THINK INDIA (Quarterly Journal)

ISSN:0971-1260

Vol-22-Issue-4-October-December-2019

Evaluation Of Yogic Neti Karma And Ayurvedic Nasya Karma

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Abstract

Yoga is a group of Physical,Mental & Spiritual practices or disciplines which originated in ancient India. Neti is an important part of Shatkarma. The yogic system of body cleansing techniques. It is intended mainly to clean the air passage. Ayurveda is a system of medicine with historical roots in the Indian subcontinent. Ayurveda therapies and practices have been integrated in general wellness application and in some cases in medical uses. Nasya karma is a term to be applied generally for medicines administered through the nasal route. It is also known as navana and Nasya karma. Neti karma and Nasya karma are applied through same route. This topic will be discussed at the time of paper presentation.

Key wards:- Neti , Nasya , Ayurveda , Yoga.

INTRODUCTION

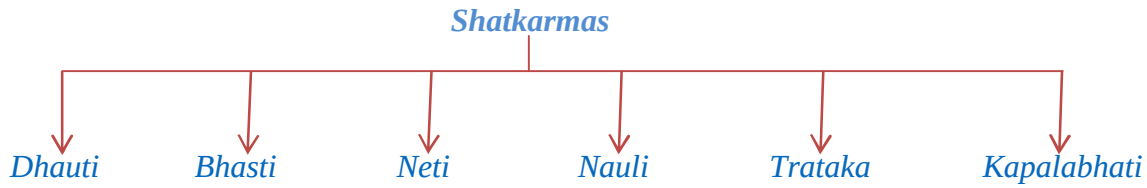
Shatkarma – Purification Techniques in Hatha Yoga

The *Shatkarma* or the six purification techniques in Hatha Yoga are designed to make the body strong and healthy. 'Shat' means six and 'Karma' here means a method or technique. *Shatkarmas* are considered preparatory steps towards higher practices of pranayama and meditation. The ancient Rishis recognized the importance of a healthy body for all activities, whether worldly or spiritual. Hatha Yoga, as explained in the text 'Hatha Yoga Pradeepika', is aimed at making the body and mind fit for higher practices of Raja Yoga. The *Shatkarmas* consists of six techniques. They can make the body clean and strong, free of diseases, remove toxins and improve concentration. It can also improve the flow of prana into the organs and the pranic meridians or nadis. The six techniques are –

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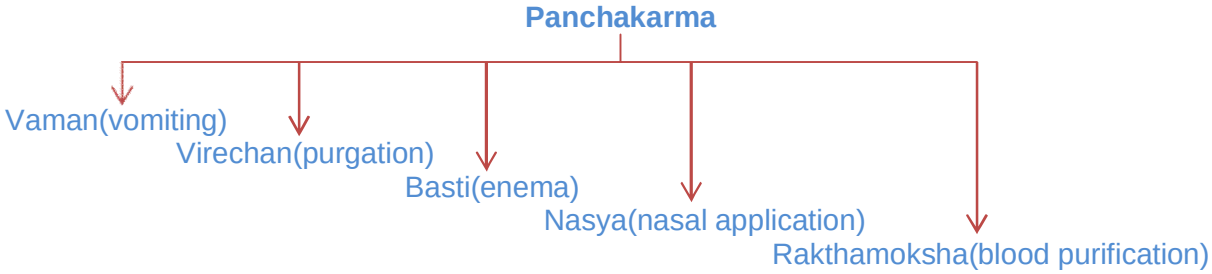
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1. ***Dhauti*** – Dhauti is the practice of cleaning the stomach.
2. ***Bhasti*** – Bhasti is the cleaning of the bowels.
3. ***Neti*** – Neti is the process of nasal cleaning.
4. ***Trataka*** – Trataka develops concentration and removes mental disturbances.
5. ***Nauli*** – Nauli is the practice of churning the abdominal muscles to the left and right repeatedly. This tones up all the organs in the abdomen and removes digestive disorders.
6. ***Kapalabhati*** – Though many include *Kapalabhati* as a type pranayama, in the Hatha Yoga texts, it is classified under the *Shatkarmas*. It is removing any stagnant carbon dioxide accumulated in the lower parts of the lungs. It is said to be a cure for many diseases.

