**GETTING FURTHER HELP**

Due to the large amount of traffic our website attracts, unfortunately we are not able to answer personal email troubleshooting enquires about Jala Neti procedure anymore. If you experience any difficulties getting the technique right, or are not receiving the reputed benefits of the practice alone at home and unassisted, we suggest the following avenues:

1. Read the instructions in this booklet again (just in case you’ve missed something).
2. See the (brief) Troubleshooting Section.
Keep on hand for future reference.

**FIRST THINGS FIRST**

For safety considerations and ease of usage, before attempting the technique, you must read the following sections: *Introduction* *Limitations & Precautions* *Recommended Frequency* *Salt, Water and Mixing*
The contents of this booklet are purely advisory and non prescriptive. No responsibility is accepted by the publishers for those who endeavor to perform this technique unassisted. Please consult your doctor before acting upon any advice herein.
INTRODUCTION TO JALA NETI

Jala Neti, or saline nasal irrigation, is a very ancient technique which has been passed on for thousands of years by the yogis for physical, mental and spiritual benefits. Neti is a practice which is very beneficial to the cleanliness of the eyes, ears, nose, throat, lungs, as well as to the thinking processes.

A special Neti Pot (as shown below) is filled with warm, slightly-salted water. The nose cone is inserted into one nostril and the position of the head and pot is adjusted to allow the water to flow out of the other nostril. One must breathe through the mouth whilst the water is flowing through the nasal passages. After half a pot has flowed in one direction, the pot is changed sides and the water flow is reversed. When the water in the pot is finished, the nose must be dried well. The technique is not as hard or uncomfortable as one may think at first. Most people are pleasantly surprised, after even their first attempt, at just how simple and effective this method of health maintenance is.
Once learned, the practice can be done in about three minutes, and like showering and cleaning the teeth, Neti is easily integrated into one’s daily routine of body cleansing.

Traditionally, Jala Neti has only been taught through “direct teaching”; that means a qualified instructor has passed on the technique with hands-on tuition. But these days, many people are hearing about the technique and its benefits and are simply buying pots on the Internet or in shops and then “self-teaching”.

Whilst we do not condone self-teaching of yoga cleansing techniques, we agree to assist those who do so by providing the best possible information with their purchase.

However – no liability is accepted by the author or the distributors of this document nor the sellers of any Neti Pot for those who self-teach.
LIMITATIONS AND PRECAUTIONS

- Jala Neti is not contra-indicated for any particular illnesses or ailments per se, and rarely produces any unpleasant side effects in those who have average to good health. But we do recommend that the guidance of an experienced Jala Neti Instructor be sought by those with high blood pressure, asthma, chronic allergies, chronic headaches or migraines, chronic sinusitis and rhinitis, chronic nose bleeds, frequent ear nose and throat infections, those with known structural nasal blockages such as polyps, cartilage and deviated septum, those recovering from ENT surgery, sleep apnoea. An instructor may be found by searching our Community Instructors Listing.
- Children between the ages of two and seven usually need assistance by an adult who is both confident and competent in the technique.
- Do not recommend the practice to others to try out unassisted or attempt to teach anyone yourself unless fully competent and confident in the technique.
- Except under qualified prescription, nothing other than warm, salty water – prepared in accordance with our recommended mixture – should be used in a neti pot.
It is impossible to say what is the ideal frequency of nasal irrigation for every person, as their health condition and their needs are and so varied. The very best frequency would be one which is personally prescribed by either an ENT physician or a yoga therapist who knows your medical history, who knows your current health condition, and with whom you are in touch on a regular basis. But for most people, particularly those who browse the Internet trying "this and that" health remedy, such clarity is not feasible. We can therefore provide only approximate guidelines for self-prescription and for the most common situations. **Note:** If you find the recommendations below do not fit your situation, or if you find negative side effects, then you should cease the practice and consult a health practitioner who is fully knowledgeable about the technique. The worst thing you can do is to ask someone who does not really understand it (or who has never practised it) for advice.

- **For general health maintenance.** In a fully healthy person, with no nasal pathology (that means no diagnosed nasal ailments or medical conditions): **ONCE PER DAY.** This is preventative cleansing. This is best done either first thing in the morning before eating, (in the shower is good if you are a morning snotty person), or else in the evening (before dinner) when the nose will be the most dirty (if you are an end-of-day snotty person).
• **For even better general health maintenance**, In a fully healthy person, with no nasal pathology (that means no diagnosed nasal ailments or medical conditions): TWICE PER DAY. This is preventative cleansing and good for subtle body purification for yogis and meditators prior to daily sadhana sessions. This is best done first thing in the morning (before eating), to clear out any night-time grogginess, and in the evening (before dinner) when the nose will be the most dirty.

• **For those who work/live in dusty or germ-laden environments**, TWICE PER DAY. This is preventative cleansing. This is best done first thing in the morning (before eating), to clear out any night time mucus, and in the evening (before dinner) when the nose will be the most dirty.

• **In between bouts of acute upper respiratory conditions**. Such as hayfever, allergies, colds, flu, sinusitis: ONCE or TWICE PER DAY. This is preventative cleansing. This is best done first thing in the morning (before eating), to clear out any night time mucus from allergy or stored dirt, and in the evening (before dinner) when the nose will be the most dirty.

• **During bouts of acute upper respiratory conditions**, such as hayfever, allergies, colds, flu, sinusitis: THREE TO FOUR TIMES A DAY, during the period of infection and symptoms, until symptoms subside, but only for up to a MAXIMUM OF TWO WEEKS running, then cut back to ONCE OR TWICE DAILY. This is acute symptom management. This may seem like a lot of nasal irrigation but it is quite safe and can be very effective at "knocking the respiratory condition on the head" and shortening the lifespan of the invader within your system. However, when doing this
much irrigation extreme care must be taken; (i) not to spread the infection through poor procedure (ie getting water up the back of the nose when not intended, see Getting the Flow); and (ii) to dry your nose very well after every session or else the infection can be spread and runny nose symptoms and a feeling of being permanently “waterlogged” can prolong the discomfort (see Drying the Nasal Passages). The four best times for irrigation in any day are: (i) first thing in the morning (before eating), (ii) mid morning (before lunch), (iii) evening (before dinner), (iv) late evening (before bed).

- **For those with a history of nose bleeding**, or those who find Jala Neti gives them occasional nose bleeds: NO MORE THAN ONCE EVERY TWO DAYS. If nose bleeding events are still occurring at this frequency, cease the practice and search more deeply for the causes of your hyper-sensitive nasal linings.

- **For those with diagnosed chronic upper respiratory conditions**, such as hayfever, allergies, blocked nostrils, headaches, sore throats, snoring, tonsillitis, sleep apnoea, colds, flu, rhinitis, sinusitis: THREE TO FOUR TIMES A DAY EVERY DAY during times of intense infection, but only for up to a MAXIMUM OF TWO WEEKS, then cut back to ONCE OR TWICE DAILY FOR A WEEK. Then see "Note" below. This is acute symptom management and preventative cleansing. However, when doing this much irrigation, extreme care must be taken; (i) not to spread the infection through poor procedure (ie getting water up the back of the nose when not intended, see Getting the Flow); and (ii) to dry your nose very well after every session, or else an infection can be spread along with runny nose symptoms and a
feeling of being permanently “waterlogged” can prolong the discomfort (see Drying the Nasal Passages). The 4 best times for irrigation in any day are: (i) first thing in the morning (before eating), (ii) mid morning (before lunch), (iii) evening (before dinner), (iv) late evening (before bed).

