

Benefits of Daily Jala Neti Practice

For thousands of years, Jala Neti has been practiced by Yogis all over the world because of its important role as a Shatkarma (one of six disciplines, actions, or cleansing practices), and how beneficial it is prior to one's Pranayama practice. When performed consistently, this treatment helps to reduce inflammation of the respiratory system relieving, and sometimes eliminating, respiratory ailments. When undertaken as a habit you soon discover that Jala Neti improves the quality of one's practice.

It is a healthy action because it allows the body to naturally counteract sinusitis and colds.

Anyone can practice Jala Neti, as there are no documented contraindications. It is so safe that it is even suitable for children. When practiced consistently, it helps to reduce inflammation of the respiratory system, alleviating and sometimes eliminating respiratory ailments and common pains such as headaches.

This ancient personal cleansing technique helps to combat colds and is a valid preventive remedy to counteract general influenza and gastrointestinal viruses. Other benefits of Jala Neti include: acting as a protector of mucous membranes;

- preventive measure for viral infection (the cause of the common cold);
- eliminates bacteria, mold and airborne contaminants that cause colds and the flu;
- strengthens the immune system by fortifying the cells present in the nasal epithelium; and
- aiding in the elimination of mucus.

Jala Neti practice is beneficial for those suffering from obstructive sleep apnea syndrome (OSAS), and for people who have occupational rhinopathy. Occupational rhinitis is an inflammatory disease of the nose, which is characterized by intermittent or persistent symptoms (such as nasal congestion, sneezing, itching), and/or variable nasal airflow limitation and/or hyper-secretion due to causes and conditions attributable to a person's work environment.

Work environments that cause occupational rhinitis include street sweepers, garbage men, coach builders, ecological operators, bakers, carpenters, laborers, typographers, and any work place that contains dust or pollen. These environments subject the manual worker to a host of inflammatory pathologies.

During YogaMea's yoga teacher training courses and retreats, we create and hold the space for our students to experience the practice. Because students are experiencing Jala Neti frequently and daily, they observe the benefits of it in their own bodies.

Additional benefits include:

- acting as a defense against allergic rhinitis;

- performing powerful cleansing benefits;
- ridding the nasal cavities of pollen and inhaled impurities;
- softening the crusts formed in nasal cavities, caused by the presence of arid air; and
- restoring the natural moisture of the nasal passages.