भारतीय मानक Indian Standard

IS 18215 : 2023

# स्टेनलेस स्टील नेति पॉट — विशिष्टि

Stainless Steel Neti Pot — Specification

ICS 97.220.99

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May 2023

**Price Group 4** 

#### FOREWORD

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

Yoga is the science and an art of healthy living. It is a spiritual discipline whose aim is to bring inner transformation of a human being. *Hatha* Yoga put emphasis on the purification of the body. It helps in controlling the mind and facilitates inner transformation. For purification of the body, *Hatha* Yoga prescribes *Şatkarma* practices. *Şatkarma* is also known as *Śodhana Kriyā* which means the process for purification.

*Şaţkarma* comprises of six purification practices. These practices are meant for internal cleaning of the body and prepare the Yoga practitioner for performing higher yogic practices. In Sanskrit '*Şaţ*' means 'Six' and '*karma*' means 'Action'. It includes *Neti*, *Dhauti*, *Naulī*, *Basti*, *Kapālabhatī* and *Trātaka*.

*Neti Kriyā* is concerned with cleaning of nasal passage. It is considered to be a pre-requisite for cleaning up the respiratory passages for proper practice of *Prāņāyāma*. *Neti* can be done with *Jala* (water), *Sūtra* (thread), *Dugdha* (milk) or *Ghrta* (*ghee*/purified butter). In *Jalaneti*, water is poured into one nostril and it automatically comes out through the other nostril. In *Sūtraneti*, a fine thread is taken inside one nostril and then pulled out of the mouth through the throat. In *Dugdhaneti*, milk is used instead of water, but it is not to be taken out from the other nostril; it has to be drunk. In *Ghrtaneti*, ghee/purified butter is used instead of water. The practice of *Neti* helps to remove accumulated injurious and harmful mucus from the nasal passage and makes the upper respiratory tract unobstructed and well regulated. A '*Neti* Pot' is used for practicing the *Neti Kriyā*. A *Neti* Pot should have suitable dimensions so that it can be easily handled by the Yoga practitioners.

As available products in the market are neither standardized nor of the assured quality, therefore, there is a need for standardization of *Neti* Pot for quality and safety of the users.

The composition of the committee responsible for the formulation of this standard is listed in Annex A.

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 test or analysis, shall be rounded off in accordance with IS 2 : 2022 'Rules for rounding off numerical 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 this standard.

# Indian Standard

# STAINLESS STEEL NETI POT — SPECIFICATION

## **1 SCOPE**

This standard specifies the requirements of material used in making the stainless steel *Neti* Pot, recommended dimensions, sampling and methods of tests.

#### **2 REFERENCES**

The following standards listed below contain provision which, through reference. This standard contains provisions which, through reference in this text, constitute provisions of this standard. At the time of publications, 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 editions of the standards listed below:

IS No.	Title
IS 5522 :	Stainless steel sheets and strips for
2014	utensils — Specification (third
	revision)
IS 9040 :	Methods for sampling of utensils
1978	
IS 14756	Stainless steel cookware —
: 2022	Specification (second revision)
IS 17874	Glossary of yoga terminology: Part 1
(Part 1) :	Standardized terminology for
2022	commonly used terms related to yoga
	, , , , , , , , , , , , , , , , , , , ,

## **3 TERMINOLOGY**

For the purpose of this standard, the following

definition in addition to the definitions given in IS 17874 (Part 1) shall apply.

#### 3.1 Neti Pot

It is a tool which is used for the purpose of *Neti Kriyā*.

## 4 MATERIALS

Stainless steel used for manufacturing of *Neti* Pot shall conforming to Grade 304 (*see* IS 5522).

#### **5 SHAPE**

The shape of the *Neti* Pot shall be manufactured in accordance with Fig 1.

#### **6 DIMENSIONS**

#### 6.1 Capacity

The rated capacity of the *Neti* Pot shall be in the range of 400 ml to 500 ml when filled up to the junction of the shoulder and the neck, with a tolerance of  $\pm 2$  % of the rated capacity.