The *Shatkarma* practices are to be learned from an experienced yoga instructor. Regular practice of *Shatkarmas* can help to purify the body and maintain perfect health.

There are two types of processes in ***Panchakarma*** :-
1.*Purvakarma*: Pre-purification Measures for *Panchakarma*.
2.*Pradhanakarma*: Main Purification measures of *Panchakarma*.
In *Panchakarma* there are different types of herbal massages ***Abhyanga Karma,*** fomentation's such as steam ***Swedana,*** external oil treatments***Snehan***, ***Basti*** medicated enemas, ***Virechana*** purgation through herbs,***Vamana*** emesis through herbs,***Nasya*** nasal administration of oils etc**.**



AIM & Objective

Yoga and Ayurveda are the unique sciences of antiquity. Both were developed and practiced in similar circumstances with similar objectives in the same land. Both are based on similar concept of human existence. Currently there is an emerging trend towards the holistic approach to the health related problems. The study aims to reveal the facts on the benefits of *Neti karma* w.s.r to Nasya Karma based on the concepts explained in Yoga and Ayurveda Shastra. Yoga shastra describes six purificatory measures (*Shat Karma*) as the

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ISSN:0971-1260

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means of *Nadi Shodhana*.

NETI KARMA

There are various types of Neti practiced by Yogis including *Jala Neti* (with water), *Dughda Neti* (with Milk), *Sutra Neti* (with cotton string) etc.

There are two types of Neti *:* *Jala Neti and Sutra Neti.*

1. Jala Neti – Yoga for Cleaning your Sinuses

Jala Neti is a yogic technique to clean your sinuses. *Neti* is one of the six purification methods in Hatha Yoga. The sinus cavities can get clogged with impurities which may cause infections, inflammations and headaches. The yogic text *Hatha Yoga Pradeepika* gives a simple method to keep your sinuses clean. The text gives six practices for cleansing the body and to prepare the body and mind for higher practices of Yoga. These are called Shatkarmas. One of them deals with Nasal hygiene and is called *Neti*. Nasal hygiene is extremely important as it is linked to many conditions like sinusitis, migraine, headaches, allergies and asthma. *Neti* is a very simple practice that can be done along with your daily routine, say immediately after brushing your teeth in the morning. It takes just a few minutes and helps to relieve many of the problems related to the nasal and sinus cavities.
*Neti*practiced with water is called *Jala Neti*. *Neti* can also be done using milk and is then called *Dugdha Neti*.

How to Practice Jala Neti (Nasal Cleaning with Water)

According to the Yoga Samhitas, the procedure of Jala-Neti can be divided into 3 parts

1. Purva Karma(Pre treatment)
2. Pradhan Karma(Main treatment)
3. Paschat Karma(Post treatment)

1. Purva Karma: (Nasya) The patient was made aware of the procedure and was planned for nasya with anutailamfor the *Snehan*(lubrication/oleation) of the Nose.2 drops of *Anutailam* were poured in both the nostrils drop by drop from a height of 4 anguli(5-6 cm).She was advised to take deep breath and stay in the same posture for a while.

2. Pradhan Karma:-Jalaneti

This entire procedure was carried out for consecutive seven days in the O.P.D of E.N.T under the guidance of ENT specialist without providing any conventional medications.

Standard operating procedure of Jalaneti

Water mixed with *Saindhav* (rock salt) was took in the one-sided holed pot called NETIPATRA. Pour water into one nostril by NETIPATRA and allow the water to comeout from another200 ml of water was used for one time wash. Blow the nostrils to clear of all the watery discharge. Repeat the same procedure with another nostril and blow off all the remanant mucous of nasal and oral cavity with a loud sneeze.

3. Paschat Karma-Kapaalbhati

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ISSN:0971-1260

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The patient is asked to sit in the Padmasana/Swastikasana and asked to perform Kapalbhati for about 5 mins.(15strokes per minute).
When you first start this practice, you may get irritations in the nose, sneezing, coughing, etc. which will disappear after few sessions.

