Neti Pots
and other fun cleansing techniques!

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Background

• 1 month at Yoga Niketan ashram in India in 2008
Jala Neti

• Neti: the yogic system of nasal cleansing techniques

• Jala Neti a.k.a. nasal irrigation
  – cleansing with water
Benefits of “Neti Potting”

- Relief from common cold and hay-fever
- Flushes dirt, airborne allergens, pollutants, bacteria-filled mucus
- Loosens and thins mucus — Easier to expel!
- Nose hairs more efficient
- Better quality of life
BEWARE

• Non-iodized “kosher” salt is ideal

• boiled or distilled water advised
  – Naegleria fowleri bacteria
  – Rare fatal brain infection
  – 98% chance of death
But there’s more

- Water snorted through nose into mouth
- Water pushed from mouth out nose
- Jala Neti can be competitive
  – http://www.youtube.com/watch?v=2EfFIlgBO50
Sutra Neti

- Cleansing of the nasal system with a rubber catheter
- I call it “nasal flossing”
Vastra Dhauti

• Swallow a piece of 20ft cloth about 3” wide
• Retain cloth in stomach for 5 minutes
• Do Nauli Kriya
• Extract cloth
• Why? Removes phlegm, bile, “impurities”
Vaman Dhauti

- Swallow a ton of salt water
- Vomit
- Similar to stomach pump

- Why? Cleans the stomach so you can digest food more easily
Danda Dhauti

- Swallow a ton of salt water
- Insert catheter into throat and swallow it
- Lean forward and let stomach empty
- Remove catheter slowly
- Why? Eliminates excess bile, acids, mucus and toxins
Jala Basti

• Yogic Enema
• Suck water into your anus and release it
• Beginners insert catheters as an aid
• Unfortunately, no image of video could be found
• Shtal basti: air instead of water

• Benefits:
  – relieves arthritis,
  – insomnia,
  – boosts sexual energy and confidence,
  – gives a feeling of positivity/enthusiasm,
  – fixes bad breath,
  – fixes heart problems,
  – removes depression
Go forth and cleanse.