ROLE OF KSHEER –NETI IN SPECIAL REFERENCE OF EYE DISEASE

1Singh Daya Shankar, 2 Jayvindr Singh and 3Vijay kumar

1Assistant Professor, Shalakya Tantra, Patanjali Ayurvedic College & Hospital, Haridwar, UK, India.

2M.A (Yoga) Final Year Student Uttara Khand open university, Haldwani Nanital, Uttarakhand, India.

3Associate Professor, Department of Swasthavritta, Patanjali Ayurvedic College & Hospital, Haridwar, UK, India.

ABSTRACT
Yoga and Ayurveda are two close related spiritual or sacred rooted in the Vedic tradition of India. Ayurveda is the Vedic science of healing for both body and mind. Yoga is the Vedic science of self realization that depends upon a well functioning body and mind. Both disciplines developed together and have always been together. The word Yoga means oneness, union or bringing together, and the many different branches of Yoga are all aiming to achieve this oneness through the transcendence of dualistic conflict. That particular branch of yogic sciences called Hatha Yoga is concerned with the harmonisation of forces within the body and the mind, through various methods of physical and mental cleansing. According to the classical yoga texts, Hatha Yoga includes only 6 Shatkarmas or groups of cleansing techniques or shuddhikriyas: Dhauti - Basti - Neti - Nauli - Trataka - Kapalbhati Out of the six shuddhikriyas, the shuddikriya for the cleaning of the nasal path is known as Neti. Different type of Neti prescribed in classical text likeJal Neti(using water), Sutra Neti(using a cord or catheter),Ksheer Neti (using milk),Ghrita Neti (using ghee),Swamootra Neti (using ones own urine). Ksheer Neti is one of the types of Neti process which have very good result in many Eye diseases.

KEYWORDS: Ksheer Neti, Dhauti, Nauli, Basti, Kapalbhati, Trataka, Shatkarmas.
INTRODUCTION

Shalakyatantra one among ashtangas of Ayurveda deals with the diseases manifesting above the clavicular region and includes the diseases of the sense organs. Therefore the diseases of Eye and their treatment are included in Shalakyatantra. Protection of eyesight is the top most priority of Shalaka tantra.

The Ayurvedic therapeutic measures vogue in the treatment of eye diseases comprise many topical treatments along with systemic ones. The topical measures are called as ‘Kriyakalpas’. The term Kriyakalpa is comprises of two words Kriya and Kalpa. Kriya means the therapeutic procedures which cures the disease without causing any adverse effects. Kalpa indicates the specific dosage form prescribed inselet therapeutic procedures. These are specifically designed according to the stage and severity of the disease. The such five kriyakalpas include Seka, Aschyotana (eye drops), Anjana (ointments) Tarpana (retention of medicated ghee), Putapaka (retention of extracts of medicinal plants). Pindi and Bidalaka (external application above the eye lids and adnexa) are the two more procedures added to ocular therapeutics in later period along with this topical procedure one procedure Nasya has also significant role in the management of Urdhwajatrugata Vikaras in Ayurveda likewise in Yoga Neti procedure also have very important in management of Eye, Ear, Nose, Throat and Head related disease because both the procedure performed through Nostril. Now is possibly a time of the greatest need for such a practice by modern people.

What is Ksheer Neti?

Jala-Neti, which means to cleanse the nose with water, is an old yogic technique from India. The container used to administer the saline is called a "Neti pot". Neti pots are typically made of metal, glass, ceramic or plastic. They rely on gravity, along with head positioning and repeated practice in order to rinse the outer sinus cavities. Typically they have a spout attached near the bottom, sometimes with a handle on the opposite side. Instead of water if we can use warm cow milk known as ksheer nati and according to dosha and purpose of treatment we should mix some Ayurvedic drug for get better result.

Preparation of Decoction: In case of eye disease we mix some Ayurvedic drug like Triphala, Mulathi and Lodrah and boil it with 400 ml water and then mix 200ml warm cow milk and again boil it for while. After that we have to filter with very cleanliness that in decoction not single particle present. Then keep it for little bit cool means at the time of doing Neti ksheer will be neither too hot nor cold it will be luke warm. These type of practice are
little bit variation with the classically mention ksheer Neti. Classically in ksheer neti mention with only warm milk used. By this method we got tremendous good result related to different eye disease.

**NETI KRIYA**

1. First fill the Neti Pot with warm prepare fluid of a temperature suitable for pouring in the nose. Neither too hot or cold. Just like. A little hotter than warm is better than colder. Cow milk is best for this procedure.

2. Stand with your feet apart, body weight evenly distributed between two feet and tilt the face to look upwards and sideward.