- **Note**: If, after “Analysing More Serious Nasal Conditions” on p39, nasal irrigation fails to lessen the symptoms of your conditions, then you have such serious nasal problems that no amount of saline nasal irrigation is going to help at this stage. One should not just continue through life habitually flushing the nose three to four times a day to stop nasal discomfort. A proper remedy must be found. You should therefore begin a voyage of looking at the patterns of health in the whole of your body and lifestyle. A good article to read is “Lifestyle Factors Affecting Excessive Mucus in the Body”. As well you will require a major assessment of your whole nasal pathology by any number of ENT experts. You should also consult other health practitioners such as a dietician, an allergy tester, a yoga therapist, an exercise and breathing advisor, a life coach, a stress management consultant, a marriage guidance counsellor, a hypnotist, a past life regression therapist, an astrologer, an exorcist, witch doctor, try trepanning, …… anyone ….. anything ……. who can help you get to the bottom of your ills and ailments! Good luck!
## SUMMARY OF SALT TYPES

<table>
<thead>
<tr>
<th>Type – Term of Description</th>
<th>OK or NOT</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw Sea Salt</td>
<td>yes</td>
<td>Usually just raw sea salt, but check for additives.</td>
</tr>
<tr>
<td>Cooking Salt, Canning Salt, Pickling Salt</td>
<td>yes</td>
<td>Usually just raw sea salt, but check for additives.</td>
</tr>
<tr>
<td>Kosher Salt, Celtic Salt, Macrobiotic Salt</td>
<td>yes</td>
<td>Usually just raw sea salt, but check for additives.</td>
</tr>
<tr>
<td>Pharmaceutical Grade Salt</td>
<td>yes</td>
<td>100% certified NaCl (and sterile)</td>
</tr>
<tr>
<td>Table Salt</td>
<td>maybe</td>
<td>Many additives in it. Avoid if possible.</td>
</tr>
<tr>
<td>Raw Rock Salt</td>
<td>no</td>
<td>May have unknown trace minerals.</td>
</tr>
<tr>
<td>Vegetable Salt, Chicken Salt, Seasoned Salt, Citric Salt, Popcorn Salt</td>
<td>no</td>
<td>All have additives, colourings and flavourings. NOT to be used for Jala Neti.</td>
</tr>
<tr>
<td>There are others claiming to provide enhancements over raw sea salt, but we do not recommend these.</td>
<td>no</td>
<td>See “Substances Other than Salt” below.</td>
</tr>
</tbody>
</table>
Types of Salt: Pure salt is 100% Sodium Chloride (NaCl) but this is rarely the substance we call "salt" in real life. Salt can be made from seawater or from underground rock salt. In addition to pure NaCl, both sources have other trace minerals in them in varying proportions and both sources may well have certain pollutants as well.

Raw salt from evaporated seawater is considered the best to use for nasal irrigation. That is all that is needed. Whatever extra trace minerals may be in it, they are naturally occurring and are very unlikely to be harmful to the body through irrigation. Of course the argument can be made that the oceans today are pretty polluted with things which might affect the insides of our noses. If such an argument concerns you, you might like to seek out organically-harvested salt from the far perimeters of Antarctica or else buy pharmaceutical-grade, laboratory-certified pure sodium chloride from the chemist shop. Normally, sea salt will absorb moisture from the air around it so it will clump-up, even when stored in a jar and, because its crystals are a bit bigger, it will take a bit more effort to dissolve.

Table salts are made from either seawater or rock salt and are then refined, taking out all of the other trace minerals. But then they have other things added back in. On the packet these things are called "free flowing agents" or "anti-caking agents" or may just be called "iodised salt". They can be any number and mixture of the following: potassium ferro-cyanide, potassium iodide, potassium iodate, sodium ferro-cyanide, sodium silicate, magnesium carbonate, magnesium oxide, calcium silicate, calcium carbonate, tri-calcium phosphate, silicon dioxide, aluminium silicate,
salts of myristic, palmitic or stearic acids. (Source: USA, FDA, Codex Standards 150-1985). Who needs these sorts of things up their nose? These substances can have a metallic taste and smell and most people do not enjoy this. So we say, just look for raw sea salt without any refining or any additives.

Outside of good old raw sea salt there are a number of trendy, purist salts available today. There are also people selling common salt for nasal irrigation in little sachets, “to save you the trouble of having to measure it each time”. But none of these are really necessary. But if you like paying 10 times the price for something more ideologically sound or wastefully pre-packaged, then go right ahead.

**Substances Other Than Salt in the Neti Water**: People often hear about, and ask us about, using substances other than salt in their neti pots. To this we say – “Don’t”. Based on the traditional methods of yoga, we here at Health and Yoga do not recommend that people put anything other raw sea salt in their nasal cleansing solution unless specifically and personally prescribed by a qualified medical, yoga or ayurvedic therapist. Whilst there are other solutions that yogis have been using over the years, we do not reveal these to the uninitiated for public promotion. And although medical ENT specialists may recommend some minor variations to normal saline, these may only be best for certain patients under certain circumstances, and are not for everyone.
For thousands of years people have been washing out their noses very effectively by using the world’s cheapest, most effective, and most easily obtainable cleansing substance – sea salt. It is renowned in all cultures as the primary medicine of prevention and cure. Salt is the great leveller. In different ways, and when properly used, it helps bring the body back to a more neutral state. That is all that is needed for effective saline nasal irrigation. Some people claim there are additives which “improve” on the traditional solution of normal saline, but we don't believe it is necessary to enhance the effectiveness of Jala Neti – if done in the proper way.

But if you really wish to try other substances in your neti pot against our advice, go right ahead. But please don’t call us when you have side effects or lesser effects from such experimentation.

**Types of Water:** Many people worry about which water is best to use. The different options are listed in the following table. The grading of purity given therein can not be truly confirmed as all water supplies vary greatly. But, as a rule of thumb, if you are reasonably healthy, and if you can safely drink the water you have on hand, then you can safely do Jala Neti with it.

However, those with upper respiratory infections should be more careful than this general rule of thumb. A nasal infection could be made worse through irrigation with impure water if the proper technique is not followed or if water inadvertently gets up into the sinus cavities or into the ear canals. So, for people who know they are
nursing a nasal infection, when in doubt, err on the side of caution and use the purest water you can find.

### SUMMARY OF WATER TYPES

<table>
<thead>
<tr>
<th>Source</th>
<th>Variations</th>
<th>Probable Level of Purity and Sterility (On a scale of 1 – 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(un-boiled)</td>
<td>From city mains supply</td>
<td>2 - 4</td>
</tr>
<tr>
<td></td>
<td>(usually chlorinated)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tank - from roof rain water</td>
<td>1 - 4</td>
</tr>
<tr>
<td></td>
<td>Tank - from bore water</td>
<td>1 - 3</td>
</tr>
<tr>
<td></td>
<td>Tank - from well water</td>
<td>1 - 3</td>
</tr>
<tr>
<td>Household water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(boiled)</td>
<td>All of the above</td>
<td>4 - 5</td>
</tr>
<tr>
<td>Bottled Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pharmaceutical Grade</td>
<td>5 (Factory Sterile)</td>
</tr>
<tr>
<td></td>
<td>Distilled</td>
<td>5 (Factory Sterile)</td>
</tr>
<tr>
<td></td>
<td>Shop-bought Spring Water</td>
<td>3 - 4 (Pure from the ground, but not made sterile)</td>
</tr>
<tr>
<td>Overseas Countries</td>
<td>Urban or rural</td>
<td>unknown</td>
</tr>
</tbody>
</table>
Mixing The Solution: The procedure following is written for novices to learn step-by-step. Once you have got into a regular habit of Jala Neti you will just “know” how to do these steps and can modify things to suit yourself without any problems. This method below is for those mixing straight into the pot, whereas “big users” might prefer to make up extra solution in a jug or bowl for several wash-outs per session. The problem with the latter system is that a large quantity of water will cool down over time. We recommend just making one pot at a time and then repeating if needed.

