

# SHAMSHER PRAKASH FOUNDATION

[www.yoga10.org](http://www.yoga10.org)

## COPING WITH COLDS AND SINUSES ALLERGY WITHOUT DRUGS

-Shamsher Prakash<sup>1</sup>

Common colds and sinus allergies are caused mostly by viral infection. Only bacterial infection is treated by antibiotics. We spend several billion dollars every year on over the counter drugs but these do not help. These may give temporary relief, but may also have rebound effects, causing more harm.

*Colds.* A cold is caused by a virus. This is why antibiotics, which fight only bacteria, don't cure colds. Sore throat, stuffy and runny nose, cough, aches, and listlessness are usual symptoms. We generally call the malady, *Common Cold*. It gives some respectability by so naming it. In fact, adults *should* not contract colds.

*Sinus.* The word sinus means "cavity," and the sinuses around the nose (called the Para nasal sinuses) are really "holes in the head." There are four paired sets of sinus; the frontal sinuses are located in the area near the eyebrows; the maxillary sinuses are located inside the cheekbones; the ethmoid sinuses are between the eyes; and the sphenoid sinuses sit behind the ethmoid sinuses (See Figure 1). All the sinuses have a continuous lining (the mucous membrane) that connects with the nasal passages and the throat. Air enters the sinuses, and fluids exit through very small openings. When these openings are blocked, sinus trouble starts.

### *What Is Sinusitis?*

Sinusitis is a medical term for inflammation of the sinuses, which is usually caused by infection.

The sinuses are the moist air spaces within the bones of the face around the nose.

When you are healthy, the sinuses are filled with air, making your facial bones less dense and much lighter in weight. If you didn't have sinuses, the bony weight of your skull would be increased so much that you'd probably have to prop it up with your hands all day! Sinuses also give resonance to your voice.

Viruses or bacteria - or a combination of both - can cause sinusitis. Generally when a person has a cold (an upper respiratory infection caused by a virus such as a rhinovirus) that person also has inflammation of the sinuses, or viral sinusitis. The nasal congestion associated with the common cold doesn't allow the sinuses to drain properly, trapping bacteria inside. Bacterial sinusitis can then result.

Bacterial sinusitis tends to make someone sicker than viral sinusitis, with resulting facial pain and swelling and sometimes fever. Bacteria that are normally found in your upper respiratory tract, such as *Streptococcus pneumoniae*, *Moraxella catarrhalis*, and *Haemophilus influenzae* are most likely to cause sinusitis.

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<sup>1</sup>Yogacharya, President, S.P. Foundation and Professor Emeritus, Missouri University of Science and Technology  
1707 Jackson Circle, Rolla MO 65401 USA, Web: <http://www.yoga10.org> ; Email: [prakash@mst.edu](mailto:prakash@mst.edu) ; Fax: 573-364-5572

