

THE EFFECT OF JALNETI AND NASAVARIPAN ON HEAD, NECK & FACE WITH SPECIAL REFERENCE TO VISION (A NON PHARMACEUTICAL APPROACH)

Vaikos Chandrashekhar Dattatraya*

Govt Ayurved College, Nanded- Maharashtra, India

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ABSTRACT

The low or diminished vision is great social problem in India. The problem is common in all generation from pediatrics to geriatric (childhood to old age). Its causes are many and preventive measures are rare. Most problems arise due to bad hygienic habits or life styles. Neti and Nasavaripan is the ideal non pharmaceutical solution for the prevention of vision problems. They are simple, non expensive, less time consuming and can be easily done by any one at any place in any season. Nasavaripan and Neti are the special methods mentioned in Ayurved and Yoga science and were practiced during its glorious period. But during British period these methods and all other life styles were vanished with the rise of western culture.

KEYWORDS: Vision, Neti, Nasavaripan, Sinus

*Corresponding author

Vaikos Chandrashekhar Dattatraya, MD, PhD Sharir-Rachna, Assistant Professor, Dept of sharir Rachna, Govt Ayurved College, Nanded- Maharashtra, 431602 Email-cvaikos@yahoo.com

INTRODUCTION

Vision problems like myopia, metropia, pressbiopia and astigmatism are refractive errors of eye. Reason behind them may be senile, structural deformity or some other one. The neti and nasavaripan are traditional methods for the health of head, neck and face described in Ayurvedic and yoga text. This is a simple effort to study it in scientific way and disclose the hidden knowledge before modern society to create awareness about rich Indian tradition.

- The low or diminished vision is great social problem in India. The problem seems in all generation from pediatrics to geriatric (childhood to old age). Causes are many and preventive measures are rare. Most problems arise due to bad hygienic habits or bad life styles.
- Neti and Nasavaripan both are the ideal non pharmaceutical solutions for the prevention of vision problems as mentioned in Ayurved and Yoga science
- They are simple, non expensive, less time consuming and can be easily done by any one at any place in any season.
- Nasavaripan and Neti are the special methods mentioned in Ayurved and Yoga science and they were practiced during their glorious period. But

during British period these methods were vanished with the rise of western culture.

- Nasavaripan is advised in Ayurvedic text under the topic **Ratricharya (Night Regimen)** to maintain the health of face, vision, hairs and above all "INTELLIGENCE" (i.e.Mati).Nasavaripan is a technique in which water is inhaled through nostrils and drink^a.
- Dincharya and Ratricharya is a way for healthy and happy life that one can enjoy and adopt throughout life. It is Gift of Ayurvedic science to human being. Those who follow the Dincharya and Ratricharya pattern will never be the victim of any disease or trouble .Neti & Nasavaripan is one of the precious things that one can practice easily in day to day life.

Neti

Neti is a process of "Yoga" in which nasal passage, nasopharynx and oropharynx is cleansed with simple Luke warm water or using thread and is of two types 1) sutra neti 2) jail neti.

Sutra (Thread) Neti- Cotton or silk thread is soaked in milk and ghee. The cotton thread or silk thread is gently passed or inserted in one nostril to reach in throat. When it enters the throat it is taken out through mouth. Catch both ends of thread. Gently push it in forward and

backward direction to clean the passage. Repeat this procedure for other nostrils.

Jal Neti- Jal neti (nasal irrigation with water) keeps the sinuses, nasal tract and the throat free from infection. This, in turn, keeps the eyes free from congestion and strain, and improves vision. A special pot for jal neti, with a pointed spout rising from its base, is easily available and it can be learned from a yoga instructor. For this purpose water is directly inhaled through one nostril and exhaled through other nostril. Some experts/practitioner inhales water directly through both nostrils and exhale through mouth. Thus the yoga experts/practitioner cleanses the nose, throat & mouth regularly^{1,2}

Jal neti is selected in combination with Nasavaripan Nasavaripan

NASA means Nose, Vari means water and pan means to drink - to drink water through nose. This procedure should be done after Neti at the end of night or half an hour before the onset of sunrise. Water, free from infection or sterilized properly should be collected & stored in sterilized copper pot throughout night. Take 240 ml of water in a glass or neti pot and inhale through one nostrils and slowly drink it without fear. Water passes through naso-pharynx and throat in esophagus. Water should not be too cooled nor too hot. Temperature of water must be normal & tolerable to nasal mucosa. It should not be irritable.