Benefits of Jala Neti (Nasal Cleaning with Water)

1. *Neti* helps to maintain the nasal hygiene by removing the dirt and bacteriatrapped along with the mucus in the nostrils.
2. *Neti* de-sensitizes the sensitive tissues inside the nose, which can alleviate rhinitis, allergies and some asthmas.
3. Several health problems like sinusitis, migraine, headaches, ear problems liketinitis and middle ear infections can be reduced by doing *Neti*.
4. It can alleviate upper respiratory complaints, sore throats, tonsils and drycoughs.
5. It can clear the eye ducts and improve vision.
6. Effect of Neti on the mind is also notable. It can remove tensions and depressions; and give clarity of mind.

Jala Neti precautions

- The nose should be dried properly after the process.
- People with high blood pressure should be careful during this part. If one feels dizzy while drying the nose, then it should be done standing upright.
- Take care that you do not leave any water in the nasal passages as it might cause an infection.
- Like any other yogic practice, learn it from an expert practitioner.

Jal Neti goes beyond nasal cleansing and helps in aligning your body, mind, and soul. Hence, it should be practiced daily and not only when one has a nasal blockage or cold.





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ISSN:0971-1260

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2. Sutra Neti – Nasal Cleaning in Hatha Yoga

Sutra Neti is a Hatha yoga technique to clean your nasal cavity. *Sutra Neti* is one of the six methods of purification or *Shatkarma* as given in the yogic text *Hatha Yoga Pradeepika*. In *Sutra Neti*, a waxed cotton string is traditionally used to clean the nasal cavity. The waxed cotton string is inserted into the nose and then pulled out from the mouth. Then both ends are held with the hands and nasal cleaning is done by to and fro motion of the strings. Now a days, a rubber catheter is used instead of the string as it is easily available in any medical store.

How to practice of Sutra Neti ?

Sutra Neti should be learned from a qualified yoga instructor as it needs guidance in the beginning. This practice is ideally done in the early morning after brushing your teeth, though it can be practiced at any time of the day. Acquire a rubber catheter of size between 1 mm and 3 mm from any medical store. Select a size which you feel is comfortable for you to use, through trial and error or through expert advice.

1. Take the rubber catheter in your hand and very gently insert the tube inside your left nostril. Take care not to rush it; do it very slowly as it can irritate the sensitive membrane inside the nostril. Many people have mild nasal septal deviations, which is more or less harmless. If the deviation is acute then one may feel a block while inserting the rubber tube. Seek expert guidance in such cases.
2. Push the tube into your nostril upwards, till it hits the back of the throat. At this point the tube will bend and go down the throat. Continue inserting the catheter slowly.
3. Open your mouth and use your middle and index fingers to grab the tube from inside your throat. This takes a little practice. Once you get the knack of it, you can do it with ease.
4. Pull the tube out so that part of it is just outside the mouth. Never leave the other end of the tube, which you are holding with your other hand.
5. Now using both hands move the tube in a massaging motion to clean the nostrils and throat.
6. Repeat the procedure with the right nostril.
7. After the practice is over, remove the catheter and clean it. Store the catheter in a clean place for another day's next practice.

Benefits of Sutra Neti

Sutra Neti has benefits similar to that of *Jala Neti*. The nasal cavities can get clogged with impurities which may cause infections, inflammations and headaches. *Sutra Neti* can give the following benefits:

1. It helps to maintain the nasal hygiene by removing the dirt and bacteria trapped along with the mucus in the nostrils.

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ISSN:0971-1260

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2. It de-sensitizes the sensitive tissues inside the nose, which can alleviaterhinitis, allergies and some types of asthma.
3. Several health problems like sinusitis, migraine, headaches, can be reduced by doing *Neti*.