The best (and we believe the only) solution to use for normal nasal irrigation is what is called “normal body saline” or “isotonic saline”. In mathematical terms this is 0.8% - 0.9%. This is the same salinity (saltiness) as normal human blood. This solution is experienced as neutral by the body. In a normal healthy person, it will usually pass through the nasal passages without any stinging at all. Stinging during nasal irrigation with properly made normal saline is indicative of disturbed nasal pathology. There is either raw, exposed, inflamed, infected, damaged or over-medicated nasal linings which are hypersensitive to anything/everything which goes in there.

There are many different measurement methods of mixing normal saline as shown in the following table. Be aware that the finer the grains of the salt, the more that will fit into the measuring device, therefore the saltier the mix will be. Once you know the "right" mix, according to taste, smell and comfort as it passes through your nose, you can forget about exact measuring each time, and can just throw in the right
amount intuitively. It is simply a matter of a few days adjustment and experimentation to get the right mix according to the salt you have on hand.

<table>
<thead>
<tr>
<th>Water Quantity</th>
<th>Salt Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>500 mls (half a litre)</td>
<td>1 x level teaspoon</td>
</tr>
<tr>
<td>500 mls (half a litre)</td>
<td>4.5g salt</td>
</tr>
<tr>
<td>2 cups (averaged size coffee cups)</td>
<td>1 x level teaspoon</td>
</tr>
<tr>
<td>17 fluid oz (USA)</td>
<td>0.2 oz salt</td>
</tr>
<tr>
<td>1 pint (600mls)</td>
<td>1 x heaped teaspoon</td>
</tr>
<tr>
<td>In the Health &amp; Yoga Neti Pot, when filled up to the waistline, there is 450 mls of water.</td>
<td>Into this add: One level (normal-sized) teaspoon</td>
</tr>
</tbody>
</table>

The best temperature water to run through the nose is obviously body temperature. That is (on average) 36.4 degrees Celsius or 98.6 degrees Fahrenheit. This can roughly be tested by using your finger or, more accurately, by tasting and spitting. Some people pour a bit onto the back of their hand, like when making up a baby’s bottle.
However, experience has shown that water slightly hotter than blood temperature is just a little bit more effective in dissolving thick stubborn mucus from within the nose. However, be careful you do not make it too hot or it will burn your sensitive nasal linings. On the other hand, water which is too cold will tend to close up the nasal passages and not dissolve the mucus as well. For those who have the habit of doing Jala Neti in the shower, if you are happy about using shower water in your nose, then this is a convenient way to access water which is close to body temperature.

1. Always mix the water first to the right temperature in the pot, then add the salt because the pot will suck out a bit of heat from the water. So mixing the water a bit hotter than you eventually want it, and pouring it into the pot first, will allow the temperature to stabilise before you start, so that the last half a pot doesn’t become too cold.

2. Test the water temperature before proceeding either by taste or on the skin. Adjust if too hot or cold. Remember, body temperature is best but a little bit hotter is better if it can be tolerated.

3. Next, put in the required amount of salt. Mix it very well. Remember, larger salt crystals require slightly more in volume than finer crystals plus they need a very good stir to dissolve fully.

4. Always taste test and spit the mixture before using it, checking for correct saltiness and temperature. You will get to “remember” what is correct after a few days. If needed, adjust the saltiness with more or less water, but be careful not to
over-heat or cool down the temperature when doing so. **Taste test again** if you have changed it.

5. Before proceeding, tip a little bit of the mixed water out of the spout. This is because the water in the spout may not be fully salted – even after a good stirring – and it will sting your nose for the first few seconds if it is too fresh.

6. You are now ready to irrigate. Go on to “Getting the Flow - Stage 1” as below.

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**GETTING THE FLOW – STAGE 1**

The procedure following is written for novices to learn step-by-step or for those having problems getting the angles right to prevent water getting into the wrong places, or for those with known internal blockages who find the water flows badly. Once you have got into a regular habit of Jala Neti you will just “know” how to do these steps and can modify things to suit yourself without any problems. If you can’t read and perform Jala Neti at the same time (and nobody can); or if you can’t read the whole procedure and remember every instruction whilst you do it (and very few could); then have someone read these instructions to you while you do it the first few times. Important general points to remember are the following:
* Do each step one at a time, and pause between each step to consider what you will be doing next.

* Don’t panic – Don’t rush it. Panic and rushing are the major causes of first time disasters.

**Correct Angle of Head and Body.** This is the most important aspect of Jala Neti. It is the thing which gives most of the people, most of their problems, most of the time. There is one simple reason for all the troubles people have getting the angle right, and of getting an effortless flow-through. This is because they do not go to a teacher who is able to guide them on their very first attempt and who would help them get into the correct position straight away. They could then more easily find the correct position at home each time they do it unassisted. Most people today have learned Jala

![Diagram of Correct Angle of Head and Body](image)

This diagram shows the most preferred method – the ideal body and head position – for all beginners to get the easiest flow through, particularly those with blocked noses and structural problems, and with least chance of water going down the throat.

**Note:** That the body is bent forwards to about 90 degrees, with the forehead about level with the throat. The torso is twisted half around. The ears are about level. In this position water can only flow downwards and outward through the lowest nostril.
Neti self-taught, which means they figured it out by trial and error. We get innumerable troubleshooting emails about correct head position – not because we send bad instructions with our H&Y pots but because (a) people don't always follow instructions and (b) because there are a lot of very wrong instructions and bad demonstration pictures being spread around the Internet at present.

It must be mentioned again and again that the idea of Stage 1 Jala Neti is **not to** get water down the back of the nasal passages and into the mouth or throat. Whereas some people say it doesn't matter, we say that it does matter, as both commonsense and professional medical opinion indicates this to be so. Besides being considered very yucky by most people (initially), it is potentially dangerous because it can easily spread a nasal or ear infection into the throat.

**Method of Irrigation – Stage 1**

1. Bend forwards to about 90 degrees at the waist, pointing the tip of your nose and the forehead at the floor (or into the basin). The forehead should be about level with the chin. **Note:** This may seem an extreme bending position to some people who have achieved a flow through without bending so far, and in the future is not necessary to bend this far forwards for experienced users. But, we have found it is the very best methodology for teaching rank beginners and to avoid all the usual problems in those who don’t bend forward enough.
2. From this point onwards, until the very end, breathe only through the mouth. It is a soft, slow, gentle, mouth breath. Don’t panic and don’t worry.

3. Bring the nose cone of the pot up to one nostril (let’s say the right one for this explanation). Give the pot a little twist and push to gently seat the nose cone into the nostril and to seal it well, so that the water cannot leak out of the ingoing nostril during irrigation. Leaking is a very common problem for beginners, such that most of the water does not actually go through the nose, and they then get a less efficient cleanse. The pot should be level at this point, so nothing can flow out of it, either from the spout or over the rim. From this point onwards do not talk, laugh, cough, sniff, swallow, or clown around in any way.

4. Align the spout of the pot along the line of the nose passage, not pointing inwards towards the opposite side of the nose and not pointing downwards at the floor. Imagine that the spout is a continuation of your nostril channel. This will prevent the outlet hole of the nose cone being blocked against the flesh on the inside of the nose or of scratching the flesh inside. The water in the pot should be level at this time. Remember to keep gently breathing through your mouth all the while.

5. Next, slowly roll your head to the right, degree by degree, at the same time gradually lifting your right elbow upwards so that the body of the pot becomes slightly higher than your nose; and so that the body of the pot becomes slightly higher than the tip of the pot; and so that the outgoing nostril becomes the lowest point of the head. Do not tilt the pot so much that the pot leaks water over the rim. You can look with your eyes right to see the water just at the rim of the pot. In this position the pot
and the head should all be positioned to allow gravity to send the water into your frontal nasal passages. It is at this point that some people tense up in the face and this can tend to block the flow. So keep reminding yourself to relax in the mind and in the facial muscles. 

