



Mini-review article

Role of *Jalaneti* in the management of *jeerna pratishyaya* with special reference to chronic rhinitis

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ABSTRACT

Ayurveda is a highly evolved and modified system of life and science based on its own unique concepts like *Tridosha* theory, *Panchamahabhoot* theory, the concept of *agni*, *mana*, *aatma* and various types of schedule and regimen which are *Dinacharya*, *Ratricharya*, *Ritucharya*, *Achara Rasayana*, *Sadvritta*, etc. Today, the people of modern civilisation have absolutely changed the concept of diet and lifestyle leading to various disagreeable acute and chronic ailments. Due to frequent indulgence in *Mithya Ahara Vihara and Prajnaparadha*, the incidence of various disorders which are increasing rapidly. Nose is a sense organ which performs two functions i.e. olfactory and respiratory. Due to direct contact with the external environment, it is exposed to a lot of microorganisms and pollutants present in the atmosphere. *Sushruta samhita* describes *Jeerna Pratishyaya* in resemblance of chronic rhinitis. Rhinitis is the common disease of the present era. When rhinitis not treated properly, it leads to a chronic stage. It is an inflammation of the nasal mucosa. *Neti* is a wonderful way to clean the nasal passages which help to remove mucus and dirt from the nose, hence, clears the blockage. Through the effect of osmosis and capillary action, the blood vessels of the nose are stimulated to cleanse well. Hence, by balancing breathing action, a better balance of the sympathetic and parasympathetic nervous system achieved. So, it is said to balance two important energy centres called *Ida* and *Pingala*.

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INTRODUCTION

Jeerna Pratishyaya (chronic rhinitis) is a disorder of nasal tract affecting almost 30% people per year in India as per prevalence rate irrespective of age sex place and climate (Isalkar, 2016). The modern era is dragging most of the people towards mechanical life. Increased viral infections like cold and flu, environmental and occupational irritants like dust, smog, chemical fumes, strong odours, smoke, weather changes, foods and beverages, hormone changes and certain medications like sedatives, antidepressants and oral contraceptives as well as overuse of decongestant nasal sprays may cause the membrane inside the nose to swell, leading to nasal congestion and discharge starts from the nose.

Rhinitis characterised by runny nose, nasal congestion, nasal itching and sneezing. Rhinitis lasting for a longer period is considered to be chronic rhinitis. *Jeerna Pratishyaya* explained in

brahatrayis is characterised by the symptoms like *Nasavrata*, *Nasavarodha*, *Dourgandha shwasa*, *Gandhajnana nashta* and *Shirogurava* (Shukla and Tripathi, 2006). The practice of yoga helps to develop body and mind, and also brings a lot of health benefits (Chauhan et al., 2017). Yoga practice helps in preventing, controlling and curing all diseases. *Jalaneti*, a type of *Netikarma* also called as *Nasaprakshalana*, is explained in yogic texts in the concept of *Shatkarma* for nasal cleansing (Shastri, 2012).

The present work aimed to review all the literature bearing the reference of *jalaneti*, *Jeerna pratishyaya* and chronic rhinitis. The review also focused on the effect of *Jalaneti* in the management of *Jeerna Pratishyaya* as discussed in various classical texts.

MATERIALS AND METHODS

A thorough study of literature from *Brahatrayis* with their commentaries, supportive texts of

contemporary science, scientific journals and the online database has been conducted. A critical discussion has been given to explain the role of *jalaneti* in the management of chronic rhinitis.

RESULTS AND DISCUSSION

Jalaneti is considered as a wonderful procedure for nasal cleansing. It requires *jalaneti* pot and *sukoshna lavana jala*. A copper pot (Fig. 1) is believed to an ideal pot for *jalaneti kriya*.

Jalaneti is ideally practised in the morning before *Asanas* and *Pranayama*. However, if necessary, it may be performed at any time except just after meals.