**6.2** The *Neti* Pot shall conform to the requirements of Table 1. Variations in the requirements are permissible as per the tolerance limits specified in Table 1.

**6.3** Nozzle tube shall be arch welded slightly above the bottom of *Neti* Pot at an angle of  $45^{\circ}$  with a tolerance of  $\pm 5^{\circ}$ . The nozzle tube shall be made from round bar of stainless steel conforming to Grade 304 of IS 5522. The welding shall be done with TIG or MIG process with argon as inert gas medium. Top of the neck shall be folded.

Table 1 Requirements for Neti Pot	Table 1 Requi
( <i>Clause</i> 6.2)	(Cl

SI No.	Characteristics	Requirements	Tolerance
(1)	(2)	(3)	(4)
i)	Height (H)	100 mm	+ 0.5 mm - 1.0 mm
ii)	Base Diameter (BD)	100 mm	+ 0.5 mm - 1.0 mm
iii)	Neck Diameter (ND)	70 mm	+ 0.5 mm - 1.0 mm
iv)	Weight (Wt)	125 g to 175 g	
v)	Length of the Nozzle tube attached (L)	90 mm to 100 mm	

**6.4** The thickness of stainless steel sheets and strips for utensils used in manufacturing of the *Neti* Pot shall be in the range from 0.6 mm to 0.7 mm (*see* IS 5522) with a tolerance  $\pm$  0.05 mm.

NOTE — The shape of the tip of the nozzle tube should be designed in such a way so that it would not harm the nasal passage of the practitioner's nose as given in Fig. 1.

#### 7 WORKMANSHIP AND FINISH

**7.1** The *Neti* Pot shall be formed in a single piece construction as given in Fig 1.

**7.2** On visual examination there shall be no cracks, notching or porous patches in the welded surfaces and the surface adjacent to the weld. The weld surface shall be regular and even. The *Neti* Pot surface including the taper neck portion should be winkle free. There should be no sharp corners. The flat bottom of the *Neti* Pot shall not roll down when placed on the flat surface.

**7.3** The construction of the *Neti* Pot shall be such that it is possible to clean them thoroughly and all surfaces are accessible for cleaning.

#### 8 TESTS

#### 8.1 Staining Test

The surface of the *Neti* Pot shall be thoroughly washed with hot soapy water. Thoroughly rinse and then degrease the test specimens in acetone or methylated spirits, then wipe using a soft cloth. The *Neti* Pot, when dipped for 16 h in each of the following solutions maintained at  $(60 \pm 2)$  °C temperature, shall not show any sign of staining after removal from the solutions at the end of above period (*see* IS 14756):

a) 10 g of glacial acetic acid (99 percent)

dissolved in distilled water to make 100 ml; and

b) Five grams of pure solution chloride dissolved in distilled water to make 100 ml.

#### 9 SAMPLING

**9.1** Unless agreed to between the purchaser and the manufacturer, the method of sampling of *Neti* Pot shall be done in accordance with IS 9040.