Those who practices nasal drinking, half hour before the onset of sunrise regularly will get MATIPURNATA-Absolute intelligence, Eagle like vision & will get rid of darkness around eye-(VYANG,) Valit-palit (graying of hair & fall of hair), & wrinkles of skin^b

Aim and object

To verify and assess the properties of Jal Neti & Nasavaripan in selected Yoga practitioner & to check the subjective improvement in vision with other effects of nasavaripan

MATERIALS AND METHOS

- Neti: Neti pot, simple water, salt (if required).
- Nasavaripan: glass, copper pot (to collect and store water)
- Water is examined by the District chemical laboratory for infection, contamination, hardness etc.
- Water for both the process is boiled and allowed to cool naturally. Cooled water then collected and stored in copper pot for whole night.
- Before the onset of sunset, Neti is done for 3 to 4 times to clean the nose, nasopharynx and throat.
- Nasavaripan is done. 250 ml of water is taken in stomach through nostril without any problem.(under the supervision of yoga expert)

Quantity of water for nasavaripan

- One should drink 240 ml of water (three prasruti jal.) Through nose. Prasruti is a unit of liquid measurement. One prasruti is equal to 8 tola (1 tola=10 gram,)
- 3 Prasruti=24tolas (240gram)=240ml (1 gm = 1 ml)

Study design

- Open labeled combined and independent trial of both neti and nasavaripan was designed on 15 randomly selected volunteers (who are regular yoga practioner) in private yoga center at Nanded
- 3 volunteers were given only Netikriya for 30 days as per Yoga procedure
- 3 volunteer are chosen for Nasavaripan for 30 days as suggested in Ratricharya of Ayurved.
- 9 volunteers were kept on both Netikriya and Nasavaripan for 30 days
- Result will be observed and assessed on every 7 day for vision effect and other problems like graying of hair, fall of hair, wrinkles and discoloration/darkness on face especially around eye.
- Vision checkup and recording will be done by ophthalmologist as per case record form.

Criteria for selection

- Inclusive and exclusive criteria were adopted. Case Record Form was prepared showing the detail history of volunteers. Especially ENT & Ophthalmic examination is done. Ethical consent is taken from each participant volunteer on consent form.

Inclusive criteria

- Regular yoga practitioner-volunteers in the age group of 40 and 40+ with low / diminished vision.
- Wrinkles on forehead & around eyes
- Hair fall and graying of hair
- Darkness around eye and forehead.
- Persons having age below 40 and 40+

Exclusive criteria

- Should not drink oil/ghee (for Snehan)
 - If any of these volunteer have taken emesis (Vaman) or purgation (Virechan) for therapeutic purpose, abdominal discomfort (like Stimit or Adhman), hiccough.
 - If suffering from Vat or kaph disease
- Such persons should avoid nasavaripan

Criteria for withdrawal

- Those who are irregular or not following instruction
- Absent on the follow up day
- If any adverse effect is found.

Assessment criteria

Check up and findings for near and distant vision will be recorded as per CRF. As this study is carried out for

vision enhancement, assessment is done on the basis of ophthalmic and other effect. Hence all volunteers are allowed to undergo regular ophthalmic check up

Duration

One month pilot study.

Study center

Govt. Ayurvedic college and Hospital Nanded (MS), Yoga center at Vasantnagar Nanded-431602

Statistical analysis

As sample size is small and there is no control group paired T test is applied. Before and after treatment recordings were noted for statistical analysis

Study type – pilot observational study.

DISCUSSION

The volunteers who were under **Netikriya** were observed and examined after 7 days. There was no remarkable change, except feeling of lightness in head, proper breathing and sense of well being. As regards to vision there was no remarkable improvement however some of them noticed some stress free or comfortable reading. Urine output increased in one volunteer. Other factor remains unchanged.

