



YOGIC CLEANSING PRACTICES -2

In the previous issue we have given an introduction about the six cleansing processes. Here we will be discussing in brief about the few common and easy practices which have great health benefits. One among them is 'NETI'.

Neti is nothing but the cleansing of nasal passage. Its **TWO** common types are- **Jala** (Water), **Sutra** (Thread) Neti.

Technique of Practicing Jala Neti

1. Sit in **Kagasana** Make 1 - 2 feet distance between the feet, lean forward at lower back tilting the head at one side.
2. Insert the nozzle of the Neti pot into any nostril which is more open. Now slightly open the mouth and breathe through mouth.
3. Keep the body relaxed and let that the water flow through one nostril and out through the other.
4. After finishing half of the water put down the Neti pot and clear the nose. Repeat from the other nostril. Clear the nose.

Technique of Practicing Sutra Neti

1. Sit in **Kagasana** Insert the **Sutraneti** (thread) into one of the nostrils, whichever is more active, at the moment, using both hands to push it inside.
2. When the cord has come through to the throat, put the index and middle fingers into the mouth, catch hold of the cord and draw it out slowly through the mouth.
3. Hold both the ends of the thread and pull these up and down half a dozen times and draw out the entire length through mouth. Repeat from the other nostril.

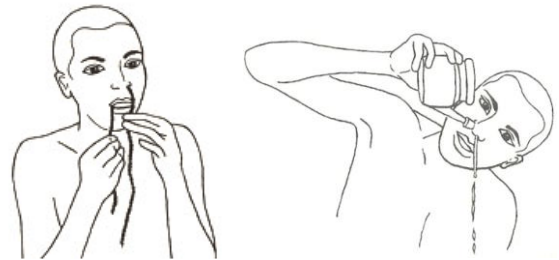
Benefits of Neti

1. This practice is excellent for cases of chronic headache, insomnia and drowsiness.
2. It prevents & controls the hair fall and premature graying of hairs.

3. This helps to improve the memory power.
4. It improves the eye sight and facial complexion.
5. **Sutraneti** stimulates the nerves, improves the functions of the eyes, tear ducts and olfactory zone.
6. It removes excess of mucus, flushing out the secretory glands and improves the blood circulation.
7. **Sutraneti** clears the dried up mucus deposits and foreign particles and should be followed by **Jalaneti** to flush out the passages.
8. A regular practice of **Neti** maintains healthy, secretion and drainage mechanism of the entire ear, nose and throat area.
9. It is beneficial in anxiety, depression, migraine, sinusitis.
10. It improves the respiratory functions.

Precaution for Neti

1. It should be learnt and practiced under a qualified teacher initially.
2. Person with any health problems should consult the teacher first.



An easy, short cleansing program:

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