3. Place the nose cone into the right nostril, sealing it inside the nostril with a few twists and slight pressure. Try to point the spout straight up in line with the nasal passage so as not to block off the tip of the nozzle on the inside of the nose. Open your mouth and breathe gently through the mouth. Try not to sniff, swallow, laugh, talk or have any movement of air through the nose whilst the fluid is flowing throughlt to the proportion of one teaspoon for half a litre of fluid.

4. Now slowly bend forward from the waist so that the tip of the nose is the lowest point of the head; and then tilt/roll the head to the right, so that the left nostril is now the lowest point of the nose. Tilt slowly so that fluid doesn’t run out the top of the pot onto your face. Keep the nose cone fully sealed into the right nostril so that it doesn’t leak. Keep on mouth breathing whiles the fluid comes through. Just wait a few seconds and the fluid should run out the left nostril. keep breathing slowly and gently through the mouth. After the fluid begins to run, wait about 30 seconds for about half a pot to flow right to left, and then remove the pot and stand up.

5. Before changing sides, blow out gently through both nostrils to clear fluid and mucus from the nose.

6. Repeat steps 2 & 3 as above, but with the nose cone entering the left nostril and the flow of fluid going left to right. After the pot runs dry, stand up, blow out gently through both nostrils and then prepare to dry out the nose.

7. If after doing the above steps, there is still a mucus blockage, the whole process may be repeated several times until it clears.

8. Drying the nose properly is a very important part of the practice. Never neglect to do this part properly. First bend forwards from the waist and hang the head upside down with the nose pointing towards the floor, letting any residual fluid drain from the nose. Then point
the nose towards the knees. In each position, gently breathe in the mouth and out the nose about 10 times. A few droplets of fluid may run down. Then stand up to do some rapid breathing through the nostrils. First, do 10 breaths through both nostrils together, sniffing in and out moderately with a bit more emphasis on the exhalation. Then close off the right nostril with one finger and do 10 rapid snifffing breaths through the left nostril only. Then do 10 snifffing breaths through the right nostril only. Finally, do 10 breaths again through both nostrils together.

**Time and Frequency for Neti Practise**

- For general nasal cleanliness, once or twice a day but for ksheer Neti once in a day.
- Neti should always be done before rather than after meals.
- Morning before breakfast
- Ksheer Neti continuously 7 day.

**Mode of Action of Ksheer Neti**

*(Collaboration of Ayurvedic and Modern Perspectives)*

The mode of action of Ksheer Neti from the point of view of Ayurveda and modern science can be elaborated under following headings:

- Dravya-Guna-Karma Siddhanta regarding Ksheer Neti
- Direct relation of Eye and Ksheer Neti
- Effect on Dosha
- Effect through Srotoshodhana
- Mode of action of Ksheer Neti with modern science view
  - Neurological View
  - Vascular View
  - Concept of System biology

**Dravya-Guna-Karma Siddhanta regarding Ksheer Neti**

- *Ksheer neti* is one among the modified technic of 6 Shatkarmas therapies. Thus, the effect of this therapy is not restricted only to the effect of *Guna* of the drug but also it is due to the *Prabhava* or specific disease combating effect of drug that is administered through the nose. Moreover, the effect can be attributed to the *Karma* produced by Ksheer Neti i.e. either *Shodhana* or *Shamana*. Especially in *Shodhana* it takes out all the *Doshas* along with cleaning of *Srotas* that leads to fluent functioning of all the *Doshas-Dhatus-Malas*. Hence
the effect of Ksheer nati can be more efficient than oral drug as due to Karma Prabhava it removes vitiated Dosha and due to Dravya-Guna Prabhava it causes relief in disease symptoms.

Direct relation of Shira and Neti

- When fluid enters and passes through the nostrils and eyebrow centre region, mild sensations are created in all the internal nadis and nerve of the area. If there is any disorder pertaining to the eyes, the practice of Neti is helpful.

- The eyes may water with this practice. These tears do not cause any discomfort or burning sensation. With the practice of Neti, stimulation of the nerves or nadi around the eyes.

- In Ashtanga Samgraha it is explained that Nasa being the door way to Shira (head), the drug administered through nostrils, reaches Shringataka and spreads in the Murdha (Brain) taking route of Netra (eye), Shrotra (ear), Kantha (throat), Siramukhas (opening of the vessels) etc. and scratches the morbid Doshas in supra clavicular region and extracts them from the Uttamanga.

Effect on Dosha

- Uttamanga i.e. Head is the main seat for Kapha Dosha, more specifically Tarpaka Kapha. Thus, Neti liquid which is mixed with triphala is helpful for removal of Vitiated Kapha Dosha and has prime action on Tarpaka Kapha. As Tarpaka Kapha is associated with all Indriyas, Neti gives strength to them. Sadhaka Pitta is associated with functioning of Brain and Alochaka Pitta with Drishti. Both the entity comes under complex Urdhvajatru part. Thus, Ksheer can be used for the conditions associated with Sadhaka and Alochaka Pitta Dushti.

