean it. Store the catheter in a clean place for another day's next practice.

Benefits of *Sutra Neti* :^[8]

- *Sutra Neti* has benefits similar to that of *Jala Neti*. The nasal cavities can get clogged with impurities which may cause infections, inflammations and headaches.
- It helps to maintain the nasal hygiene by removing the dirt and bacteria trapped along with the mucus in the nostrils.
- It de-sensitizes the sensitive tissues inside the nose, which can alleviate rhinitis, allergies and some types of asthma.
- Several health problems like sinusitis, migraine, headaches, can be reduced by doing *Neti*.

Nasya Karma :

- The word *nasya* is derived from “*Nas*” *dhatu*. It conveys the sense of *Gati*-Motion (*Nasa -Gatau*) and *vyapti* means pervasion (*Nasa Vyaptau*). In *Ayurvedic* texts, *Nasa Dhatu* is used in sense of nose (*Nasa Nasikayam*).^[9]
- *Nasya karma* basically means instilling the medicated oils, liquids, powders into the

nose, to achieve a desired therapeutic effect.

- It need not be always a therapeutic procedure, but can also refer to one among the daily activities of a *swasthya* (healthy). *Nasya* (nasal medication) has been mentioned as a part of *dinacharya*, and its daily practice has been in use for several years.
- *Nasya karma* is a process where in the drug herbalized oils and liquid medicines is administered through the nostrils. Since nose is the gateway of the head, it is highly effective in curing a number of diseases pertaining to the head, if it is performed systematically.
- It cleanses and opens the channels of the head, thereby improving the process of oxygenation *prana*, which has a direct influence on the functioning of brain.^[10]
- It is beneficial if done on a regular basis, because it keeps the eyes, nose and ear healthy.
- It also prevents the early greying of hair and bear.
- Head is the ruler of *indriyas* (senses) and *kaphadosha*. It works on *kaphadosha*.
- The medicine given through *Nasya* (nasal medication) reaches up to the brain and thus it pulls out all the disease causing *doshas* impurities.
- Medicine given through nostrils travels the entire passage and reaches the cribriform plate, which is porous in nature. From there it is absorbed and reaches the tissues of brain. It is like the local application on the tissues of brain.



Types of Nasya : ^{[11][12][13][14][15]}

Acharya	No. Of Types	Classification
Charaka	3	<i>Rechana, tarpana, shaman</i>
Charaka	5	<i>Navana, avapida, dhmapana, dhuma, pratimarsha</i>
Charaka	7	<i>Yoni/ ashraya bheda</i>
Sushruta	5	<i>Sirovirechana, pradhamana, avapida, nasya, pratimarsha</i>
Vagbhata	3	<i>Virechana, brumhana, shaman</i>
Sarangadhara	2	<i>Rechana, snehana</i>
Kashyapa	2	<i>Brumhana, karshana</i>

As a whole, the *Nasya karma* can be categorised into three varieties, based on their pharmacological action:-^[16]

- *Rechana*(Purification) - which eliminates the doshas
- *Tarpana*(Nourishing) - it provides nourishment to the organs of head
- *Shamana* (Retraining) - Which pacifies alleviated doshas in head

In a Gist....

- *Navana Nasya*: instilling medicated oil or *ghrita*
- *Avapida Nasya*: *nasya* with juice extracted from the drug
- *Dhmapana Nasya*: blowing fine powder of drug into nostrils
- *Dhuma Nasya*: medicated smoke inhaled through nose and exhaled through mouth
- *Marsha Nasya*: Instilling oils in higher dose to achieve instant result
- *Pratimarsha Nasya*: Instilling oils in lower dose, has no complications, advised for all

According to *Ashraya bheda* seven categories of plant parts viz., fruits, leaves, roots, rhizomes, bark, flowers, exudates are mentioned. They can be used in powder form or can be processed in oil form and used to

achieve *sirovirechana*.

Oils may be processed by the drugs of *madhura skandha*, and can be used for *tarpana* type of *nasya*.

- *Acharya Charaka* mentioned few drugs in *Apamargatanduliy adhyaya* of *Sutrasthana*.

