

Jalneti: The outlier for COVID-19 Prevention

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With the third wave of COVID-19 looming large, I thought it appropriate for me to share the information on Jalneti, the ancient Indian technique for preventing respiratory infections.

During the first wave of COVID-18 infection, I was brought to notice about the Jalneti by friend of mine. The simple technique looked very promising indeed as it was effective in cleaning the nasal passage and maintaining hygiene. As the threat of virus loomed large, I realized the merit of this Jalneti technique through various references {1-6} and quickly made a morning habit of using the Jalneti pot[9]. I have been practising Jalneti and ever since and remained free from infection. Jalneti was also included as one of the preventive techniques for C19-SVT: COVID-19 Social Vaccine Toolkit[7].

Jalneti is a very simple technique with inexpensive Jalneti pot and lukewarm water. The Jalneti pot needs to be filled with clean warm water and then salt can be added to make it saline. The pot has a long nose which needs to be directed to the nose. Its water jet enters the nose and cleanses the nostrils. The technique is easy to master and provides very pleasant experience.

The precautions: The jalneti pot should be regularly cleaned with soap water and to be ensured in good condition of storage in dry and dust free environment, Then the water used for Jalneti should be filtered water preferably from UV filter or boiled-cooled water. The water should be warm and should not be hot as the nose inner layer is very susceptible for heat. While the some stores also sell Jalneti salt, the simple sea salt or rock salt also serves the purpose. During the process of Jalneti, it is important to breath from mouth in order to prevent water entering the throat and lungs.

The technique of Jalneti can be complemented with Pranayam which can be performed to strengthen the breathing. The nasal passage can be cleared with pranayam and Jalneti further can flush out harmful dust and infectious elements.

While, there is requirement of Clinical trials for Jalneti, I feel that this technique has great promise and intuitive for prevention of COVID-19 as it cleanses the nasal passage and prevents the virus from entering the throat and lungs. It has many other benefits such as hydrating the nasal passage and preventing other pollutants stuck in nasal passage from entering the lungs.

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