**Note**: During this stage of the technique, if the angle of the head is wrong; or if one side of the nasal passages is more blocked than the other; or if the sinuses are particularly inflamed; or if one ear canal is blocked; or if one accidentally breathes through the nose whilst water is flowing; then the water flow can be diverted upwards and backwards into the ear canals and/or the actual sinus cavities. Like a mini dam effect, if the gravity flowing water can’t go down and get out, then it will backup and go upwards! This is not desired and is to be avoided however possible. So having the outgoing nostril lower than all other parts of nasal system is imperative.

6. After a few seconds (if you have the angles of head and pot correct) you should feel the water running around inside the nasal passages. If your inner passages are blocked, you might feel it stop flowing inside but, if not, it should start to trickle out of the lower nostril. At this point: **Keep mouth breathing; don’t sniff, swallow or talk; and resist any tendency to back out at this point, because you have just succeeded in the first, most important step of Jala Neti.**

7a - **If the water starts to flow**: Carefully try to fine tune and adjust the angle of the pot and your head to increase the rate of the flow. Try slightly changing the alignment of the spout along the nostril passage. Try pulling upwards on the nose cone a little to broaden the nostril entrance. Slowly try tilting your head up a little, down a little,
round a little to get the strongest flow. Depending on the rate of flow, after about 20 - 30 seconds of water flow (about half a potful of water), turn your head back to the centre position, remove the nozzle from your nose, and gently blow out of both nostrils into the sink to clear the mucus and water from the nose. Do not blow hard or you can send water up into the sinuses and the ear canals. Next, you will repeat the same process (steps 3 - 7) on the left side, but do not stand up yet. Go on to Step 8.

7b - If the water doesn’t start to flow: Try slightly changing the alignment of the spout along the nostril passage. Try pulling upwards on the nose cone a little to broaden the nostril entrance. Try tilting your head up a little, down a little, round a little. If the water only drips out the lower nostril, that’s OK, just stay there, don’t move, keep breathing through the mouth, waiting for the warm water to help dissolve the blocking mucus. Even if it only starts with a drip, the water flow should gradually increase. Even if there is no drip at all, just stay there. After about 10 - 15 seconds, turn your head back to the centre position, remove the pot and gently blow out of both nostrils into the sink to clear the mucus and water from the nose. Do not blow hard or you can send water up into the sinuses and the ear canals. Next, you will repeat the same process (steps 3 - 7) on the left side, but do not stand up yet. Go on to Step 8.
8. Change hands with the pot. For either a good flow, weak flow or no flow, repeat the method you just did from Step 3 onwards, but now from the left side.

(8a) If the flow is good, stay irrigating on that side until the pot runs dry, then go on to Step 9.

(8b) If the water flow is only a drip, or not flowing at all, proceed as in Step 7b. Spend 10 - 15 seconds on that side waiting, waiting, waiting, until a drip-through slowly happens, or else just hang there with no flow for 10 - 15 seconds. Then, come back to the centre, and gently blow outwards from both nostrils. Again alternating sides, filling-waiting-centering-gently blowing out-changing sides; filling-waiting-centering-gently blowing out-changing sides; as many times as it takes, until there is the start of a flow through and you can use half of the water left in the pot each way. Gradually the mucus will dissolve and allow the water to flow. Do not, at any stage, blow the nose to help clear the blockage. All you will achieve is to blow water deeper into the passages and make things worse. When the pot is empty, proceed to Step 9.

(8c) For those who have no luck getting any flow at all, in either direction, no matter what they try, no matter how long they fill-wait-and-blow, there is either so much stubborn mucus in there that they should forget about it for this session and try again another time, or else they have a major internal blockage. For now, go directly to Drying the Nasal Passages. After that, read the section “Analysing More Serious Nasal Conditions”
9. When the pot is empty, bring your head back to the centre position, remove the nozzle from your nose, and gently blow out of both nostrils into the sink to clear the mucus and water from the nose. Do not blow hard or you can send water up into the sinuses and the ear canals. Now you are ready to check the efficiency of the cleansing by checking the clarity of the nasal passages.

10. Once the first pot has been emptied, this does not necessarily mean your nasal passages will be clear. You must now assess just how clear. Stand up and take a few gentle breaths in the mouth and out the nose. Some water droplets may be blown out, so you can use a tissue in front of the nose to catch moisture but do not blow your nose into the tissue with any force. If you sense that the nose is pretty clear of mucus and that there is only water left in there, then proceed to "Drying The Nasal Passages" on p26. If you sense there is still a lot of mucus left in there, a second or even third pot should be done to continue the cleansing. You will be amazed at how subsequent pots will clean out even deeper than the first one, especially if you are in the midst of a cold or an infection. So, at this point, mix up another batch of water and salt in the pot and repeat Steps 3 - 9 again, all the while being careful not to sniff backwards between pots as this can put water up into the back of the nose, which will complicate the drying procedure later on.

11. After repeating more pots, and when you are satisfied with your nostril clarity, proceed on to “Drying the Nasal Passages”.
DRYING THE NASAL PASSAGES

Drying the nasal passages is a very important part of nasal cleansing and, from the number of troubleshooting queries we get, many people either completely skip this procedure or do it only partially. Not drying the nasal passages properly can give you the symptoms of a runny nose for a few hours, or even the symptoms of a cold for a day or two. It may also spread an already present nasal infection deeper into the sinuses and/or throat. So the importance of drying properly cannot be understated.

When drying the nasal passages, many people believe that lots of hard blowing into a tissue will better dry their system, but it won’t. If you blow too hard, or even if you blow gently with a tissue over the nose and the air flow of the nostrils becomes restricted, small droplets of water which are still in the nose or around the nasal cavities may be blown backwards and up into the eustachian tubes (ear canals) or into the sinus cavities themselves – which is not desired.

“Blowing” the nose is actually the wrong term and wrong methodology to use for drying the nasal passages. Note that we say "Drying The Nasal Passages", and not "Drying the Nose". This is because it is not just the nose you are trying to dry, but all the internal nasal passages. Drying the nasal passages after either Stage 1 or Stage 2 of Jala Neti simply requires this gentle procedure as described following. There is
only one exception to the drying rules, and that is for those with elevated blood pressure, a tendency towards dizziness, or asthma – as noted EBP+D+A.

1. Hang the whole body forwards from the waist as far as possible with the head down, nose pointing at the floor. **For EBP+D+A, do not bend any further forward than head level with the heart, or as much as is comfortable.**

2. Wait in that position for 20 - 30 seconds, gently breathing in the mouth and out the nose at least 10 times. Then turn, twist, and tilt your head all ways left and right, up and down, point your nose towards your knees, all to help drain the nasal passages whilst at the same time doing another 10 gentle breaths in the mouth and out the nose. This is to assist the initial draining of the nose and sinuses. A few drops of water may run down. You can use a tissue to catch them but do not blow the nose with any back-pressure at this point.

3. Then stand up and gently breathe in and out of both nostrils about 10 times, with a bit more emphasis on the exhalation. Then, close off one nostril, and gently breathe in and out the open side about 10 times, again with a bit more emphasis on the exhalation. Change nostrils and do 10 breaths on the other side. Finally, do 10 more breaths through both open nostrils – always with more emphasis on the out-breath than the in-breath. **For EBP+D+A, these people should be careful that the required 60 breaths in a row are not too strong or fast. If you sense any dizziness cease the breathing and rest. When recovered, return to breathing at a slower, more gentle rate.**
4. If you performed all the irrigation steps carefully and got no water up into the sinus cavities or the ear canals, going through this drying procedure once should have effectively removed any residual moisture in the nasal passages. Any minor moisture deeper in the nose should dry out in the next few minutes because the body will evaporate it by its own temperature.

