



IMPORTANTE OF YOGIC JAL-NETI KRIYA: IMPROVE RESPIRATORY FUNCTIONS

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ABSTRACT:

The current standard method of diagnose of Respiratory Problem status has low sensitivity which led the authors. Various studies have explored the role of nasal wash, a sample taken by injecting and aspirating saline with the help of a syringe but to the best of our knowledge, the use of Jal Neti kriya sample to detect corona virus has not been reported in the literature so far. Jal Neti kriya is an integral part of shat karmas-six actions of purification of the human body, written in the Yogic system of healthcare. It involves pouring water in one nostril and flushing out through the other nostril with the help of special equipment called "Neti pot", to keep the nasal passage clean.

KEYWORDS:

INTRODUCTION:

Neti kriya is an ancient Indian airway cleansing technique which helps clean the nasopharyngeal passages and prevents and treats upper respiratory tract diseases, including viral infections. It is of two types—Jal Neti and Sutra Neti, Jal Neti is done with the help of a "Neti pot" filled with lukewarm saline water although some people have also used milk and honey. Neti kriya effectively removes foreign bodies such as dust, allergens and enhances the drainage of sinuses by preventing mucus stasis. There is a lot of published literature which demonstrates the utility of Neti kriya in reducing inflammatory mediators in nasal secretions and proves its efficacy in chronic cases of rhinitis and sinusitis. Many recent review articles have also appreciated its role in preventing and managing COVID cases. Jal Neti is a technique that was used by yogis to stay disease-free, and most importantly to use their breath well for their yogic practices without any blockages. Just as brushing the teeth is dental hygiene, the practice of Jal Neti is nasal hygiene. This technique uses water to purify and clean the nasal path, right from the nostrils to the throat.

MATERIALS AND METHODS:

We know that yoga has many benefits - it strengthens our body, calms our mind, improves flexibility and gives you balance. There are certain yogic techniques that even claim to keep the body disease-free. One such technique is jala neti, which improves breathing by relieving any disease that may have been blocking the respiratory tract. If done correctly, jala neti can provide you with several health benefits, some of which are mentioned here.

WHAT IS JAL NETI KRIYA?

Jal Neti kriya is an integral part of shatkarmas-six actions of purification of the human body, written in the Yogic system of healthcare [1, 3]. It involves pouring water in

one nostril and flushing out through the other nostril with the help of special equipment called "Neti pot" to keep the nasal passage clean. It is also highly beneficial in other problems like bronchitis, migraine headaches, stress, recurrent middle ear infections,

WHAT IS JAL NETI SAMPLE?

It is equivalent to a nasopharyngeal wash but the sample covers the whole path from one nostril to nasopharynx to the other nostril. Theoretically, it sounds better than a usual nasal wash, but we have to investigate its efficacy in comparison to a nasal swab.

How to Take Jal Neti sample?

To take a sample by Jal neti, we need the following equipment

1. Neti pot
2. Sterile plastic container
3. A pair of gloves
4. Sterile water/Non bacteriostatic saline.

The patient sits in kagasana with a 1-foot distance between legs, by leaning forward from the lower back. The patient tilts his head to the opposite side and inserts the nozzle of the pot into the nostril. The patient will keep his mouth open throughout the neti process and will breathe through the same. Let the water flow through one nostril and come out through the other nostril and patient can collect it in the sampling chamber (sterile plastic container).



BENEFITS OF JALA NETI

As per Ayurveda, there are several benefits of practising Jala neti, including the following:

1. Jala neti can remove mucus and pollutants from the nasal passage and sinuses, allowing air to flow without obstruction. This helps relieve allergies, colds and sinusitis.
2. It claims to prevent and manage diseases of the respiratory tract such as asthma, pneumonia, bronchitis and pulmonary tuberculosis.
3. It is said to relieve disorders of the ears, eyes and throat such as myopia, allergic rhinitis, hay fever and tonsillitis.
4. It helps relieve muscular tension of the face, tics and Bell's palsy.
5. People with epilepsy and migraine may find the practice of Jala neti cooling and soothing.
6. It can help in alleviating anxiety, anger and depression.
7. Jala neti is believed to bring harmony and balance between the right and left brain hemispheres, thus improving blood circulation and digestion.

HOW TO CORRECTLY PERFORM JALA NETI?

