

Neti Pot for Clear and Healthy Nasal Passages

Nasal irrigation with a Neti Pot is a form of personal hygiene for the nose and sinus cavities which flushes out excess mucus and other foreign particles. The practice of nasal irrigation (nasal douche) has many benefits with only minor side effects and is well tolerated by most individuals.

It is an Ayurvedic practice (a system of preventive medicine and health care) and has been used in many civilizations for centuries all over the world. Using the Neti Pot advances good nasal and sinus health because it improves the action of the cilia, the microscopic hair-like structures that moves mucus and foreign articles, such as dust, debris, and pollen, out of the nose and sinuses.

The benefits of nasal irrigation are many, including being superior to blowing your nose and extremely helpful at reducing the severity and length of the cold or flu when done at the onset. During a cold or flu, it offers immediate congestion relief. Nasal irrigation can also bring relief from chronic sinusitis and seasonal allergies.

The side effects, though few, include a burning sensation if using too much salt or water that's too hot. Also, during the winter months when allergens are low, it might be too drying to use unless it's needed for congestion relief.

Nasal irrigation needs vary by individual. Some people will never need the Neti unless they have a cold, as they don't produce much mucous and don't have allergies. Others could use the Neti 1-2 times a day if there is acute mucous production and allergies.



A Neti Pot can be found at most large stores near the cold medications, or ordered online. Also available are premixed packets if you prefer not to mix it yourself.

Directions are given below but this video from Scott Blossom, yoga teacher, Ayurveda practitioner, and acupuncturist, is very helpful if you wish to learn more on the subject: [Neti Pot Video](#)

As always, if you have any concerns about starting nasal irrigation, have an active sinus infection or deviated septum, please talk with your doctor.

Nasal Irrigation with a Neti Pot

Supplies:

Neti Pot or paper cup

½ tsp. Sea or Himalayan Salt (table salt can have too many additives)

1 cup (8 oz.) of body temperature water (filtered/purified water is preferred).

Procedure:

Mix ½ teaspoon salt in 1 cup of warm water until dissolved.

Leaning over the sink, tilt your head to one side and, breathing through your mouth if that's comfortable (you may also hold your breath), pour ½ of the salt water (½ cup) into the upper nostril. The water will drain out the lower nostril. Repeat on the other side.

When there is a lot of mucus, such as during a cold or flu, blowing your nose very gently into a tissue is helpful following the irrigation, either after each nostril or after you have finished both.

To remove any excess water, bend forward and with your head down, turn your head gently from side to side. A tissue or towel may be used to catch the drainage.