

## MEDITATION AND YOGA SERIES 1



Most of us suffered from colds, flu, allergies, sinusitis and sinus headaches as children. Some of us continue to do so throughout our life. We take over-the-counter drugs or those prescribed by a doctor. In fact, we seem to accept these ailments as part of life. We lose millions of hours and spent billions of dollars every year as a result of these maladies.

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

**Sinusitis.** The word sinus means "cavity", and the sinuses around the nose (called the pranasal sinuses) are really holes in the head. There are four paired sets of sinuses located (1) in the forehead just above the eyebrows;(2) in the honeycombed bony tissue surrounding the nose;(3) set deep in the head behind the nose; and (4) the largest sinuses, in the cheek bones. All the sinuses have a continuous lining (the mucus membrane) that connects with the nasal passage and the throat. Air enters the sinuses, and fluids exit through every small openings. When these openings are blocked, sinus trouble starts.

**Allergic Rhinitis.** Hay fever, the common term for allergic rhinitis, is the body's response to normally harmless foreign particles inhaled into the throat. The reaction is often caused by inhaling pollen — such as ragweed, tree, or grass — as well as dust, animal dander, and feathers.

Common Symptoms of allergic rhinitis are itching and watery eyes, a runny nose, uncontrollable sneezing, and a scratchy sore throat.

## PREVENTION THROUGH YOGA

According to yoga philosophy, *prevention is better than cure*. Since our environment is not naturally clean, we breathe in a lot of chemicals and suspended particles from the air. Natural defense of the body may not be able to cope up with these pollutants and extraneous matter.

Cleaning of the body is routine. We clean our teeth perhaps twice daily. We bathe at regular intervals, depending upon climate or the time of the year and geographical location. This is an external cleaning. In our society, we never question it.

In Yoga— Kriyas (practices), we clean internally as well. There are four inner cleaning yoga-kriyas with water. These are (1) *Jalaneti*, cleaning of the nasal passage;(2) *Kunjjal*, cleaning of the stomach and food pipe(esophagus);(3)*Jalvasti*, cleaning of the rectal cavity and (4) *shank-prakshalan*, cleaning of the intestines.

These have been practiced in the Orient since pre-historic times, but are new to our society here and may therefore seem weird in the beginning. They are however, tried-and-true practices. For allergies, common colds, sinusitis and sinus headaches, *Jalaneti* is positive prevention, as described below.

### **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 mucus membranes are interconnected, the entire passage is gradually drained of deposits, virus and bacteria and other residues.

**Equipment.** We need a special (miraculous) Lota (Figure.1) hot water and table salt.

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 two cups.

1. Squat on the ground (Figure.2) or stand in front of a sink.
2. Fill the Lota with warm-to-hot water and add one teaspoon of salt. Stir until dissolved.
3. Hold the Lota in the right hand and insert the spout into the right nostril.
4. Bend the head in the direction of the other nostril(left) and bring the chin towards the body.
5. Raise the right hand slowly so that the water starts to flow from the right nostril to the left nostril under the action of gravity only. Keep your mouth open. The ease with which the water flows depends on the stuffiness of the nose. Yellowish mucus along with bacteria, viruses and suspended particles may be washed out of the flowing water. Care should be taken to breathe through the mouth during the entire process.
6. After you have emptied the Lota of water through one nostril do the same with the other.
7. After completing the process stand up and, 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 (d) down. This will eliminate whatever water droplets remains in the nasal passage. The mouth should be kept closed during this breathing exercise.
8. *Jalaneti* maybe followed by *Bhastrika* (fast breathing) exercise.

**It is necessary that *Jalaneti* should only be learned from an expert teacher.**

As noted, we have given a misleading name to the cold — *the common cold*. This gives us the impression that colds are common and will strike everybody. Instead cold should be treated as uncommon and should be prevented.

Jalaneti is a positive prevention for common colds. It also strengthens the mucous membranes through cleansing and therefore can prevent allergies, viruses and sinus headaches.

### CASE HISTORIES

There have been several hundred cases when young and old have benefited from JALANETI immensely. There is only one instance where a student gave up in between, otherwise all have successfully completed the program.

A 30+ student suffered from colds since his childhood and more or less continually. By regular practice of Jalaneti, the common cold was eradicated from root.

Another student had been suffering from sinus allergies for over four decades. He used to take allergy pills daily otherwise getting up in the morning will be painful. He did Jalaneti in one of my classes. He got immediate relief. He continued regular practice once a day. His life is completely changed. He has obtained spectacular relief. It must be understood that it is not like taking a pill. You have to make up your mind that you want to help your self. Then only the benefit will come.

Still another student, who was doing PhD in the school, suffered from sinus allergies and headaches. He obtained much relief from this practice. He wanted his girl friend to do Jalaneti and benefit. She will not do it. Similarly another friend eats dozens of “over the counter” pills daily for allergy and headache. But she will not put water through her nose. After 25 years of my first association with her, she says she might do it now.

A friend suffers from allergies because he raises horses and mows a big lawn. He almost got rid of sinus allergies by Jalaneti.

I can cite many success stories, but suffices to say that the proof of pudding is in eating. It is an extremely simple exercise. It only costs a lota and your time.

It is estimated that for every one year you have had sinus allergies, you need one month of Jalaneti and there after once a week. If you have any questions, please email your questions to the foundation.



Fig 1 : MIRACULOUS LOTA

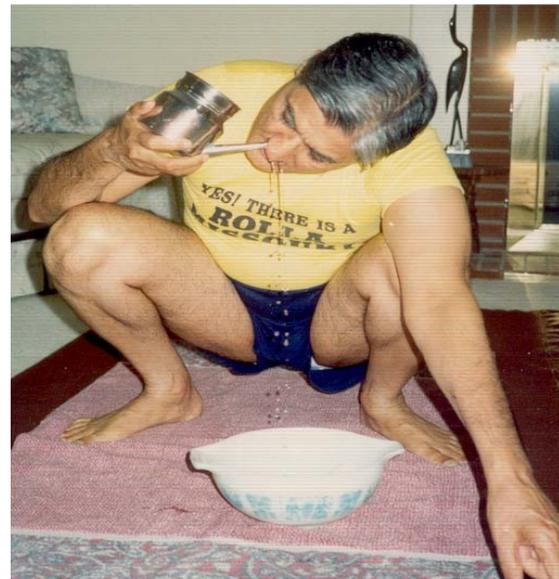


Fig 2 : JALANETI KRIYA

### ABOUT SHAMSHER PRAKASH

Dr. Shamsheer Prakash was born on January 3, 1933 in India. He earned his bachelor's degree in engineering from Roorkee University as well as an M.S. and PH.D. in Civil engineering from University of Illinois at Urbana-Champaign.



Dr. Prakash took his early training in Yoga at home and at the Arya Samaj he attended in India. After completion of his graduate studies in 1962, he devoted his efforts in learning everything possible about Yoga practices and philosophy from every teacher he could find during years 1962 through 1978.

Dr. Shamsheer Prakash received the Distinguished Alumnus Award from the Indian Institute of Technology, Roorkee, in December 2008. He has been cited for his internationally and nationally recognized work in the area of soil dynamics, including pioneering work on liquefaction of fine-grained soils, seismic design of piles, and seismic analysis of rigid retaining walls.

In 2003, he was awarded Honorary Doctorate by the Technical University of Civil Engineering, Bucharest, Romania. In 2004, Dr. Prakash was recognized as Distinguished Alumnus by the Department of Civil Engineering, University of Illinois, Urbana, IL

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