**9.2** Staining Test is to be carried out for every 5 000 pieces or once in a month whichever is earlier.

#### **10 MARKING**

**10.1** Each *Neti* Pot shall be legibly and indelibly marked with the following:

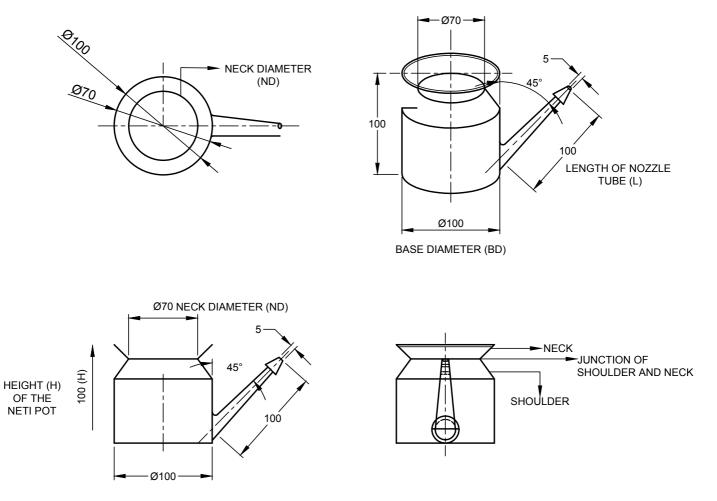
- a) Volume in milliliter;
- b) Material of utensil; and
- c) Material grade.

#### **10.2 BIS Certification Marking**

The product(s) conforming to the requirements of this products 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 the products may be marked with the Standard Mark.

#### **11 PACKING**

As agreed between buyers and suppliers. Care should be taken in packing so that the *Neti* Pot does not get dented or damaged during transit.



All dimensions in millimetres

FIG. 1 DIAGRAMMATIC SHAPE OF NETI POT

# ANNEX A

(Foreword)

# COMMITTEE COMPOSITION

Ayush Sectional Committee, FAD 26

Organization	Representative(s)
Ministry of Ayush, New Delhi	Dr D. C. KATOCH ( <i>Chairperson</i> )
Association of Manufacturers of Ayurvedic Medicines, New Delhi	DR V. SASHIBHUSHAN SHRI ARJUN MULTANI ( <i>Alternate</i> )
Ayurvedic Drug Manufacturers Association, Mumbai	DR NAGESH SANDU SHRI NIMISH SHROFF ( <i>Alternate</i> )
Ayurvedic Medicines Manufacturer Organization of India	DR D. RAMANATHAN DR SINDHU A. ( <i>Alternate</i> I) DR MEENU M. ( <i>Alternate</i> II)
Central Council for Research in Ayurvedic Sciences, New Delhi	DR ARJUN SINGH DR SHRUTI KHANDURI (Alternate)
Central Council for Research in Yoga and Naturopathy, New Delhi	DR B. VENKATESWAR RAO Shri Surender Sandhu ( <i>Alternate</i> )
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Central Institute of Medicinal and Aromatic Plants, Lucknow	Dr Karuna Shankar
Dabur India Limited, Ghaziabad	DR RAJIV RAI DR RANJAN MITRA ( <i>Alternate</i> I) DR VINOD KUMAR UPADHYAYA ( <i>Alternate</i> II)
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Indian Yoga Association, New Delhi	SHRI ANIL JAUHRI SHRI S. KRISHNAMURTHY ( <i>Alternate</i> I) MS RENU JAIN ( <i>Alternate</i> II)
Morarji Desai National Institute of Yoga, New Delhi	Dr Ishwar Basavaraddi Shrimati Himani Shokhand ( <i>Alternate</i> )
National Ayurveda Research Institute for Panchakarma, Cheruthuruthy	DR V. C. DEEP DR ASWANI P. S. ( <i>Alternate</i> I) DR REMYA E. ( <i>Alternate</i> II)
National Botanical Research Institute, Lucknow	Ms Sayyada Khatoon Shri C. H.V. Rao ( <i>Alternate</i> )
National Dairy Research Institute, Karnal	Dr Vivek Sharma
National Institute of Ayurveda, Jaipur	DR SANJEEV SHARMA DR SUDIPTA KUMAR RATH ( <i>Alternate</i> )

Organization	Representative(s)
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Quality Council of India, New Delhi	Dr Manish Pande Dr Vandana Siroha ( <i>Alternate</i> )
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SAIL, Salem Steel Plant, Salem	SHRI P. GOVINDARAJAN
School of Yoga and Health, Haridwar	PROF SURESH LAL BARNWAL
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This Indian Standard has been developed from Doc No.: FAD 26 (20495).

## **Amendments Issued Since Publication**

Amend No.	Date of Issue	Text Affected

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