Fig. 1. A copper *jalaneti* pot

One litre of lukewarm water containing one teaspoon of sea salt should be taken in a *jalaneti* pot. Leaning head over the sink, water is to be poured through the one nostril while tilting head to one side and water flows effortlessly through nasal cavities and comes out through another nostril. It should be performed for 30 seconds. The procedure should be repeated to another nostril for complete nasal irrigation.

Neti helps to cure nasal blockage, allergy condition, and the common cold. It is a wonderful way to clean the nasal passages. It has been practising since the time of Rigveda. It rinses out the dirt and bacteria with lukewarm water. Through the effect of osmosis and capillary action, the blood vessels of the nose are stimulated. Hence, by balancing breathing function, a better balance of the sympathetic and parasympathetic nervous systems is achieved. So, it is said to balance two important energy centres called *Ida* and *Pingala*.

In *Hatayoga pradipika*, *Neti karma* is mentioned among *Shatkarma* (Svatmaraama, 2002).

*Dhoutivastisthatha netistratakam naulikam tatha
Kapalabhaatishchetani shatkarmani prachakshate
(H.Y.P. 2/22)*

In *Gheranda Samhita*, the reference of *Sutraneti* and benefits of *Netikarma* is taken (Giri, 2001).

*Sadhanannetikaryasya khecharisiddhimapnuyat
Kaphadosha vinashyanti divyadrushtih prajayate
(G.S. 1/51)*

After the clinical observations before and after the therapy, it was interpreted that practising *Jalaneti* for minimum 7 days showed a remarkable decrease in symptoms like nasal discharge, nasal blockage and headache. Besides, sneeze, hoarseness of voice can also be suppressed to a good extent. For complete normalcy, it requires a continuous practice of *Jalaneti* for more than 3-4 weeks.

Based on the available classical texts and literature regarding *Jalaneti* and *Jeerna Pratishyaya*, *Dushta Pratishyaya* has been taken as *Jeerna Pratishyaya* in the present manuscript.

Acharya Charaka, while describing *Trimarmiya Chikitsa*, explained the *Nidana Samprapti Lakshanas* and *Chikitsa* of *Dushta Pratishyaya* (Shukla and Tripati, (2006).

*Rogabhighatasravashoshapaakaighranam
yutam yashcha na vetti gandham
Durgandhi chaasyam bahushah prakopi
dushtapratishyayamudaharettam.*

(C.Chi. 26/110)

Acharya Sushruta also explained *Nidana*, *Lakshana*, types and *Chikitsa* of *Dushta Pratishyaya* (Shastri, 2012).

*Prakliddyati punarnasa punashcha parishushyati
Muhuraanahyate chaapi muhurvivriyate tatha
Nihshwasochwasa dourgandham tatha gandhaannam
vetti cha
Yevam dushtapratishyayam jaaniyat
kruchrasadhanam.*

(Su.U. 24/15)

Vagbhatacharya, while explaining *Nasarogas*, explained *Dushta Pratishyaya* in detail.

*Sarva yeva pratishyaya dushtatam
yaantyupekshitaah
..... krimayo
deerghasnidghasitaanavah.*

(A.H.U. 19/12)

Bhavaprakasha, Yogaratnakara and Sharangadhara have also explained the *Dushta Pratishyaya*.

CONCLUSION AND FURTHER SCOPE

Practising *jalaneti yogic kriya* is quite beneficial in improving the clinical status of patients with chronic rhinitis. Such practice of *Neti* is inexpensive and safe when done under proper supervision. Hence, one should implement *Jalaneti* as adjuvant therapy in the prevention and management of chronic rhinitis.

Along with *Jalaneti*, other *Shamanoushadhis* can be tried in the patients of chronic rhinitis and results can be evaluated. The role of *Jalaneti* in other nasal conditions like allergic and atrophic rhinitis and sinusitis can also be studied.

CONFLICTS OF INTEREST

The author declares no conflicts of interest.

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