

HEALTH TIPS

**Ponder over for "Soul Cleansing"**

We are not creatures of circumstance; we are creators of circumstance.

A circumstance is created either by **fear of loss** of what is possessed or by **desire of getting** what is not possessed (may be status or wealth or health or a relation or may be anything).

So learn to enjoy what you do or have; rather than do or have what you enjoy.

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JALA NETI—a yogic technique of nasal cleansing:

Cleansing techniques and Jala Neti	Steps for Jala Neti	Healing benefits of Jala-Neti
<p>The ancient Yogis developed a wide range of methods for body and mind cleansing. In performing such things, it was only ever their aim to purify and balance the elements of human structure to the highest level for the highest purposes. These amazing ways of external and internal cleansing were not just for health, but in preparation for the higher states of meditation so as to be able to attain enlightenment, self transcendence and immortality. Some of these techniques are:</p> <ul style="list-style-type: none"> • Jala Neti - Nasal Cleansing • Dhauti - Cleansing the Alimentary Canal & Sense Organs of the Head • Nauli - Abdominal Purification Through Self Massage and Churning • Basti - Colon Cleansing • Kapalbhathi - Frontal Brain Purification • Trataka - Concentrated Gazing to Purify the Optic and Psychic Faculties <p>Jala Neti, using warm salty water, is a very ancient technique which has been passed on for thousands of years by the Yogis for both physical as well as deeper spiritual benefits. Now is possibly a time of the greatest need for such a practice by modern people.</p> <p>Ordinary fine salt will do for Jala Neti.</p> <p>Jala Neti is advised twice a day—in the morning and before going to bed.</p>	<ul style="list-style-type: none"> • Fill up a special Neti Patra (Pot) with warm, slightly salted water; • Insert the nose cone of Jala Neti Patra into right nostril; • Adjust the position of the head and Patra to allow the water to flow out of the left nostril; (Now slowly bend forward from the waist so that the tip of the nose is the lowest point of the head; and then tilt/roll the head to the right, so that the left nostril is now the lowest point of the nose. Tilt slowly so that water doesn't run out the top of the pot onto your face. Keep the nose cone fully sealed into the right nostril so that it doesn't leak) • Must breathe gently through the mouth whilst the water is flowing through the nasal passages; • Just wait a few seconds and the water should run out the left nostril; • Keep breathing slowly and gently through the mouth; • Try not to sniff, swallow, laugh, talk or have any movement of air through the nose whilst the water is flowing through; • After the water begins to run, wait about 30 seconds for about half a pot to flow right to left; • Now reverse water flow i.e. from left nostril to right nostril after half a pot has flowed in right to left direction; • When the water in the pot is finished, the nose must be dried well. <p>The technique is not as hard or uncomfortable as one may at first think. Once learned, the practice can be done in about 3-5 minutes, and like showering and cleaning the teeth, Jala Neti is easily integrated into one's daily routine of body cleansing.</p>	<ul style="list-style-type: none"> • Removes all the dirt and bacteria filled mucus from within the nose; • Helps to drain the sinus cavities; • Beneficial in respiratory illnesses such as asthma and bronchitis; • Has a cooling and soothing effect on the brain by drawing out excessive heat, and is therefore beneficial for headaches, migraine, epilepsy, temper tantrums, hysteria, depression and general mental tension; • Great benefit for problems associated with the eyes and ear disorders; • Improves sensitivity of the olfactory nerves, helping to restore lost sense of smell, and thereby benefits the relationship with taste and the digestive processes; • Has subtle effects on the pineal and pituitary glands which control the hormonal system; • Affects the psychic centre known as Ajna Chakra which helps in awakening higher states of meditation; • Helps to stimulate better powers of visualization and concentration and gives a feeling of lightness and clarity to the mind. • In short, in the opinion of the author, it improves every condition because it definitely improves respiratory system -> healthy breathing-> increases oxygen level -> purifies blood-> maintains all the 7 dhatus (according to Ayurveda, from intakes, body produces 7 dhatus fluid, blood, flesh, fat, bone, marrow and semen) in good order.



The author will be pleased to give demonstration, if desired, of Jala Neti and gift a Jala Neti Patra to the interested persons who are residents of Mumbai.

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