5. However, if you got water into the deeper recesses of the nasal passages then the draining and breathing will need to be done several times until it is fully clear and dried out of water. Even so, you may still find water will run down out of the nose unexpectedly later on. This should be avoided by careful angling and positioning whilst irrigating and by never blowing backwards or sniffing backwards during the water flow or during the drying procedure. If necessary, repeat the whole drying process once or twice more gently.

STAGE 2 – JALA NETI

**Rationale For Stage 2:** Ideally, Stage 2 of Jala Neti should be supervised and assisted by a teacher on your first few attempts. However many people do manage to succeed unaided, so we have decided to assist them with booklet tuition. But, before progressing on to Stage 2 of Jala Neti, two very important points must be considered by the user.
(i) Firstly, the practitioner must be fully competent and comfortable with Stage 1. If you are still having troubles learning Stage 1, or if your nasal passages are giving you trouble with getting a good flow and clearing out with Stage 1, then you are not ready or healthy enough to do Stage 2. You need to get Stage 1 working properly before you even think of doing Stage 2.

(ii) The second pre-requisite before going on to Stage 2 is to be sure of the reason and the need for it. Stage 2 is not just something to do because Stage 1 does not seem to be working or because you expect extra miracle benefits. Stage 2 is more powerful but, like many things, high power can be misused and get you into trouble. Also, the purposes and outcomes of Stage 2 must be considered against the risks of spreading any existent nasal infection deeper into the upper respiratory tract.

Whereas the purpose of Stage 1 Jala Neti is to clear out the frontal nasal passages only: that is to flush the nasal cilia (hairs), flush and drain the turbinates, and assist the draining of eight sinus cavities accessible from the front of the skull; the benefits of Stage 2 are to help flush and drain the post-nasal passages (which are at the back of the airways) and to flush the adenoids, eustachian tube orifices, and the upper throat. What point is there in drawing dirt and mucus and possible infections from the front through to the back? So the practitioner of Stage 2 must already have cleansed properly from the front entrances, before cleansing via the back passages. Although Stage 2 is reputed to be “more powerful”, “more effective”, than Stage 1, these benefits will not eventuate for those with chronic nasal complaints where Stage 1 has failed. Stage 2 does have great benefits such as for
post-nasal drip, sinusitis, snoring, chronic catarrh, thyroid imbalances, coughs and throat problems. So the rules are these:

- If you can’t keep the water out of your throat with Stage 1, then you are not ready to do Stage 2.
- Always do a potful (or two, if it takes that much to get the front clear) before doing your potful of Stage 2.
- If you have known or suspected structural nasal problems forget about hoping Stage 2 will fix anything that Stage 1 can’t – because it won’t. Go and get your nose properly diagnosed and fixed, then return to Stage 1 for some months post-surgery, and then you may be ready to proceed onto Stage 2. See “Analysing More Serious Nasal Difficulties”.

**Method For Stage 2**

1. First, at least one potful of water is done as per Stage 1 to clear out the frontal nasal passages, and then a second potful is done in this more advanced way. It is not necessary to dry the nose fully between Stages 1 and 2. A few gentle blows outwards into the sink is satisfactory before refilling the neti pot. Check to see if the nasal airflow is fully clear before doing Stage 2, otherwise do another potful of Stage 1 before proceeding.
2. For Stage 2, insert the nose cone of the pot as for Stage 1, and assume the same body angle, head angle and pot angle as for Stage 1. Turn your head and lift the pot exactly as for Stage 1 until water begins to flow out the lower nostril. Allow the water to flow through from nostril to nostril for a few seconds. Normal breathing is through the mouth.

3. Then, slowly and gently, sniff in a long in-breath through your nose whilst the water is running through. On the out-breath, gently spit out the water and mucus from the lower side of the mouth. It is best not to sniff hard and fast as this might cause coughing or choking from too much water going into the mouth at once. Do not do quick sharp snorts or you may send water up the ear tubes and sinuses. As you sniff, you will hear and feel a bubbling sensation up inside your nasal passages and in the pot. Avoid coughing or stopping at this point as this will interrupt the flow at the nostrils and will probably just make it harder to get the correct angle restored again. It will also force water up into the sinuses and maybe down the throat. Although not dangerous, one should try not to swallow any water when sniffing backwards. The sucked-through water should run into the cheek on the lower side of the mouth, not anywhere near the throat where it might be swallowed.

4. You can continue sniffing and spitting on consecutive breaths, or have a break for a few normal breaths via the mouth, whilst letting the water run normally as for Stage 1. Two or three slow, long sniffs will make half a pot disappear quite quickly!
5. After you think half a pot has gone, change sides and repeat the previous steps until the water is all drained. Another potful may be done to repeat Stage 2 if desired.

6. Extra care must be taken to dry the nose properly after Stage 2, as more water floods the nasal passages and may cause irritation for some time if not completely dried out. Repeat the full drying process as many times as it takes. See “Drying the Nasal Passages”.

**Note 1:** Some people find Stage 2 just works easily for them whilst others have varying amounts of trouble “getting it”. Sniffing and spitting the water from nose to mouth is not a hard thing to do, it is just a little bit tricky at first. If your frontal nasal passages are open all the way, then there is no reason it can’t be done. As long as the position of the head and pot is correct for the nostril-to-nostril flow, as per Stage 1, then Stage 2 must work. Many people are afraid to sniff water through their nose, as they either have a fear of swallowing mucus or water; of coughing or gagging; or of getting water in their lungs. These fears can only be overcome with practise, through trial and error. Not even an instructor in the room beside you can work this out for you.

**Note 2:** Some people suggest closing off the passive nostril (the open one, the one without the nose cone) whilst sniffing the water backwards. Whilst this may seem like a good way to get more water through more quickly, our belief is that the bubbling will give a better “scrub out” and loosen more mucus. Also, it produces less water to spit out each time, thus reducing the gag reflex.
TROUBLESHOOTING – What to Do if …….. ?

The water stings when it first flows through - but then becomes OK.
   The water in the spout was not fully salted. You have not tipped a bit of water out of the spout first. See “Salt, Water and Mixing”

The water stings when it first flows through - but stays painful.
   Either you have not mixed the solution correctly, or you have damaged nasal linings. See “Salt, Water and Mixing”, and “Analysing More Serious Nasal Conditions”.

The water will not flow through initially.
   Your nose could be blocked partially or temporarily with mucus. See “Getting the Flow”, especially Step 7b. Or it could be a more serious structural blockage. See “Analysing More Serious Nasal Conditions”.

The water flows unevenly from different sides.
   Your nose could be blocked partially or temporarily with mucus. See “Getting the Flow”, especially Step 7b. Or it could be a more serious structural blockage. See also “Analysing More Serious Nasal Conditions”.

The water will not flow through no matter what you try.
   Your nose most likely has a structural blockage. See “Analysing More Serious Nasal Conditions”.

Back To Index
One nostril just will not clear out.
Most likely, your nose has a structural blockage. See “Analysing More Serious Nasal Conditions”.

After many sessions of Jala Neti, nothing seems to be getting any better.
See “Analysing More Serious Nasal Conditions”. Also see the article "Lifestyle Issues Affecting Upper Respiratory Health".

Water runs out of your nose some time after irrigating.
You have gotten water into the sinus passages and/or not dried the nasal passages properly. See “Getting the Flow”, with particular attention to Correct Angle of Head and Body. See also “Drying the Nasal Passages”.

