

## WHAT IS JALA NETTI?

It is the use of a small pot to **wash out the nasal passages with warm salty water**. It is an ancient Yoga Therapy cleansing practice, one of many besides the now familiar postures on a Yoga mat.

## NOW, WHY WOULD I BOTHER?

Salt is a completely natural antiviral, anti-inflammatory antibacterial substance. Even in ancient times they knew the benefits of maintaining good health with salt. Washing the nasal sinus out in this way **flushes out bacterial and viral nasties, leaving the head clear, aiding concentration.**

## HOW OFTEN?

Jala Netti can be practiced;-

- Once in a blue moon
- Once a week
- Every day
- Several times a day

Many people find that Netti aids mental clarity, clears out that stuffy head feeling.

If you have a bad cold or suffer from hay fever / rhinitis, you could do it several times a day. If the cold is just starting you may even be able to head it off.

Practicing Netti every day may prevent head colds and sore throats.

## WHEN SHOULD I DO IT?

Netti can be done at any time of day. Most people do it when they are getting up or going to bed, as part of their regular ablutions

## WHAT HAPPENS IF I STOP?

If you stop, miss a day or a few or fall out of the habit... there are no dire consequences, other than a gradual build up of congestion again.

## HOW CAN I BUY THIS NETTI POT?

**15 Heytesbury Street, Dublin 8  
01-453-9971**

Adrienne Crowe makes her charming version of the Netti pot with the OM symbol on the sides at her pottery studio. To use it hook your thumb into the handle so that the comfortably rounded spout can be placed at the nostril, giving a good seal. Netti pots can be sent by post on receipt of payment.

### ONE-TO-ONE TREATMENTS AT SERAPH.IE (available from 10:00, last appointment 16:00)

#### Adrienne Crowe 01-453 9971

- Shiatsu; 1 hr €50 or 1 ½ hr €70
- Head Massage; 30 min €25
- Reflexology; 45 min €45 or 1 hr €50
- Hatha Yoga one-to-one 1hr €50

**SHIATSU** – acupressure and yoga like stretches on the whole body while the client is fully clothed in a tracksuit. This treatment assists in the release of deeply held emotional issues;  
*Psychotherapy for the body.*

*If we do not ask how can we learn? ”*

# JALA NETTI

Nasal douche using warm salty water.



Jala Netti Pot

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Check out our website for videos and podcasts

*Cleansing the nasal passages  
refreshes the mind and the body and  
keeps infection at bay*

## WHAT DO I DO?

The pot holds about 250 ml water. Add ½ teaspoon of salt to warm water and stir it in. (1tsp salt: 1 pint warm water)

Some people prefer to use boiled water, others are happy to use it from the tap. If the water is too cold, too hot, too salty or not salty enough it feels uncomfortable. The water should be close to body temperature and about as salty as tears, Hook the thumb through the handle and place the spout by a nostril, lean forward over the sink. As the pot is raised the warm salty water flows through the nasal passage and out the other nostril, into the sink in a steady stream.

To stop it flowing down the back of the throat, lift the tongue to the soft palate. Use half the water on one side and half on the other.

If the sinus is infected, or if you feel like you are starting a cold / managing a cold, then use a full pot of water for each side.

The last little slurp of salt water in the Netti pot can be used as a gargle to keep the throat in good health.

When the sinus is healthy, water flows clear; it may have dirt in it. If there is infection, it is washed out, looking like green or yellow globs; better out than in.

Lean forward to let excess water flow out of your nostrils, then blow your nose several times to clear out some of the water. To dry the nostrils breathe in and out rapidly with the mouth closed, like a bellows. This is called Bastrika, a breathing practice for clarity of mind.

“Over the years I have used many designs of Netti lota (pots) both in India and in Europe. I definitely prefer this design. The potter has really understood what is required. They hold a very good amount of water, providing just the right pressure from the long spout. It fits into my hand very well and makes an excellent seal on my nose.”

*‘Nature is our friend if we know her secrets and how to use them. We are in danger of forgetting even the most simple ways of keeping ourselves well.’*

“If I don’t do Netti practice, I would suffer continually from sinusitis. Netti is so gentle on my sinus, quick and easy to do.

“Years ago the family doctor instructed me to put some salt into a glass of warm water in and sniff it up into my sinus. After a fashion it worked okay but it was very hard on my nasal passages. As a result I had very frequent nose bleeds, sometimes several a day.

“Now? The great advantage of clear sinus makes and no nose bleeds it worth the little bit of time it takes.”

“I take my Netti pot everywhere I go. In the morning I have such a thick head, it clears that feeling leaving me bright eyed and bushy tailed, ready to face the day.”

## DO I HAVE TO USE SALT?

Fine table salt is generally used, easily available and very effective.

Another substance that is very much more effective than salt but a lot more controversial is urine. No other fluid is known to be used.

## AMAROLI NETTI

Amaroli is the Sanskrit term for urine therapy

Counter intuitively urine is completely sterile when it leaves the body. Very quickly however, it begins to grow opportunistic bacteria because of the many nutrients found in it, consequently it develops the characteristic ammonia smell.

If used hot from the body, urine is a natural antibiotic and cleanser. It is far superior to salt for healing infections in the nasopharyngeal tract when used for Netti. Simply pee into the pot and use immediately: it will be the perfect temperature. (Very concentrated urine may need to be diluted with warm water.)

If you can get your head around it, urine therapy is also good for foot conditions such as chilblains, dry skin, heel cracks and as a treatment for fungus; simply soak the feet in fresh urine and wash afterwards.

It can be safely drunk straight from the body as a natural antibiotic / antiviral / anti-inflammatory agent (provided there is an absence of medication and/ or social drugs including alcohol).

Salt or urine can be used to clean cuts, burns and wounds.