NASYA KARMA

- The word nasya is derived from "NAS" dhatu. It conveys the sense of Gati-Motion (Nasa Gatau) and vyapti means pervasion (Nasa Vyaptau). In Ayurvedic texts, Nasa Dhatu is used in sense of nose (Nasa Nasikayam).
- Nasya karma basically means instilling the medicated oils, liquids, powders intothe nose, to achieve a desired therapeutic effect.
- It need not be always an therapeutic procedure, but can also refer to one among the daily activities of a svasthya.
  Nasya has been mentioned as a part of *dinacharya*, and it's daily practice has been in use for several years.
- ***Nasyakarma*** is a process where in the drug herbalized oils and liquid medicines is administered through the nostrils. Since nose is the gateway of the head, it is highly effective in curing a number of diseases pertaining to the head, if it is performed systematically.
- It cleanses and opens the channels of the head, thereby improving the processof oxygenation ***prana***, which has a direct influence on the functioning ofbrain.
- It is beneficial if done on a regular basis, because it keeps the eyes, nose and ear healthy.
- It also prevents the early graying of hair and bear.
- Head is the ruler of ***indriyas*** senses and ***kaphadosha***. It works on ***kaphadosha***.
- The medicine given through ***Nasya*** reaches up to the brain and thus it pulls out all the disease causing ***doshas*** impurities.
- Medicine given through nostrils travels the entire passage and reaches thecribriform plate, which is porous in nature. From there it is absorbed and reaches the tissues of brain. It is like the local application on the tissues of brain.

Definition of Nasya :

- uLr|de p d|r f शरोरोगेषु शास्त्रविद्।
  द्वारं हि शिरसो नासा तेन तद्व्याप्य हन्ति तान्।। |p-f l -9@88|

- v|षधमौषधसिद्धो वा स्नेहो नासिकाम्यां दीयत इति नस्यम्।। |l -fp-40@21|

- Å/o t =fo कारेषु विशेषान्नस्यमिष्यते।
  नासा हि शिरसो द्वारं तेन तद्व्याप्य हन्ति तान्।। |v-â-l -20@1|

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Types of Nasya

– **Charaka**- Navana, Avapida, Dhmapana, Dhuma, Pratimarsha
– **Susrutha**- Nasya, Sirovirechana, Pratimarsha, Avapida, Pradhamana
– **Vagbhata**- Virechana, Brumhana, Shamana
– **Sarangadhara Samhita**- Rechana, Snehana

Acharya	No. Of Types	Reference	Classification
Charaka	3	Cha. Si.9/92	Rechana, tarpana, shaman
	5	Cha. Si. 9/89	Navana, avapida, dhmapana, dhuma, pratimarsha
	7	Cha. Vi. 8/151	Yoni/ ashraya bheda
Susrutha	5	Su. Chi. 40/21	Sirovirechana, pradhamana, avapida, nasya, pratimarsha
Vagbhata	3	Ah. Su. 20/2	Virechana, brumhana, shaman
Sarangadhara	2	Sa. Ut. 8/2-11-24	Rechana, snehana
Kashyapa	2		Brumhana, karshana

– As a whole, the Nasya karma can be categorised into three varieties, based on their pharmacological action:-

- Rechana(Purification) - which eliminates the doshas

विरेचनं शिरःशूलजाड्यस्यन्दगलामये।
शोफगण्डकृमिग्रन्थिकुष्ठापस्मारपीनसे।। v·â·l ·20@2½

- Tarpana(Nourishing) - it provides nourishment to the organs of head

बृंहणं वातजे शूले सूर्यावर्ते स्वरक्षये।
नासास्यशोषे वाक्संगे कृच्छ्रबोधेऽ ocgdAA v·â·l ·20@3½

- Shamana (Retraining) - Which pacifies alleviated doshas in head

शमनं नीलिकाव्यङ्गकेशदोषाक्षिराजिषु।। v·â·l ·20@4½

In a Gist….