You get a nose bleed when doing neti.
The water might have been too hot, or too salty. See “Salt, Water and Mixing”, with particular attention to water temperature and salt ratio. If this fails to fix it, cease the practice and seek medical attention.

You get a headache or pain during or soon after neti.
There are too many possibilities to state here, but first you must eliminate the possibility of pollutants in the pot, the water or the salt, and make sure that the solution is mixed wrongly. See “Salt, Water and Mixing”. Then check out our on-line FAQ “Headaches and Pains” queries. If that fails to help, cease the practice and seek medical guidance.
Your eyes sting or run during irrigation.
This may be due to newness of the practice or that the solution is not mixed correctly. See “Salt, Water and Mixing”

Your ears pop or crackle when irrigating.
You may have had the head angle incorrect, or sniffed or blown water along the ear canals. It can also just be a natural clearing of mucus, which is nothing to worry about. See “Getting the Flow”, with particular attention to Correct Angle of Head and Body.

Your ears pop or crackle when drying.
You may have sniffed or blown water along the ear canals, which is to be avoided. See “Drying the Nasal Passages”.

You get water down the back on the nasal passages into the mouth or throat.
The angle of the body, head or pot was wrong, or you may have sniffed, coughed, swallowed water down the back of the nasal passages whilst irrigating – all of which is to be avoided. See “Getting the Flow”, with particular attention to Correct Angle of Head and Body.

You smell funny things after irrigating.
First you must eliminate the possibility of pollutants in the pot, the water or the salt. This can also be just a new sensitivity from the cleansing. It can also be from remnants of nasal medications. If the sensation lingers for a long time, have a medical examination.
You sneeze during or soon after Jala Neti. There may have been particles in the pot, water or salt; there may have been a particle in the front of the nose which was carried further back to irritate the nerves; you may have a mild allergy to something in the salt or water you used; the newly sensitised nose may have picked up a scent or a particle to which you are allergic.

You do not feel cleaned out after one pot of water. Do more pots until you do. See also “Frequency of Jala Neti Usage”.

You do not feel cleaned out after several pots of water. For some people it may take days or weeks to feel fully clear. See “Frequency of Jala Neti Usage”, and “Analysing More Serious Nasal Conditions”. See also the article in our online library – "Lifestyle Issues Affecting Upper Respiratory Health".

You feel more blocked up afterwards than before. This can be from poor technique or from not drying properly. See “Getting the Flow”, with particular attention to Correct Angle of Head and Body. See “Drying the Nasal Passages”. Also see “Analysing More Serious Nasal Conditions”.

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Water runs over your face or body when first getting the flow. The angle of the body, head and pot is not correct. This can also be a result of nervousness and rushing the procedure. See “Getting the Flow”, with particular attention to Correct Angle of Head and Body.

You are afraid to try it alone, or you have problems and feel like giving up. Use our online Community Instructors Listings to find help nearby.

You get a cold or nasal infection soon after Jala Neti which you think it may have caused. This is always caused by poor technique and poor drying. See “Getting the Flow”, with particular attention to Correct Angle of Head and Body. Also see “Drying the Nasal Passages”.

You get water in the actual sinus cavities which irritates or causes increased sinus pressure. This is always caused by poor technique and poor drying. See “Getting the Flow”, with particular attention to Correct Angle of Head and Body. Also see “Drying the Nasal Passages”.

You get light-headed or dizzy when drying the nose. This can be caused by bending too far forwards or by blowing too hard when drying – if you have elevated blood pressure, are prone to dizziness, or have asthma. See “Drying the Nasal Passages”, with special attention to the sections EBP+D+A.
Your nose feels very dry afterwards.
Wipe a small amount of olive oil into the nostrils, but also address the larger issues of why you have a dry nose. See the article in our online library – "Lifestyle Issues Affecting Upper Respiratory Health"

ANALYSING MORE SERIOUS NASAL CONDITIONS

The blockages and imbalances of water flow that many people report when first learning Jala Neti might be due to: incorrect technique; a temporary mucus blockage; a chronic mucus blockage; nasal cartilage; polyps; or a deviated septum. Whilst some people may already know or have suspected the cause of their blockages based on a doctor’s previous examination, many others probably don’t know why such blockages to the water flow might be happening. But all are hoping that some saline nasal irrigation will fix their nasal problems. For some it will, for some it might, but for some it won’t. It just can’t. For those who seem to get no water, or very little water, or a very imbalanced flow of water through the nostrils, the way to diagnose just how serious your condition is, is to logically investigate the situation in the following way.

1.
Have a long hot shower to help loosen the mucus in your head and nose at a time of the day when your nostrils are at what you might call their “best time of the day”. Blow the nose vigorously in the shower, getting it as clear as you possibly can. Then dry your nose as much as possible. Wait 10 - 15 minutes in a warm dry place whilst doing gentle but deep nostril breathing to help dry out any remnant shower water from the nose and to let the nose's blood pressure stabilise after all that blowing.

2. Before nasal cleansing, jot down the relative freedom of air flow through each nostril – eg Left 20%, Right 0%.

3. Then attempt Jala Neti Stage 1, with full attention to all the details of the procedure. See “Salt, Water and Mixing” and “Getting the Flow”.

4. Carefully follow the methodology for blocked nostrils in Step 7b: fill-wait-blow-out-change sides, the fill-wait-blow-out-change sides; until flow-through can be induced. Try one, two or even three pots before giving up.

5. When completed, whether successful or not, finish with “Drying the Nasal Passages”, very well.

6. Note down on paper the relative openness of water flow you encountered (i) before the technique, (ii) during the technique, and (iii) after the technique after you dried the nostrils and waited 10 - 15 minutes for the nose to have completely dried out. Use a system like this – Saturday 15th: Before: Left 20%, Right 0%. During: Left 50%, Right 30%. After: Left 100%, Right 50%.

7.
Repeat the practice and the notations in this way three to four times a day for two weeks maximum (a shower prior to all irrigations is unnecessary), all the while noting the patterns of air flow and air imbalance, water flow and water imbalance, Always note down any colds, flu, allergies, you get along the way. This is called “science”!

8. After about two weeks, but no longer, cease the experiment. You can then look back and make an accurate judgment of your nasal situation. From your notes you will be able to see if there is a permanent, unchanging, structural nasal blockage or imbalance, in which case it is off to the doctors for a proper examination and some surgery. But if the pattern alternates, (such that each nostril does have 100% capacity from time to time), or they both seem to be getting better over time, then you only have a condition which is mucus-fuelled and a longer application of Jala Neti will continue to be helpful. Also, the root causes of your recurrent mucus condition will need to be addressed for a long-term solution. See “Lifestyle Issues Affecting Upper Respiratory Health”

9. The reason that I say above – “Go to the doctor for some surgery if there are permanent structural blockages” – is that medical ENT expertise really is the only way you will ever get the nasal passages back to proper functioning. I know, I know, it might seem like an expense, with maybe some pain and inconvenience afterwards. But many people can vouch that the results of competent nasal surgery will greatly enhance your breathing capacity and, I predict, many other areas of your life will improve as well.
NASAL ANATOMY FOR JALA NETI

For those who may not have much idea of the internal workings of the nasal cavities, it may seem like a strange or even a dangerous thing to pour warm salty water through one’s own nose. But when examined with an open mind and a simple explanation of the anatomical structure and physiological processes involved, fears and misunderstandings can be cleared up. In the diagrams following, the major areas affected by nasal cleansing are shown.

The first line of nasal defence are the tiny hairs called “cilia” which are designed to trap larger particles entering the nose. These cilia are usually cleansed by the act of normal breathing and by blowing the nose but, sometimes, due to a gradual build up of dirt, they can become clogged and may requiring washing out. All the respiratory passages, from nose tip to throat and down into the lungs, are covered with a layer of mucus. This mucus is secreted from within the mucus linings and its function is to trap smaller foreign particles and bacteria. The dirty mucus is normally blown out, coughed out, or sniffed and swallowed.

