Yoga and the Nose

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The contents of this bibliography do not provide medical advice and should not be so interpreted. Before beginning any exercise program, see your physician for clearance.
NOTE: See also the “Allergies,” “Breathing,” and “Colds and Flu” bibliographies.

ALLERGIES. See “Allergies” bibliography.


Contents: Introduction, Traditional views on Swara Yoga (rhythmicity of the swara, activities prescribed in various swaras, interesting observations on Swara Yoga), Mechanism of nasal cycle, Effects of nasal cycle and forced uninostril breathing

**Bauman, Alisa.** Sinusitis survival: Vibrations created from chanting Om can help clear your sinuses and ward off infections. *Yoga Journal,* Jan/Feb 2003, p. 34. Article available online: http://www.yogajournal.com/health/850_1.cfm.

**Bhajan, Yogi.** Sinuses, to clear. In Alice Clagett and Elandra Kirsten Meredith, eds., *Yoga for Health and Healing: From the Teachings of Yogi Bhajan, Ph.D.* Santa Monica, Calif.: Alice B. Clagett, 1994, p. 95.


BREATHING. See “Breathing” bibliography.


Colds. See “Colds and Flu” bibliography.


**FLU.** See “Colds and Flu” bibliography.


**Jala neti, the nasal douche.** Available online:

**Jala neti—the yoga practice of saline nasal irrigation.** Available online:
http://www.hinet.net.au/~swami/. (The best online resource on *jala neti*.)


**Nose cleansing.** *Bindu*, no. 3.

“In Sweden, nose cleansing has been recommended by doctors as part of a project concerning toxic substances.”


PRANAYAMA. See “Breathing” bibliography.


**Of Related Interest**
