

ROLE OF JALA NETI IN THE MANAGEMENT OF SINUSITIS**Dr. Bhawana Mittal* and Dr. Anita Sharma****

*Ph.D. Scholar Agad Tantra Dept., National Institute of Ayurveda, Jaipur (Raj.).

**Associate Professor & H.O.D Agad Tantra Dept., National Institute of Ayurveda, Jaipur (Raj).

ABSTRACT

Ayurveda is a highly evolved and modified system of life and science based on its own unique concepts like *Tridosha* theory, *Panchamahabhoot* theory, concepts of *Agni*, *Mana*, *Aatma* and various types of schedule and regimen viz *Dinacharya*, *Ratricharya*, *Ritucharya*, *Achara Rasayana*, *Sadvritta* etc. Today the people of modern civilization have absolutely changed the concepts of diet and life styles leading to various disagreeable acute and chronic ailments. Due to frequent indulgence in *mithya Aahara*, *Vihara* and *Pragyaparadha* the incidence of various disorders which are increasing very rapid. Nose is a sense organ which performs two

functions i.e. olfactory and respiratory. Due to its direct contact with external environment it is exposed to lot of microorganisms & pollutants present in the atmosphere. Rhinitis is a common disease in this present era. If this stage is not properly treated, it will cause the spread of infection to sinuses and result into sinusitis and later on chronic sinusitis. Sinusitis is the inflammation of the mucosa of any one or all of the para nasal sinuses. When all sinus are involved it is called as pan sinusitis. *Jal Neti Karma* is a special method of *Yoga* to cleanse the body. This procedure helps to purify the body and the mind. There by following the opening of blocked channels, the passage of energy. The *nadis* as well as the circuits of body and mind opens with this karma. Details will be discuss in full paper.

KEYWORDS: Environmental pollutions, *Mithya Aahar Vihar*, Sinusitis, channels etc.Article Received on
12 Oct. 2016,Revised on 02 Nov. 2016,
Accepted on 23 Nov. 2016

DOI: 10.20959/wjpr201612-7438

Corresponding Author**Dr. Bhawana Mittal**Ph.D. Scholar Agad Tantra
Dept., National Institute of
Ayurveda, Jaipur (Raj.).

INTRODUCTION

Today the people of modern civilization have absolutely changed the concepts of diet and life styles leading to various disagreeable acute and chronic ailments. Due to frequent indulgence in *Mithya Aahara*, *Vihara* and *Pragyaparadha* the incidence of various disorders and increasing very rapidly.

SINUSITIS

Since ancient time sinusitis is a major problem. It is a chronic disease having nature of recurrence and further complications which is harmful to the patients. Sinusitis is the inflammation of the mucosa of any one or all of the para nasal sinuses.^[1] When all sinuses are involved it is called pan sinusitis. In chronic sinusitis, sinus infection lasting for months or years. Most important cause of chronic sinusitis is failure of acute infection to resolve.^[2]

AETIOLOGY

- Repeated attack of acute sinusitis especially if these are frequent and prolonged.
- The factors determining the development of chronic infections may be anatomical or pathological which interfere with ventilation and drainage of nasal cavity and sinuses.
- Any condition lessening the general resistance to the body favors the development of chronic infection of sinuses.

PATHO PHYSIOLOGY

Acute infection destroys normal ciliated epithelium. This impairs drainage from the sinus. Pooling and stagnation of secretion in the sinus invites infection. Persistence of infection causes mucosal changes, i.e. loss of cilia, oedema and polyp formation, thus continuing the vicious cycle.

In chronic infection process of destruction and attempts at healing proceed simultaneously. Sinus mucous become thick and polypoidal (Hypertrophic sinusitis) or undergoes atrophy (atrophic sinusitis). Surface epithelium may show desquamation, regeneration or metaplasia. Submucosa is infiltrated with lymphocytes and plasma cells and may show microabscesses, granulations, fibrosis or polyp formation. The periosteum thickens and become more fibrous.^[3]

Neti Karma: In the ancient text on the practice of *yoga*, *Hatha Yoga Pradipika* have been described six cleaning techniques, *Neti karma* is one of them.

Neti karma – The process that involves cleaning of the nasal passage is known as *Neti*, It aims to purify the respiratory tract right from the throat to the nostrils i.e. the area above the chest.

षष्टकर्मणांशोधनंच।

मेदःश्लेष्माधिकःपूर्वषट्कर्मणिसमाचेर्।

अज्यस्तुनाचेरतानिदोषानांसमभावतः।^[4]

(ह.यो.प्र.२/२१)

In *Ayurveda*, *Acharya Bhavaprakash* has mentioned the method of *Jala Neti*. It is used in *Usha Kaala*, *Jala* is taking through the nostrils .In *Yogika Samhita Gharenda Samhita* has explained that *jala* is taking from the *Nasa* and *rechana* through the *mukha* . In modern era.

