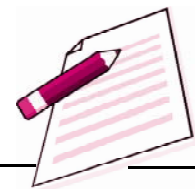


## Practical 27

### Neti Kriya



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#### Note

Neti is a process of cleansing and purifying the nasal passages.

#### Aim

To perform the Jalneti Kriya.

After completion of this practical you will be able to perform and demonstrate the practice of Jalneti kriya.

#### Requirements

- Neti pot – 1
- Luke warm water – 2 to 3 litres
- Salt – 3 tea spoon
- Tissues and Hand towel – 1

#### Place for practice

It should be performed in a clean and hygienic place with proper drainage facility (Sink or wash basin)

#### Preparation of Water

Boil the water and use it when it comes down to body temperature. Add 1 tea spoon of salt for 1 litre of water.

#### Preparation of pot

Sterilize before it is used.

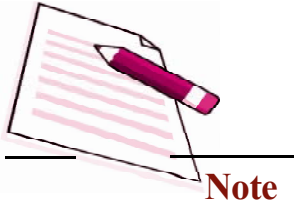
#### Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.
- It should be performed after brushing, attending Natural calls in the morning.

#### Method

1. Sit in kagasan.
2. Take lukewarm saline water in the Netipot.





**Note**



**Fig. 27.1: Jalneti Kriya**

3. Put the cone of Neti pot into the left nostril and keep the right nostril slightly downwards by tilting the head towards right.
4. During procedure take breath from the mouth by keeping the mouth open.
5. The water starts coming out from the right nostril. Also, phlegm/mucus comes out along with the water.
6. Do the similar procedure with the other nostril.
7. Immediately after Jal Neti, perform kapalbhata to remove remained water inside the nostrils.
8. After this, relax in shashankasana for some time.

### **Benefits**

It removes nasal tract problems like, running nose, sinusitis etc.

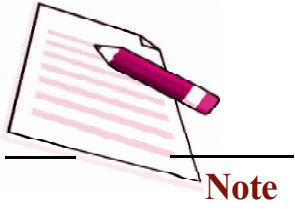
**Note:** After completion of the technique, dry the nostrils.

### **Effects and Observations**

- Perform this practice as mentioned above for 8 days and observe the effects







**Remarks**

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**(Signature of the Instructor)**

