

सूत्र नेति धागा — विशिष्टि

Sūtra Neti Thread — Specification

ICS 11.120.10

© BIS 2024



भारतीय मानक ब्यूरो
BUREAU OF INDIAN STANDARDS
मानक भवन, 9 बहादुर शाह ज़फर मार्ग, नई दिल्ली - 110002
MANAK BHAVAN, 9 BAHADUR SHAH ZAFAR MARG
NEW DELHI - 110002
www.bis.gov.in www.standardsbis.in

September 2024

Price Group 9

FOREWORD

This Indian Standard was adopted by Bureau of Indian Standards, after the draft finalized by the Yoga Sectional Committee had been approved by the Ayush Division Council.

In *yoga sadhana*, there are various cleansing techniques called as *Ṣaṭkarma* for the purification of the internal organs of the human body. In Sanskrit '*Ṣaṭ*' means 'six' and '*karma*' means 'action'. These are as follows: - *neti*, *dhauti*, *naulī*, *basti*, *kapālabhātī* and *trāṭaka*. The main purpose of *Ṣaṭkarma* is to create a balance and harmony between two major *iḍā nāḍī* and *piṅgalā nāḍī* (energy channels), thereby attaining physical and mental purification. It also helps to balance the three doshas or humours in the body- kapha (mucus), pitta (bile) and Vata (wind). *Ṣaṭkarma* is not only beneficial for therapeutic purpose but also promote the health and wellbeing of yoga aspirant.

A *neti kriyā* is a process of cleansing, purifying and prevents infections around the nasal passages. The nasal cleaning could be done in three ways that is air, water and thread. It helps to remove the accumulated harmful mucus, promotes cleaning of the frontal sinuses and gives massaging effect to the nasal pathway. It also helps to removes disorders of phlegm and improves the eyesight of the yoga practitioner.

In *sūtra neti*, '*sutra*' means 'thread' and is done by inserting a soft cotton thread through one of the nostrils and taking it out through the mouth. Then the procedure is repeated with another nostril. It helps to improve the functions of the eyes and massages the nasal membranes.

Sūtra Neti should be performed before pranayama practices as it clears the passage and helps in obstructed flow of air through the nostril. A thin rubber catheter can also be used as Sutra.

As we know the thread is required for performing *sūtra neti kriyā* therefore there is a need for the formation of the standards for designing the thread which is easily accessible and approachable for anyone. The description of thread used for *sūtra neti* is designed in standard form so that it may fulfil everyone's priority and preference. Therefore, need was felt to formulate standard for dimensions and material used for *sūtra neti kriyā*.

The composition of the Committee responsible for the formulation of this standard is given in Annex B.

For the purpose of deciding whether a particular requirement of this standard is complied with the final value, observed or calculated, expressing the result of a test or analysis, shall be rounded off in accordance with IS 2: 2022 'Rules for rounding off numeral values (second revision)'. The number of significant places retained in the rounded off value should be the same as that of the specified value in the relevant referred standard.

SŪTRA NETI THREAD — SPECIFICATION

1 SCOPE

This standard specifies the constructional parameters and performance requirements for sutra neti thread (with beewax and without beewax).

2 REFERENCES

The standards listed in Annex A contain provisions which, through reference in this text, constitute provisions of this standard. At the time of publication, the editions indicated were valid. All standards are subject to revision and parties to agreements based on this standard are encouraged to investigate the possibility of applying the most recent edition of these standards.

3 TERMINOLOGY

3.1 Sūtra Neti Thread- The thread used for *sūtra neti kriyā*.

3.2 Sūtra Neti Kriyā - The process of nasal cleaning by inserting a soft thread through the nose of the length of one handspan so that it comes out of the mouth.

4 MATERIAL

4.1 The sūtra neti thread shall be made up of cotton, tightly wound or rolled together.

4.2 The sūtra neti thread shall be natural in colour.

4.3 The beeswax used in sūtra neti thread shall conform to IS 1504.

NOTE - The *sūtra neti* thread shall be carefully checked for knots or dust particles as they can harm the soft nasal region and cause bleeding.

