

ROLE OF JAL NETI IN THE MANAGEMENT OF CHRONIC MAXILLARY SINUSITIS

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ABSTRACT

Chronic Maxillary sinusitis implies long standing infection of maxillary sinus. Its onset may apparently be insidious but usually there are some acute episodes which initiate the infection. Continuation of the infection is enhanced if there is obstruction to the normal sinus ostia.

JalNeti plays an important role in the drainage of the collection present in the maxillary sinus. Luke-warm water leads to vasodilation, increased phagocytosis and Nacl helps in the conversion of thick secretion into thin secretion. It is all about nasal hygiene just like brushing teeth is about dental hygiene. The aim of *JAL NETI* is to purify and clean the nasal path right from the nostril to the throat using water.

Keywords: Jalneti, Chronic Maxillary Sinusitis

INTRODUCTION

Chronic maxillary sinusitis

The commonest cause of chronic maxillary sinusitis is nasal long standing blockage for example Adenoidal hypertrophy, Deviated nasal septum, Nasal polyps and Enlarged inferior turbinates predisposes the sinusitis.

Chronic irritation from environment gases may also produce chronic sinusitis.

Teeth may also be the focus of maxillary sinus infection. The 5th, 6th and 7th, upper teeth impinge closely on the floor of the maxillary antrum and may indeed penetrate it. Root in-

fection or dental abscess is commonly the causes of unresolved maxillary sinus infection¹

PATHOLOGY

The most common pathological changes are the result of increased vascular permeability causing hypertrophy of the mucosa which may eventually become polypoidal. There is a chronic inflammatory cellular infiltration particularly around the vessels and the number of seromucinous glands and goblet cells are in-

creased. Fibrosis of the lamina propria will result and often small multiple abscesses occur in the thickened mucosa.²

SYMPTOMS

1. There is usually a copious postnasal discharge which may be greenish yellow when actually infected but is often clear.
2. Headache: The severe pain of acute sinusitis is absent, but a deep chronic headache over the forehead, the bridge of nose and the face is common. This is due to increased pressure in the sinus³
3. Pain: Typically situated over the upper jaw, but may be referred to gums or teeth. Pain is aggravated by coughing and chewing.
4. Total or Partial loss of smell: This is the result of chronic odiferous sepsis.
5. Tenderness: Pressure or tapping over the anterior wall of antrum produces pain.
6. Redness and odema of the cheeks: Commonly seen in children. The lower eyelid may become puffy.⁴

DIAGNOSIS

Transillumination test: Affected sinus will be found opaque.

Xrays: Water's view will show either opacity or a fluid level in the involved sinus.

Computed Tomography: CT scan is the preferred imaging modality to investigate the sinuses.⁵

JalNeti

JalNeti: In Ayurveda "Neti" is explained under *Shatkarma*.⁶

JalNeti: is a Yogic technique to clean the sinuses. *Neti* is one of the six purification methods in *Hath yoga*. *Neti* deals with Nasal hy-

giene. Nasal hygiene is important as it is linked to many conditions like sinusitis, migraine, headache, allergies and asthma. It takes just a few minutes and helps to relieve many of the problems related to nasal and sinus cavities.

Importance of *JalNeti*

In *Hath Yoga Pradipika* it is said that *JalNeti* is very beneficial for our Nervous system, Eye disorders and all the diseases of Upper Respiratory track. It has been explained that all the diseases of Head, Neck and Throat are easily cured by *Jal Neti*.⁷

PROCEDURE

We practice *Neti* in two steps.

1. *Pradhaan Karma*.

2. *Pashchat Karma*.

PRADHAAN KARMA

JalNeti is practiced in *pradhaan karma*. For this we need

**Neti Pot*

**Lukewarm water*

**Saindhavlan (Rock Salt)*

To prepare water for *JalNeti* add 9grams of *saindhavlan* in 1 liter of water.

240ml of water is used from one nostril and same procedure is repeated with the second nostril also. This procedure is repeated for 2 to 3 times from each nostril. Total time for *JalNeti* is 30 minutes.

PASHCHAT KARMA

In this the patient is advised to do *Bhastrika* for 1 min.

Kapalbhati for 10 minutes

Anuloma Viloma for 10 minutes

Bhramari for 5 minutes, so that all the retained water from the nostrils comes out.

Probable Mode of Action of *JalNeti* and *Yogic* Procedures

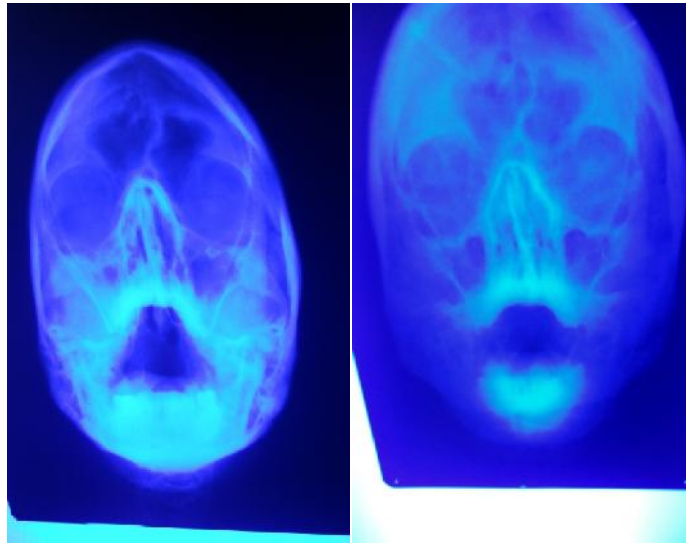
Lukewarm water used in *JalNeti* leads to vasodilation which ultimately leads to increase phagocytosis and decreases the inflammation of maxillary sinus.

Luke warm water also helps in drainage of maxillary sinus.

NaCl has an action of converting thick secretions into thin secretions which also provides favourable condition for drainage of maxillary sinus.

Kapalbhatipaschatkarma procedure leads to movement of *nasaali*, which also helps in drainage of maxillary Sinus.

Figures: Radiological examination review showing effects of *JalNeti* and *Yogic Practices*



The Above X-ray before trial On left and post trial on right of patient name Godham ram age 46 Years IPD No 6078 (R.G.P.G. Ayurvedic Hospital, Paprola, Himachal Pradesh) from District Chamba, Himachal Pradesh suffering from Chronic maxillary sinusitis.

CONCLUSION

So it can be concluded that *JalNeti* and *Yogic Procedures* explained above has high efficacy in the treatment and prevention of chronic maxillary sinusitis. Duration of *JalNeti* and *Yogic* procedures mentioned above should be done for at least 6 weeks. Treatment of chronic maxillary sinusitis according to modern system of medicine has higher rate of relapse and treatment- failure so the use of *JalNeti* and

Yogic procedures at large level patients Group should be done in future to prove and establish its significance.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Mohit Sharma & T C Thakur:
Role Of Jal Neti In The Management Of Chronic
Maxillary Sinusitis. International Ayurvedic Medical
Journal {online} 2017 {cited September, 2017}
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