For performing neti, you must have a special pot, which is known as a neti lota or a neti pot. The nozzle of the end of the spout should fit comfortably into your nostril so that the water does not leak out. Make sure that the water is at body temperature and has salt mixed in it. The proportion of salt should be one teaspoonful per half a litre of water. If you experience pain or a burning sensation while performing jala neti, it could mean that there is either too little or too much salt in the water.

THERE ARE TWO STAGES OF JALA NETI:

STAGE 1: WASHING THE NOSTRILS

1. Firstly fill the pot with salted water and stand straight with legs apart.
2. Now lean forward (from your back) and close your eyes.
3. Tilt your head to one side and then slightly raise your chin while moving your head back.
4. Breathe through your mouth and insert the nozzle into the upper nostril.
5. Press the nozzle of the pot firmly into the nostril (do not force it) to avoid water leakage.

6. Now tilt the neti pot in such a way that the saltwater from the pot runs into the nostril and not down your face.
7. Now adjust your body position to enable the saltwater to pass through the other nostril.
8. Remove the nozzle from the nostril when half of the saltwater has passed through. Let the rest of the water run out of both the nostrils.
9. Blow your nose gently to remove any mucus.
10. Now tilt your head to the other side and repeat the process.
11. You might feel that your nose has dried completely after this process.

STAGE 2: DRYING THE NOSTRILS

IN ORDER TO DRY YOUR NOSTRIL, YOU WILL HAVE TO FOLLOW THESE STEPS:

1. Stand straight and close the right nostril with your right thumb. Now breathe in and out through your left nostril 5 to 10 times quickly. Now repeat the same on the other side.
2. Stand straight and bend horizontally forward from your waist. Close your right nostril, tilt your head to the right and breathe in and out through your left nostril 5 to 10 times quickly. Repeat the same process again on the left side. Finish it by keeping your head in the centre and breathing through both nostrils.
3. Stand straight with your feet apart. Close your right nostril and breathe out forcefully while bending forward quickly from your waist. Now return to the upright position while inhaling normally. Do this 5 to 10 times. Repeat the same process by closing the left nostril and then end it by opening both the nostrils.

ADVANTAGES OF A JAL NETI METHOD OF SAMPLING

1. The health care worker will not come in contact with the COVID patient during sampling.
2. The probability of extracting the virus will be higher theoretically because of the larger surface area of contact of the fluid with the affected mucosa. The patient can keep the used pot for home therapy.
3. The patient can do this Neti at home regularly every morning, after learning the procedure which will help him to cleanse his upper airway because it will help in decreasing the chances of lower respiratory tract infection with coronavirus by breaking the chain of infection.

RESULTS

1. Nasal passage hygiene is maintained. Dirt and bacteria trapped with the mucus in the nostril is easily and safely cleared.
2. Bouts of allergies or rhinitis are reduced.
3. Effective tool which helps immensely in pacifying asthmatic symptoms making breathing easier.
4. Helps to prevent tinnitus and middle ear infections.

5. Reduces sinusitis and migraine attack frequency.
6. Thoroughly cleanses the upper respiratory tract. Common complaints such as sore throats, tonsils and dry coughs are reduced.
7. Cleanses the eyes ducts and vision is improved
8. Sense of smell is improved and aids digestion.
9. Cleanses the nervous system and calms the mind, helps relieve stress built-up.
10. When done regularly irritation and anger reduction is experienced.
11. Ancient yogis used this technique to improve upon their meditation.

DISCUSSION

In a study on different types of clinical specimen for coronavirus detection, Wang et al. found bronchoalveolar lavage (BAL) was positive in 95% of patients, sputum in 70%, nasal swabs in 67%, brush biopsy 40%, pharyngeal coronavirus is 3, which means that an infected COVID patient infects three new cases. There is also a risk of infection to health care workers taking the sample, even after wearing personal protective equipment (PPE). Previous studies have found that the differences among nasopharyngeal swab, nasal wash, and oropharyngeal swab were not statistically significant for detection of coronavirus, influenza virus, ebola virus, respiratory syncytial virus. It is suggested from the previous studies that viral RNA levels are higher and more frequently detected in nasal specimens as compared to oral samples. Therefore we recommend that nasopharyngeal wash specimen taken by Jal neti kriya can increase the sensitivity of detection and needs to be compared with nasopharyngeal swab technique in clinical trials.

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