

A Little Vedic Torture: Purposely Putting Water Up Your Nose

One of the most important tools for establishing balance in body, mind and heart is proper breathing. The breath conveys prana (the life force) to all parts of the body. To promote unrestricted breathing, we suggest the use of a neti pot. Neti is Sanskrit for nasal cleansing. The neti pot is a device that cleanses and refreshes the nasal passages with a solution of purified water (room temperature) and non-iodized salt.

Using the neti pot allows you to rinse the nostrils, flushing out irritants, leading to less congestion and promoting easier breathing. Neti pots are inexpensive and can be purchased online or at most pharmacies and health food stores. Normally, they are sold along with neti pot salt.



Getting Started

Mix a heaping 1/4 teaspoon of non-iodized salt in the neti pot with 8 ounces of warm distilled, boiled, or filtered water until the salt is completely dissolved.

Bend over the sink and turn your head to the side so that your ear is facing the sink. Insert the spout in the upper nostril. Hold it in such a way as to form a seal, preventing water from coming back out the entrance. Raise the pot so the saline solution flows into the upper nostril and out of the lower nostril. Empty half of the pot per nostril.

Repeat the process on the other side using the other half of the salt-water solution to clear out your opposite nostril.

When you've drained the entire neti pot, rest your head over the sink and blow your nose *gently* to remove the excess water.

To keep your neti pot clean, give it a final wash before putting it away. Use warm soap and water and allow the pot to air dry.

Benefits of Neti

1. Neti removes all the dirt and bacteria-filled mucus from within the nose.
2. It is beneficial for illnesses such as asthma and bronchitis as it reduces the tendency for mouth breathing by freeing the nostrils of mucus.
3. It exerts a cooling and soothing effect on the brain by drawing out excessive heat, and is therefore beneficial for headaches and mental tension.
4. Neti helps flush the tear ducts, encouraging clearer vision and adding a sparkle to the eyes.
5. Neti improves sensitivity of the olfactory nerves, helping to restore a lost sense of smell, which benefits the relationship between the taste buds and digestive processes.
6. It has subtle effects on the pineal and pituitary glands, which control the hormonal system. This has a harmonizing effect on emotional behavior.
7. Neti exerts a positive affect on the psychic center, known as Ajna Chakra, which helps in awakening higher states of consciousness.
8. It stimulates our powers of visualization and concentration, bringing a sense of clarity to the mind.