The actual sinus cavities have an even finer mechanism of protection which, if invaded, secrete a runny mucus to evict the germs. Infections and inflammations causing this is are generally called sinusitis and can be a short-term symptom or a chronic condition.
In pic (a), the three flaps of tissue called turbinates (inferior - IT, middle - T, superior - ST) protect the openings of the sinuses, and allow humidification, filtration and warming of air. The frontal sinus (F) is not usually involved in sinusitis. The sphenoid sinus (SS) is sometimes involved in sinusitis. It drains into the spheno-ethmoidal recess (SR). A - is the Adenoids. ET – is the Eustachian tube orifice.

In pic (b), the septum (S) creates a barrier between the two sides of the nose. If it is deviated enough, serious nasal obstruction occurs. The maxillary sinuses (M) drain through the maxillary sinus ostia (O) into the middle meatus (MM). Note: The ostia openings (O) appears to be large but are actually the size of a pin head. The ethmoid sinuses (E) drain into both the middle meatus (MM) and into the superior meatus (SM). The middle meatus is bounded by the middle turbinate (T) and the inferior turbinate (IT). The frontal sinuses (F), and the superior turbinate (ST) are relatively unimportant in sinusitis.
**Sinus Disease**

There are four sets of sinuses as shown in the CT scans below. M - Maxillary sinuses, E - Ethmoid sinuses, F - Frontal sinuses, SS - Sphenoid sinuses.

O – is the maxillary sinus ostium, ST- Superior turbinate, T - Middle turbinate, IT- Inferior turbinate, SM- Superior meatus, MM- Middle meatus, SR – Spheno-ethmoidal recess, S - Septum.
On both scans, bone appears white, air appears black, and soft tissue, fluid, or muscle are varying shades of grey. When CT scans are evaluated for abnormalities, thickening of the lining of the sinus cavities is noted.

In the healthy CT scan there is a sharp distinct border between the black air and the white bone. There are numerous small passages interconnecting all the sinuses and turbinates. The mucus linings are clear and uninfected. The points of drainage from the maxillary sinus into the nose through part of the ostio-meatal unit (O) are clear. There are no deformities except for a slight deviation of the septum (S) to the left side but, in this case, it is unlikely to cause any obstruction.

But in the unhealthy scan, sinusitis and polyps show up as a greyish thickening of the lining of the sinus cavities walls and as lumpy growths. There are large polyps or cysts (P) on both sides, with significant obstruction of the ostium (O). On the left side, the ostium is completely blocked. The ethmoid sinuses (E) on the left side are also completely obstructed, being filled with either polyps, cysts or thickening of the sinuses. Note the difference in size between the middle turbinate (MT) on the right and left side, and also the inferior turbinates (IT) on each side.
Water Flow

As shown at left, in Stage 1 Jala Neti, the water simply flows up one nostril into the frontal passages where the air flows meet, back into the middle passages and then out the other nostril. In Stage 1 there should be no flow of water back towards the throat.

Stage 2 is only attempted after mastery of Stage 1. In Stage 2 the water flows fully through all the nasal passages, down the back of the nasopharynx and through to the mouth. Via this route it cleanses the posterior nasal passages as well as the front and middle ones. Ideally, at no stage should any water actually go into the sinus cavities or up the eustachian tubes (ear canals). See previous section on anatomy. However, this may happen if the practitioner breathes incorrectly when irrigating or blows too strongly when drying. In such an event, a few minutes of “Drying the Nasal Passages” will clear out any stray water droplets. This causes only momentary discomfort and is not dangerous unless an infection is present and ends up being spread to where none was before. In any case all care must be taken not to sniff or draw water into the sinus cavities or ear canals in either Stage 1 or Stage 2.
HOW DOES JALA NETI WORK?

The way in which Jala Neti rinses out the dirt and bacteria filled mucus lining would be obvious to most people, in the way the warm water loosens and dissolves any internal build ups and takes them outwards. But what may not be so obvious is that, due to gravity and a venturi effect, the sinus cavities are also drained by the vacuum pressure flow of the water. Whereas it would normally be impossible to drain “dead-end” passages like the sinuses, Jala Neti achieves this ingeniously and simply.

For those with thick mucus conditions, as well as those with running sinuses, the relief of sinus pressure can be felt within seconds. Also the Eustachian tubes (which are also dead-end passages) receive exactly the same effects as the sinuses, that being a drawing outwards of dirt and mucus. Hence, Jala Neti is of great benefit for blockages and infections of the middle ear by draining the tubes to relieve the pressure build up as well as by removing germs. In a more detailed examination, it would also be seen that through the effect of osmosis and capillary action, the blood vessels of the nose are stimulated to cleanse as well.

The eyes are also beneficially affected by Neti. The tear ducts, which connect from the eyes into the nasal passages, get the same drawing-out effect as the sinuses, and this results in a brighter, clearer sense of vision.
The nose is the “air conditioner” of the body. One of the many functions of the nose is to regulate the temperature and humidity of the incoming air. This is necessary so that the breath does not strike the throat and enter the lungs too hot or cold, too dry or wet. With the exhalation, the nose also helps to draw out excessive heat from the frontal portion of the brain. This is the part where the heavy thinking is done and where the greatest heat builds up when under stress.

People with chronic nasal blockages end up being habitual mouth breathers. They therefore have a cooled throat, which imbalances the thyroid function. They also have cooler lungs, which creates excessive moisture and mucus secretion in that area. Mouth breathers also fail to obtain enough of the cooling effect from exhalation at the front of the brain and can often be described as “hot heads”.

Some people have “dry noses” and suffer dry, crusty, nose-bleed type problems. Others are “wets”, with the constantly running sinuses and the tissues always up their sleeve! Others have perpetually stuffy and blocked nostrils. Regular practise of Jala Neti helps to establish the correct working environment of temperature and humidity regulation in the nose. Depending on one’s living conditions, one’s diet, one’s personality dispositions, etc, many common ailments can be relieved by simply re-establishing a healthy nasal environment.

Another aspect of physiology which Jala Neti affects is the relationship between nasal function and the body’s nervous systems. According to medical science, the two branches of the nervous system – called sympathetic and the parasympathetic – are constantly working to try to keep a balance of human function. Basically, one
controls the functions of stimulation and the other controls the functions of sedation. This dualistic “push/pull” balance between the nervous systems correlates exactly with what the Oriental masters of yoga and acupuncture say about the forces of Pingala or Yang (the solar force) and Ida or Yin (the lunar force). These two polar opposites are always trying to maintain balance, and when they get out of balance, disease and illness occurs.