– **Navana Nasya**: instilling medicated oil or ghrita
– **Avapida Nasya**: nasya with juice extracted from the drug
– **Dhmapana Nasya**: blowing fine powder of drug into nostrils
– **Dhuma Nasya**: medicated smoke inhaled through nose and exhaled through mouth
– **Marsha Nasya**: Instilling oils in higher dose to achieve instant result
– **Pratimarsha Nasya**: Instilling oils in lower dose, has no complications, advised for all
– According to *Ashraya bheda*

शिरोविरेचनं सप्तविधं फलपत्रमूलकन्दपुष्पत्वक्; l od AA

– seven categories of plant parts viz., fruits, leaves, roots, rhizomes, bark, flowers, exudates are mentioned. They can be used in powder form or can be processed in oil form and used to

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ISSN:0971-1260

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achieve sirovirechana (Cha.Vi.8/151)
– Oils may be processed by the drugs of madhura skandha (Cha. Vi-8/139), and can be used for tarpana type of nasyam.
– Acharya Charaka metioned few drugs in *apamargatanduliyadhyaya* of Sutrasthana. Few on them include:-

– Apamarga
– Vidanga
– Maricha
– Sirishs
– Lavana
– Pippali
– Shigru
– Sarshapa
– Haridra
– Nagara
–Jyotishmati

General Indications of Nasya

Sirostambha	Ardhavabhedaka	Vakgraha	Shirahshula
Grivaroga	Akshishula	Svarabheda	Shuklaroga
Netraroga	Galashundika	Tundikeri	Galashaluka
Timira	Galaganda	Vartmaroga	Nasashula
Upajihwaka	Pinasa	Manyastamba	Ardita
Dantastamba	Apatantraka	Dantaharsha	Karnashula
Chaladanta	Arbuda	Hanugraha	Skandaroga
Mukharoga	Amshashula	Khalitya	Palitya

– General Dose of Nasya Karma

Type of Nasya	**Hrasva**	**Madhyama**	**Uttama**
Snehana Nasya	8	16	32
Sodhana Nasya	4	6	8
Marsha Nasya	6	8	10
Avapida Nasya	4	6	8
Pratimarsha Nasya	2	2	2

– Nasya Kala

Rtu	**Time of Nasya**
Grishma	Morning
Sisira	Afternoon
Varsha	In clear morning
Sarat+ Vasanta	In morning
Sisira+ Hemanta	Afternoon
Grishma+ Varsha	Evening

Doshic Predominance	**Time of Nasya**
Kaphaja Vikara	Morning
Pittaja Vikara	Afternoon
Vataja Vikara	Evening

–Duration Of Nasya Karma

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ISSN:0971-1260

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Name of Acharya	No of Days
Charaka	the Depending on severity
Susrutha	1, 2, 7, 21
Vagbhata	3, 5, 7, 8

- Purvakarma-
  - Sambara sangraha
  - Examination of patient
  - Preparation of Patient
- Pradhana Karma-
  - Administration of Nasya Oushadi
  - Immediate measures after nasya
- Paschat Karma-
  - Observing the samyak yoga, atiyoga, ayoga
  - Dhuma and Gandusha
  - Parihara
  - Vyapad and Chikitsa

–Nasya Karmukhata

The drug administered reaches the srungataka marma, then spreads in murdha,netra, karna, kantha, siramukha, then scratches the morbidly attached doshas, and expels them out.

–Mode of Action of Nasya

– As such there is no direct relation between the nasal cavity and the brain. But the drug transport can be occurring in three different pathways
– By simple Diffusion across the nasal mucosal epithelium
– Vascular pathway
– Lymphatic pathway
– Olfactory Pathway

–Olfactory Pathway

Factors affecting the Nasal Absorption
– Nasal ph
– Particle Size of the drug administered
– Local Capillary drainage
– Gravity
– Affinity of the drug to the nasal epithelium

Conclusion

– However the effect of Nasya Karma in Musculo-skeletal cases such as Torticollis.
–Nose is the gate of the head, nasya dravya is reaching the brain and acting on important centers controlling different function and thus showing systemic effects.

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ISSN:0971-1260

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–Neti & Nasya Karma both are developed and practiced in similar circumstances with similar objectives in the same land.
– Neti & Nasya karma both are based on similar concept of human existence. Currentlythere is an emerging trend towards the holistic approach to the health related problems.
– So everyone should know about that and be careful for their health.
– Nasya belongs to Ayurveda Science and it should be apply with technical and practical hand but Neti is a procedure which directly belongs to general people.

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