5 PHYSICAL REQUIREMENTS

5.1 The *sūtra neti* thread shall comply with the physical requirements given in Table 1.

Table 1 Physical Requirements of Sūtra Neti Thread
(Clause 5.1)

SI. No	Characteristic	Requirement		Tolerance
		With bee wax	Without bee wax	
(1)	(2)	(3)	(4)	(5)
1.	Length	30 cm	30 cm	±5 cm
2.	Thickness	5 mm	5 mm	±0.5 mm
3.	Mass	1 gm	2 gm	±25 mg, (With bee wax)
				±0.5 gm

6 CONSTRUCTIONAL AND PERFORMANCE REQUIREMENTS

6.1 The *sūtra neti* thread shall conform to the constructional and performance requirements specified in Table 2.

Table 2 Constructional and Performance Requirements of *Sūtra neti* thread
(Clause 6.1)

Sl. No.	Characteristic	Requirement	Tolerance	Method of Test, Ref to
(1)	(2)	(3)	(4)	(5)
i)	Count of yarn (for guidance only) cotton count, Ne	2/30.8	± 3.0 percent	IS 1315
ii)	Mass, gm	2 to 3	-	
iii)	No. of thread	55	± 5	Visual counting
iv)	Twist per inch in single yarn	14	± 10 percent	IS 832 (Part 2)
v)	Twist per inch in 2 ply yarn	19.3	± 10 percent	IS 832 (Part 1)
vi)	Breaking load of single strand (RKM), g/tex	13	± 10 percent	IS 1670
vii)	Elongation at break of single strand, percent, Max	4.67	-	IS 1670
viii)	Fibre identification	100 percent cotton	-	IS 667

6.2 The *Sūtra neti* thread shall conform to the chemical requirement specified in Table 3.

Table 3 Chemical requirements of *Sūtra neti* thread
(Clause 6.2)

Sl. No.	Characteristic	Requirement	Method of Test, Ref to
(1)	(2)	(3)	(4)
i)	pH of aqueous extract	6.8 to 7.2	IS 1390
ii)	Anti-bacterial activity value, <i>Min</i> (Initially and after 10 washes) (Optional requirement, if agreed to between the buyer and the seller)	1	IS /ISO 20743

7 SAMPLING

7.1 The lot shall consist of all the *sūtra neti* thread of same construction manufactured from same lot of raw material.

7.2 To ascertain the conformity of the lot to the requirement of this standard, sample shall be drawn and inspected from each lot separately.

7.3 The number of pieces to be selected at random for inspection shall be in accordance with Table 4.

Table 4 Sampling Plan for *Sūtra Neti* Thread
(Clause 7.3)

SI No.	Lot Size	Sample Size	Permissible No. (of defectives Samples)	Sub-Sample Size (to be drawn from sample)	Permissible No. (of Defectives Sub-Samples)
(1)	(2)	(3)	(4)	(5)	(6)
i)	Upto to 25	3	0	3	0
ii)	26 to 90	13	1	3	0
iii)	91 to 150	20	2	13	1
iv)	151 to 280	32	3	13	1
v)	281 to 500	50	5	20	1
vi)	501 to 1200	80	7	32	2
vii)	1201 and above	12 5	10	50	3

7.4 Number of tests and criteria for conformity shall be in accordance with Table 6.

Table 6 Number of tests and criteria for conformity
(Clause 7.4)

Sl. No	Characteristic	Number of Tests	Criteria for Conformity
(1)	(2)	(3)	(4)
i)	Count, weight, No. of threads, Twist.	According to col (3) of Table 4	Number of non-conforming pieces not to exceed corresponding number given in col (4) of Table 4.
ii)	All other requirements	According to col (5) of Table 4	Number of non-conforming pieces not to exceed corresponding number given in col (6) of Table 4.

8 PACKING

8.1 Unless otherwise agreed between the manufacturer and buyer, the *Sūtra Neti* Thread shall be packed in its cover so as to protect it from dust and moisture.

9 MARKING

9.1 Each packet/box shall be marked legible to give the following information:

- Name of the product, type
- Name and address of the manufacturer
- Date of the manufacture (DOM)
- Batch or code number
- Net quantity
- Best before

9.2 BIS certification marking

The *sūtra neti* conforming to the requirements of this standard may be certified as per the conformity assessment schemes under the provisions of the Bureau of Indian Standards Act, 2016 and the Rules and Regulations framed there under, and *Sūtra neti* thread shall be marked with the Standard Mark.

ANNEX A

(Clause 2)

LIST OF REFERRED STANDARDS

<i>IS No.</i>	<i>Title</i>
IS 667: 1981	Methods for identification of textile fibres (first revision)
IS 832: 2011	Determination of twist in yarns: Part 1 — Direct counting method (second revision)
IS 832 (Part 2): 2011	Textiles — Determination of twist in yarns: Part 2 Untwist/ retwist method for single spun yarns (second revision)
IS 1315: 1977	Method for determination of linear density of yarns spun on cotton system (first revision)
IS 1390: 2019	Textiles — Determination of pH of aqueous extract (second revision)
IS 1670: 1991	Determination of breaking load and elongation at break of single strand (second revision)
IS 1504: 1996	Beeswax, crude and refined specification (Third Revision)
IS/ISO 20743: 2013	Textiles — Determination of antibacterial activity of textile products