After 14 days it was found that the 3 volunteer exercising **Nasavaripan** experienced some reduction in hair fall with little disappearance of wrinkles and darkness around eye and experienced the feeling of freshness on face which has encouraged them to practice nasavaripan and in next week, two out of three noticed stress and strain free reading & spectacle free walking and restricted the use of spectacles for reading purpose only. Otherwise the use of spectacle was for 24 hour except during sleep at night.

The combined use of neti and nasavaripan has better effect on vision than neti or nasavaripan alone. Vision improvement was observed in 2nd week.

RESULT

All selected volunteer expressed their satisfaction and showed subjective improvement in vision. The overall attendance of volunteer for Neti and Nasavaripan was more than 80%

Neti and Nasavaripan when practiced together for a period of one month is found to reduce the complaints associated with vision like stress and strain of eye. The volunteer told that they can read for 1 to 2 hour in clear sunlight without using spect which was quite impossible before the start of neti and nasavaripan. Before the start of study most of the volunteer feels eye fatigue and dull headache which was disappeared. 40% volunteer who have near vision of 0.75 told that they can concentrate, on newspaper objects without tearing or watering through eyes. There was no change in 2 volunteer, but other complaints like cold, headache and discoloration of

skin was remarkably reduced. They can enjoy stress free vision while driving walking, reading & feels no eye fatigue.

There was no significant change in Hair complaint like fall of hair, graying of hair, wrinkles around eye and forehead.

Though this is short one month pilot study, the results are encouraging

It is clear that at least six month continuous exercise and practice of Neti and Nasavaripan will give better result than now.

DRAWBACK OF STUDY

As mentioned earlier this is observational pilot study of 30 day hence it is difficult to predict whether neti and nasavaripan causes positive structural changes in eye or not but some beneficial changes like stress and strain free reading, reduction in heaviness in head or sense of well being, brightness on skin etc. was observed.

FURTHER SCOPE

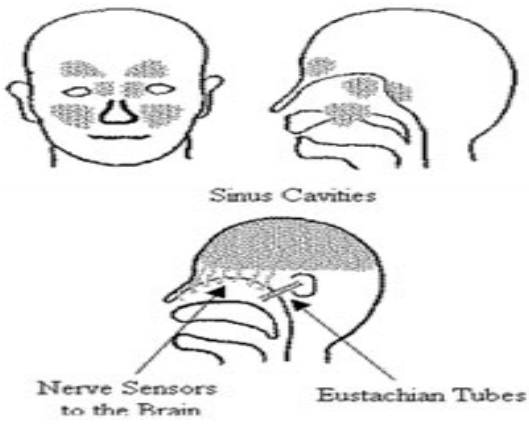
As this is pilot observational study of one month duration it is impossible and unscientific to say that this procedure may alter the structural geriatric changes that occur in eye. Examination of eye with Fundoscopy, Retinoscopy, A scan etc. is necessary which is not done during study. We cannot say that there is a positive change in spectacle's number of most volunteers, who are in the age group of 40 or 45+. I think this study may lead the researcher to go ahead to work more on vision improvement.

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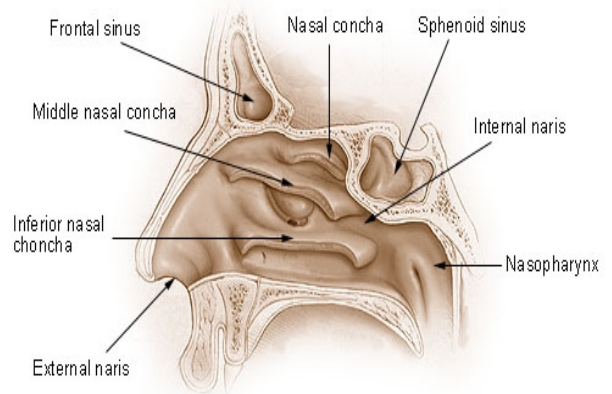
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Nose and Nasal Cavities



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