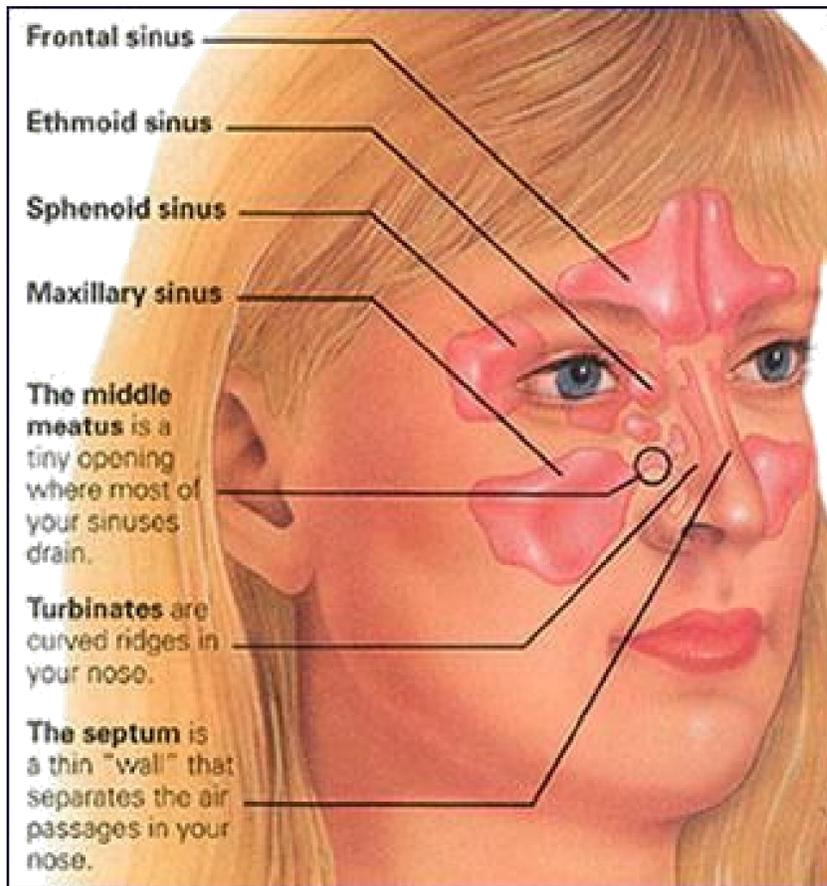


Figure 1. Sinuses in the face and the head

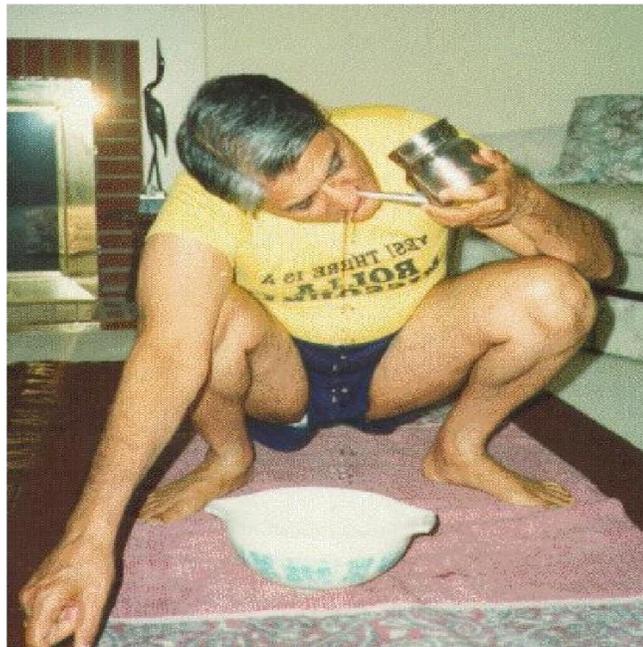


Figure 2 *Jalaneti* in Progress

*Jalaneti.* In this *yoga-kriya*, the nasal passage is cleaned with water. This process removes deposits on the membranes of this passage and cleans it. Since all the mucous membranes are interconnected, the entire passage is gradually drained of deposits, virus, bacteria and other residues.

*Equipment.* We need a special *lota*, hot water, and table salt ( Fig. 2 ).

*Procedure.* The *Lota* allows water to flow from one nostril to the other, Water temperature is warm-to-hot with one teaspoon salt. The *lota* capacity is about 2-3 cups.

1. Stand in front of a sink or squat on the ground (Fig. 2).
2. Fill the *lota* with warm-to-hot water and add one teaspoon salt. Stir until dissolved.
3. Hold the *lota* in the left hand and insert the spout into the left nostril.
4. Bend the head in the direction of the other nostril and bring the chin toward the body.
5. Raise the left hand slowly so the water starts flowing through the left to the right nostril under gravity only. The ease with which the water flows depends upon the stuffiness of the nose. Yellowish mucous along with viruses, bacteria and suspended particles may be washed out with the flowing water. Care should be taken to breathe through the mouth which, during the entire process, should be kept open.
6. After you have emptied the *lota* of water through one nostril, do the same with the other.
7. After completing the process, bend forward at an angle of about 90°. Breathe in and out sharply through the nose while moving your head (a) right, (b) left, (c) up and (d) down. This will help eliminate whatever water remains in the nasal passage. The mouth should be kept closed during this breathing exercise.
8. *Jalaneti* may be followed by the *bhastrika* (fast breathing) exercise.

This exercise should be learned from an expert teacher only.

As noted, we have given a misleading name to the cold – *the common cold*. This gives the impression that colds are common and will strike everybody. Instead, the cold should be regarded as uncommon and to be prevented. *Jalaneti* is positive prevention for colds. It also strengthens the mucous membranes through cleansing and therefore can prevent allergies, viruses and sinus headaches.

*Jalaneti* has been practiced in the orient for thousands of years. However, this heals only mild cases of colds and sinus allergy.

*Disclaimer: This procedure does not replace the advice of your physician and any prescription or other drugs to be prescribed.*

**(SHAMSHER PRAKASH)**