Swami Dherendra Brahmchari 's procedure of *Jala Neti* is followed.

पातव्यं नासयानीरंप्रसृतित्रयमात्रया^[5] (भा.प्र.५/३२०).

PURPOSE

In sinusitis due to retained discharge & nature of disease is chronic patients suffers with loss of immunity. No perfect treatment is available in contemporary science. In chronic sinusitis available antibiotics and decongestants are not give sufficient relief and due to recurrence nature, operative processors FESS (Functional Endoscope sinus surgery) and other surgical methods are not very success to cure permanently. Due to symptoms Nasal discharge, Nasal obstruction, Headache, sneezing, hoarseness of voice and nature of relapsing and further complications working capacity has decreased.

In this condition if we have other alternative method that without surgical operative method we can drainage of sinus and the patient have got relief. Just like *ayurvedic Nasaya*, *Yogika Shatakarma* Method, *Neti* is a process which have drainage the *doshas* (mainly *Kapha*) from sinus, clear the passage and make healthy of the mucous membrane of nasal cavity.

MATERIAL AND METHOD

EQUIPMENT

- **Jal Neti Pot**
- **Luke Warm Saline Water:-** Plain water might cause Nasal irritation . To make the process soothing, pleasurable easy and faster, Luke warm water is used while practicing *Jala Neti*. The best temp. 100 ° F the closer the temp. to the body, the better.

POSITION

Kagasana: Patient should be sit in *Kagasana* & *Netipatra* should be keep on palm & other hand keep on knee.

Pradhan Karma: *Jala Neti*.

Pashachat Karma: *Kapal Bhati* & *Bhastrika*^[6]

PROCEDURE

- Fill the *Jala neti* pot with luke warm saline prepared.
- Check which nostril is breathing properly, by drawing air in and out separately through each nostril.
- Place the tip of the pot into the one nostril and then tilt the head in the opposite direction to facilitate the flow of water out from the other nostril.
- Pour the water from the *Neti* pot by slightly tilting it and allow the water to slowly seep inside the nostril.
- The water will slowly gravitate and flow from the other nostril easily.
- It might be little irritating in the beginning, so do it slowly and do not pour too much water in the beginning.
- Repeat the same process with another nostril.

PRECAUTIONS

- ✓ For *Neti Karma* water, *Lavana*, *Neti pot* should be clean.
- ✓ Water should not very hot, very cold or very salty.
- ✓ During *Kapaal Bhati* breath should not expel very forcefully.
- ✓ *Neti Karma* should be done in the presence of expert.
- ✓ If any complications happens then *Neti karma* should be stop & consult with the expert.^[7]

BENEFITS OF NETI KARMA

साघनाद्नेतिकार्यस्य खेचरी सिधमाप्रुयात।

कफदोषा विनशयन्ति दिव्य दृष्टिः प्रजायते^[8]॥

(घे.स.१/५१)

कपाल शोधनी चैव दिव्य दृष्टिः प्रदायिनी।

उर्ध्वं जत्रुगतान्नोगान्नेतिराशुनिहन्तिच^[9] (ह.यो.प्र. २/३०)

विगतघननिशीथे प्रातरुत्थाय नित्यं पिबति खलु नरो यो घ्राणरन्ध्रेण वारि।

स भवति मतिपूर्णअक्षुषा तार्क्ष्यतुल्यो वलिपलितविहीनः सर्वरोगैविमुक्तः^[10] ॥

(भा.प्र.५/३१९).

DISCUSSION

Jala Neti helps to cure sinus problem as well as allergy states, common cold etc. Saline water is having *shodhana property*. It eliminate the vitiated *kapha* from the body. The saline water loosens the thick mucus lining of the internal nasal passage and facilitates the flow of the loosened mucus plug to the exterior. It also rinses off the bacteria and the dirt filled in the nostrils and deep within. *Jala Neti* is also known to cure certain disorders related to the eyes as well as ears. There are tremendous mental and spiritual benefits with *Jala Neti*.

Neti has a special cooling effect on the brain hence good for depression, mental tension.^[11] *Jala Neti* also improves the power of concentration making the clear and gives a feeling of lightness too.^[12] On spiritual aspects, it is effective in meditation as it concentrates on the *Brow Chakra*.^[13] It is also said to be good for those who want to quit smoking, it helps by deprogramming the brain of the physical and psychological addiction.

CONCLUSION

Jala Neti is one among the *shatshodhan* process. It is doing the liquifaction of the vitiated *kapha* & clear the sinuses because of this *Jala Neti* is indicated for the chonic sinusitis. So, *Jala Neti* plays a important role to cure chronic sinusitis.

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