

Neti

(nasal cleansing with water)

Benefits of Neti	
Cleanses the cranium & bestows clairvoyance	Protects against tension headache due to eyestrain & middle ear infection, inflammation of adenoids, & inhibits formation of nasal polyps
Destroys diseases which manifests above the throat	Helps mouth breathing in children which can lead to poor memory, poor concentration & poor development
Removes accumulated mucous from nostrils, associated passages (Eustachian tubes) & sinuses	Relieves muscular tension in the face and nervous ticks
Relaxes & irrigates the eyes	Helps maintain facial youth & freshness
Makes the voice clear & resonant	Releases emotional tension & is beneficial in anxiety, depression, hysteria & epilepsy
Maintains healthy secretory & drainage mechanisms of the entire ear, nose & throat	Promotes balance between left & right nostrils & therefore the hemispheres of the brain. This induces harmony and balance in the central nervous system as well as the systems governing respiration, circulation, digestion and excretion.
Wards off colds, cough, allergic rhinitis, hay fever & tonsillitis	Promotes optimal balance in the frontal lobes of the brain which leads to genius, creativity, intuition
Maintains immunity of ear, nose & throat	Promotes Divya Drishti – divine vision, faculty of clairvoyance which manifests with the awakening of ajña chakra (the third eye)

Neti Instructions

- Heat pure water to body temperature– test on the wrist. Overly warm water can cause damage to the sensitive nasal tissues. Use caution. Overly cool water will disturb Vata Dosha.
- Fill the neti pot with the warm water, and add approx. 1/8 teaspoon of non-iodized salt (pure sea salt or mineral salt is recommended) and stir until completely dissolved.
- Tilt your head to one side and insert the spout of the neti pot into the raised nostril creating a seal between the neti pot and the nostril rim and allow the water to drain out the lower nostril. If the water drains out of your mouth, lower your forehead in relation to your chin. Relax. If you are calm, the water flows right through. Keep breathing through your mouth, relaxed, and the water will naturally gently flow through your nasal passage.
- When finished, clear the nasal passages by bending forward at the waist and gently exhaling

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through each nostril separately. Repeat a few times until the passages are clear. Do not blow your nose forcefully.

- Reverse the tilt of your head and repeat the same process on the other side. **If your nasal passages become dry and/or cracked:**
- You may lubricate the inside of the nostrils with ghee (marshya)
- You may stop performing neti pot to allow the nasal passage to heal. Then perform nasya to oleate the inner nasal passages.
- Never perform nasya immediately after performing neti pot. Wait until the nasal passages are completely free of water.
- If you want to do them in the same day, it is recommended to perform one in the morning and the other at night before bed.

Indications for Daily Neti

Sinusitis
Colds
Insensitivity to smell
Minor nosebleed (after consulting a physician)
Headache
Eye strain
Eye infection

Contraindications for Neti

Suffering from chronic hemorrhage
Immediately after taking food
Immediately before or after nasya

*Otherwise, practice only 1-2x/week

Resources:

- 1) Dr. Vasant Lad, M.A.Sc.
- 2) Hatha Yoga Pradipika