- Pitta is the functional dosha in nethra. Derangement of pitta leads to nethra rogas and by the using of ksheer mainly pacify the pitta dosha.

Effect through Srotoshodhana

- Neti has its action potential mainly in Srotoshodhana. Srotas are responsible for carrying Prakrita- Vikrita Dosha, Dhatuposhakamsha and even Bheshaja also. Thus if Srotas are not clear and obstructed by Mala or Vikrita Dosha or Visransrita Dhatu then it causes Margavarodha leading to production of diseases. Urdhvajatru can be considered as a part of
Various Srotas including Pranavaha, Udakavaha, Annavaha etc. Shodhana brought about by Neti has invariable action on all these Srotas.

MODE OF ACTION OF KSHEER NETI WITH MODERN SCIENCE VIEW

Neurological action of ksheer Neti
• A great extent with association of olfactory stimuli, the major divisions of the olfactory tract leads directly to a portion of the amygdale called corticomedial nuclei that lies immediately beneath the cortex in the pyriform area of the temporal lobe. The experimental stimulation of olfactory nerves causes stimulation in cells of hypothalamus and amygdaloidal complex. Electrical stimulation of hypothalamus in animals is capable of inducing secretions in the anterior pituitary. The peripheral olfactory nerves are chemoreceptor in nature. The olfactory nerve differs from other cranial nerves in its close relation with the brain. The olfactory nerves are connected with the higher centers of brain i.e. limbic system, consisting mainly of amygdaloidal complex, hypothalamus, epithalamus, anterior thalamic nuclei, parts of basal ganglia etc. So the drugs administered here stimulate the higher centers of brain which shows action on regulation of endocrine and nervous system functions. Thus, hypothalamus regulates functions of autonomic nervous system. The hypothalamus controls and integrates activities of ANS, which regulates contraction of smooth and cardiac muscles, secretions of many glands.

• Regulation of hormone synthesis: The hypothalamus is considered responsible for integrating the functions of the endocrine system and the nervous system. It is known to have direct nerve connection with the posterior lobe of pituitary. Hypothalamus is connected with anterior lobe of pituitary through portal vessels which supply blood to the gland conveying chemical messages through inhibitory and releasing hormone.

• Regulation of emotional and behavioural patterns: Together with limbic system participate in expression of rage, aggression, pain, pleasure and behavioural pattern relating to sexual arousal etc. Regulation of eating and drinking through the arcuate and paraventricular nuclei and thirst centre thus regulating osmotic pressure.

• Regulates body temperature

Vascular action of ksheer Neti: Vascular path transportation is possible through the pooling of nasal venous blood into the facial vein, which naturally occurs, at the opposite entrance, the inferior ophthalmic vein also pool into the facial vein.
“The facial vein has no valves. It communicates freely with the intracranial circulation, not only at its commencement but also with the supraorbital veins which are connected with the ophthalmic vein, a tributary of the deep facial vein, which communicates through the pterygoid plexus with the cavernous venous sinus.”

Such a pooling of blood from nasal veins to venous sinuses of the brain is more likely to occur in head lowering position due to gravity, the absorption of drug into eyes and related intracranial organ is a point of consideration.

**Concept of system biology by ksheer neti**

Though Neti is given through nasal route but it is found to have multisystem effects which are remote from nasal Path. The latest concept of system biology makes this clearer how Neti can act on the organ systems. This theory believes that all the organs are interconnected at molecular level. Any molecular incident is transformed at cellular level, then tissue level and ultimately at organ level. Thus, whatever the effects of Neti are on Nervous or Respiratory system, it will definitely affect another system and helps to get the bodily internal homeostasis.

**Limitations/Precautions**

- Those who suffer chronic nose bleeds should seek qualified guidance
- Do not recommend others try out the practice unassisted, or attempt to teach anyone yourself unless fully competent and confident with the technique.
- Children between ages of 2 and 7 usually need assistance.
- Ksheer Neti is not contra-indicated for any particular illnesses or ailments per se, but guidance should be sought by those with high blood pressure, migraines, raised intracranial pressure or any acute inflammatory condition of nasal tract.

**CONCLUSION**

These type of practice are little bit variation with the classically mention Ksheer Neti. Classically in Ksheer neti mention with only warm milk used but by using little bit Ayurvedic medicine we got tremendous result related to different eye disease. By the help of these articles I am trying to explain all possible mechanism of action by which Ksheer neti work in various eye disease. Pitta is the functional dosha in nethra and Derangement of pitta leads to nethra rogas and by the using of ksheer mainly pacify the Pitta dosha. The main purpose of Neti kriya is cleansing the head region and sensitizing the internal nadis and nerve of the
nose, which are connected to the nadis of eyes. It is believed that the nadis related to sight and the inner parts of the nose are purified through the practice of Neti.

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