According to yoga, by balancing nasal breathing function, better balance of the sympathetic and parasympathetic nervous systems – of the yin and yang, solar and lunar functions – is gained and hence better balance of the whole body’s nervous function is achieved. So, by cleansing, balancing and manipulating these two complimentary opposite forces, better physical and mental health is maintained. It is, therefore, one of the known effects of Jala Neti that mental tension, headaches and temper tantrums can be greatly relieved, as well as nervous system disorders such as epilepsy and psycho-emotional imbalances like schizophrenia.
THE BENEFITS OF JALA NETI

- Neti removes all the dirt and bacteria-filled mucus from within the nose.
- It also helps to drain the sinus cavities. This, in turn, will help to re-program the body’s natural mechanisms against nasal infections such as hayfever, allergies, sinusitis and other upper respiratory complaints like sore throats and coughs, post-nasal drip, inflammation of tonsils and adenoids.
- It is beneficial for illnesses such as asthma and bronchitis because it reduces the tendency for mouth breathing by freeing the nostrils of mucus.
- It has a cooling and soothing effect on the brain by drawing out excessive heat, and is beneficial for headaches, migraine, epilepsy, temper tantrums, hysteria, depression and general mental tension.
- Neti is of great benefit for problems associated with the eyes. It helps flush the tear ducts, encouraging clearer vision and gives a sparkle to the eyes.
- It can be beneficial for certain types of ear disorders such as ear infections, glue ear, tinnitus.
- Neti improves sensitivity of the olfactory nerves, helping to restore lost sense of smell and thereby benefits the relationship with taste and digestive processes.
- It has subtle effects on the pineal and pituitary glands which control the hormonal system. This has a harmonising effect on emotional behaviours.
- Neti affects the psychic centre known as Ajna Chakra which helps in awakening better meditation.
• It helps to stimulate better powers of visualization and concentration and gives a feeling of lightness and clarity to the mind.
• Neti is excellent for those trying to give up smoking, as it reduces the tendency for mouth breathing and re-sensitises the nose to the actual pollution of ingesting smoke, thereby helping to de-program the brain away from the addiction.

**BEYOND THE PHYSICAL BENEFITS**

In addition to its physical effects, the practice of Jala Neti bestows subtle mental or psychological benefits which arise from the balancing of the nostril breath. Within the olfactory regions of the nose and brain, there are very fine sensors which detect the ionic conditions of incoming and outgoing air. The ionic state is closely related to the pranic (or life energy) effect and also triggers switching on and off of the sympathetic and parasympathetic nervous systems. Just like when a hot and dry wind blows for several days, your mind can go a bit crazy because of the predominance of positive ions, conversely, a cool sea breeze, which is higher in negative ions, can counteract this and bring you back to normal again. Jala Neti is often described as like a refreshing swim in the surf, so we can deduce that salty water through the nose can have an equally good mental, as well as physical, effect.
When doing Jala Neti, you are not just running salt water through your nose. There are very definite meta-physical effects which come from stimulation and balance of the two pranic flows, Ha and Tha, Yang and Yin. In the psychic physiology of yoga, this prana (or energy) flows in energy channels within the framework of the spine. The point of confluence of these two energy meridians is called Ajna Chakra, a point directly in line with the mid-eyebrow centre and directly below the crown of the head. It is also known as the Third Eye, or the Eye of Intuition. It has a subtle connection with the functions of the pineal and pituitary glands. When doing Jala Neti, in a subtle way you are cleansing these glands and their functions.

The effects of harmonising Ajna Chakra on a daily basis are both specific and general. Many practitioners of Jala Neti report clearer thinking, better powers of concentration, a greater sense of well-being, less mental stress, better communication and a lightness in the mind. People of an artistic/visual nature gain better powers of visualisation, more lucid dreaming, increased creativity and artistic inspiration. On the psychic planes, the mystics have experiences of light, visions of the deities and perception of the astral body. Those of a religious/devotional nature experience greater revelations and communion with their Ishta (symbol of God/Guru). All of the above effects lead to a more meditative expression in life. Of course not all practitioners experience all of the above or in such strong ways. It depends upon one’s physical health, one’s personality make up, and/or one’s readiness to perceive beyond the normal realms of flesh and blood.
JALA NETI IN EVERYDAY LIFE

Jala Neti is so simple. Some water, some salt and a Neti Pot is all you need. Three minutes is all the time it takes, and the effects last for hours and days. Some people have described it as the best legal high available! Unlike bad habits, the habit of Jala Neti has effects which accrue in a positive way. It’s a natural, drug-free way to rid the body of toxins, starting with the brain. It only has good side effects and is something which, once started, becomes a life-long relationship with yourself.

Through each and every yoga practice, especially cleansing techniques such as Jala Neti, the practitioner gains greater self-awareness. This self-awareness leads to a better knowledge of their own body’s functions. Just as the ancient yogis discovered these clever ways of self-healing, modern people can also learn through their own experimentation. From greater self-awareness and self-knowledge comes greater self-responsibility, thereby empowering people to take care of their own health agenda. You become more your own doctor, not just for cure, but also in prevention of illness. Anyone who has been practising yoga for some time can attest to the lessening of trips to the doctor and dependence on pharmaceutical drugs. Jala Neti saves you money and may even help to lower the national health bill!

As yoga and its methods become more widely known and accepted, we would hope that the scientific and medical communities may further investigate the claims and practices of this great and ancient science. Jala Neti would make an excellent subject. The inter-relationship between physical practices such as Jala Neti and the
psychology of the human mind, could be better understood through proper clinical investigations.

Over the years, many of our students have said to us – “I don’t understand why more people don’t know about Neti” and “Why don’t doctors teach Neti to their patients?” and “How come it isn’t taught in the medical colleges?” We agree exactly! Possibly in the future, Neti could become part of the curriculum in medical schools, nursing colleges, community health centres and alternative health practitioners, where, in just a few minutes, people with a need for such relief could be taught the practice. Hospitals would be an ideal place to educate people about post-operative body cleansing and health maintenance techniques such as Neti. Nursing staff could easily administer and/or teach Jala Neti to patients, thereby helping to cut down on the possibility of cross-infections.

In factories and workshops, or in dusty outside jobs, where workers continually breathe within an environment of toxic airborne substances, Jala Neti could easily be done in the washroom before lunch, or at the change of shifts. For workers in offices, with their stuffy recycled air full of other people’s germs and smoke, Neti could reduce the incidence of dull-headedness and cross-infection. Staff would be more positive and need less sick days off work.

Gardening, cleaning, sweeping, building. How many simple daily activities around the home create dust which the nose has to filter out? A few minutes to flush it all out with Jala Neti, and then you can continue the day with a clear nose, a proper sense of smell, and a clear head.
From primary school age up, through secondary school to university, Jala Neti has the potential to increase learning ability by sharpening the senses, increasing concentration and relieving mental tiredness. Neti also helps to increase creativity.

Neti can be done by children from even as early as two years old, (with help of course). The earlier in life a child learns to appreciate the healthy feeling of nose breathing, the less tendency towards mouth breathing they will develop in later life, and the greater protection they will have from respiratory ailments such as asthma. For those children who are already showing signs of mouth breathing and wheezing, or who may have reactions to certain foods or airborne allergens, Neti can help strengthen the body’s own resistance against “growing into” such habits and illnesses.

Today, many people are suffering ailments due to and exacerbated by the wide range of stresses in daily life. Whether they are environmental, inter-personal, psychological or intellectual, stress takes a toll on the immune system, the cardiovascular system, the nervous system and many other areas of health. It is now recognised that some form of stress release should be a part of everyone’s day to help lessen the accumulation of its effects. As we have previously written and, as many students can testify, Jala Neti (along with many other yoga methods) is very beneficial for mental and emotional stress. Relaxation is one of the primary tenets of yoga and meditation. A tense body or mind is a useless thing. Jala Neti should be considered very much as “First Aid” in the stress management protocols.
For those who are already interested in personal spiritual growth and things like yoga and meditation, Jala Neti should become an integral part of their own inner awakening. For those people who want to help raise the consciousness of humanity, and those who want to help “save the planet”, Jala Neti is a natural adjunct to their work and service within society. Helping the planet is indeed a noble cause, but firstly one must make one’s self a clear-minded and useful tool. Inner cleansing, by way of looking after the internal environment, is equally as important as paying our dues to the outer environment.

As can be seen from all of the preceding information and details about Jala Neti, this technique is particularly relevant for these times we live in. Our modern world: with all its air pollution, water pollution, food pollution, body pollution, mental pollution, and the stresses caused by these factors; could be helped greatly by the spreading of such a technique. Neti works on helping to normalise and improve the individual’s wellbeing and, from that will flow, a greater planetary wellbeing.