Few on them include:-

- *Apamarga* (*Achyranthes aspera*) - *Pippali* (*Piper longum*)
- *Vidanga* (*Embelia ribes*) - *Shigru* (*Moringa oleifera*)
- *Maricha*(*Piper nigrum*) - *Sarshapa*(*Mustard*)
- *Shirish* (*Albizia Lebbeck*) - *Haridra* (*Turmeric*)
- *Lavana*(salt) - *Nagara* (*Zingiber officinale*)
- *Jyotishmati* (*Celastrus paniculatus*)

General Indications of *Nasya* : ^{[17][18]}

Sirostambha (Stiffness on head), *Ardhavabhedaka* (Migraine), *Vakgraha*, *Shirahshula* (head ache), *Grivaroga* (diseases of neck), *Akshishula* (eyepain), *Svarabheda* (hoarseness of voice), *Netraroga* (disease of eye), *Galashundika* (Uvulitis), *Tundikeri* (recurrent tonsillitis), *Timira* (cataract), *Galaganda*, *Vartmaroga* (disease occurring in the eyelids) *Upajihwaka* (ranula), *Pinasa* (Chronic Rhinitis), *Manyastamba* (cervical spondylosis), *Ardita* (paralysis), *Apatantraka* (Convulsions), *Dantaharsha* (sensitivity in the tooth), *Karnashula* (ear ache), *Chaladanta* (loose teeth), *Arbuda* (Tumour), *Hanugraha* (stiffness of jaw), *Mukharoga* (Disease of oral cavity), *Khalitya* (alopecia), *Palitya* (greying of hair).

General Dose of *Nasya Karma* : ^{[19][20]}

Type of <i>Nasya</i>	<i>Hrasva</i>	<i>Madhyama</i>	<i>Uttama</i>
<i>Snehana Nasya</i>	8	32	64
<i>Sodhana Nasya</i>	4	6	8
<i>Marsha Nasya</i>	6	8	10
<i>Avapida Nasya</i>	4	6	8
<i>Pratimarsha Nasya</i>	2	2	2

Duration Of Nasya Karma :*Purvakarma- • Sambara sangraha*

Examination of patient

Preparation of Patient

*Pradhana Karma- • Administration of Nasya**Oushadi*Immediate measures after *nasya**Paschat Karma- • Observing the samyak yoga, atiyoga, ayoga*• *Dhuma and Gandusha*• *Parihara*• *Vyapad and Chikitsa***Ritu (seasonal) Time of Nasya :***Grishma* (Summer) - Morning*Shishira* (Winter), - Afternoon*Varsha* (Rainy) - In clear morning*Sarat+ Vasanta* - In morning*Shishira+ Hemanta* - Afternoon*Grishma+ Varsha* - Evening**Doshic Predominance Time of Nasya :***Kaphaja Vikara* - Morning*Pittaja Vikara* - Afternoon*Vataja Vikara* - Evening**Nasya Karmukhata :**

The drug administered reaches the *Shrungataka Marma* (Vital points), then spreads in *Murdha* (head), *Netra*(eye), *Karna*(ear), *Kantha*(neck), *Siramukha*, then scratches the morbidly attached *doshas*, and expels them out.

Mode of Action of Nasya : ^[21]

- As such there is no direct relation between the nasal cavity and the brain. But the drug

transport can be occurring in three different pathways

- By simple Diffusion across the nasal mucosal epithelium
 - Vascular pathway
 - Lymphatic pathway
 - Olfactory Pathway
 - Olfactory Pathway

Factors affecting the Nasal Absorption :

- Nasal ph
- Particle Size of the drug administered
- Local Capillary drainage
- Gravity
- Affinity of the drug to the nasal epithelium

CONCLUSION

However, the effect of *Nasya Karma* (nasal medication) in Musculo-skeletal cases such as Torticollis. Nose is the gate of the head, *nasya dravya* (drugs for nasal medication) is reaching the brain and acting on important centres controlling different function and thus showing systemic effects. *Neti & Nasya karma* both are based on similar concept of human existence. Currently there is an emerging trend towards the holistic approach to the health-related problems. *Neti & Nasya karma* both are effective therapy used in *Urdhvajtrugata Roga* (Upper Respiratory Tract Infection). *Nasya* belongs to *Ayurveda* Science and it should be applying with technical and practical hand but *Neti* is a procedure which directly belongs to general people. *Neti* pot and *Nasya* therapy can help moisturize our nasal passage and prevent from nasal disorders. Hence, thus classically *Neti and Nasya* are different *Karma's* but *Neti & Nasya Karma* both are developed and practiced in similar circumstances with similar objectives in the same land.

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