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सूत्र नेति धागा — विशिष्टि

**Sūtra Neti Thread — Specification**

ICS 11.120.10

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December 2024

Price Group 5

## 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.

*Neti Kriyā*, one of the cleansing practices (Shatkarmas) in Hatha Yoga, plays a vital role in purifying the nasal passages and enhancing respiratory functions. It is known for its therapeutic benefits, particularly in treating sinus issues, colds, allergies, and promoting overall respiratory health. The nasal cleaning could be done in three ways that is air, water and thread.

*Sūtra Neti* involves the use of a special thread called a "Sutra" (thread), which is passed through one nostril and pulled out through the mouth, aiding in nasal passage cleaning and stimulating the nerves associated with the nose, throat, and head. *Sūtra Neti* should be performed before pranayama practices as it clears the passage and helps in obstructed flow of air through the nostril.

The thread used in *Sūtra Neti* is typically made up of cotton. The cotton thread is often coated with beeswax for smooth passage during the practice of *Sūtra Neti Kriyā*. The thread should be of the right thickness, soft yet sturdy enough to pass through the delicate nasal passages without causing discomfort or injury. Using an unsuitable thread could cause irritation, abrasions, or even damage the nasal mucosa, which highlights the need for quality assurance and standards in the manufacturing of *Sūtra Neti* threads.

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.

## Indian Standard

## SŪTRA NETI THREAD — SPECIFICATION

**1 SCOPE**

This standard specifies the constructional parameters and performance requirements for *Sūtra Neti* thread (with beeswax and without beeswax).

**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 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.

**3.2 *Sūtra Neti Thread*** — The thread used for *Sūtra Neti Kriyā*.

**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](#).

**5.2** The *Sūtra Neti* thread shall conform to the constructional and performance requirements specified in [Table 2](#).

**5.3** The *Sūtra Neti* thread shall conform to the chemical requirement specified in [Table 3](#).

**5.4** For *Sūtra Neti* thread coated with beeswax, 16 cm of its length shall be coated with melted beeswax, with a permissible tolerance of  $\pm 1$  cm.

**6 SAMPLING**

**6.1** The lot shall consist of all the *Sūtra Neti* thread of same construction manufactured from same lot of raw material.

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

**6.3** The number of pieces to be selected at random for inspection shall be in accordance with [Table 4](#).

**6.4** Number of tests and criteria for conformity shall be in accordance with [Table 5](#).

**Table 1 Physical Requirements of *Sūtra Neti* Thread**

(Clause [5.1](#))

| SI No. | Characteristic | Requirement  |                 | Tolerance                 |
|--------|----------------|--------------|-----------------|---------------------------|
|        |                | With Beeswax | Without Beeswax |                           |
| (1)    | (2)            | (3)          | (4)             | (5)                       |
| i)     | Length         | 30 cm        | 30 cm           | $\pm 5$ cm                |
| ii)    | Thickness      | 5 mm         | 5 mm            | $\pm 0.5$ mm              |
| iii)   | Mass           | 2 gm         | 1 gm            | $\pm 25$ mg, $\pm 0.5$ gm |

**Table 2 Constructional and Performance Requirements of *Sūtra Neti* thread**

(Clause 5.2)

| SI No. | Characteristic                                     | Requirement        | Tolerance     | Method of Test,<br>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)    | No. of thread                                      | 55                 | ± 5           | Visual counting           |
| iii)   | Twist per inch in single yarn                      | 19.3               | ± 10 percent  | IS 832 (Part 1)           |
| iv)    | Twist per inch in 2 ply yarn                       | 14                 | ± 10 percent  | IS 832 (Part 2)           |
| v)     | Breaking load of single strand (RKM), g/tex        | 13                 | ± 10 percent  | IS 1670                   |
| vi)    | Elongation at break of single strand, percent, Max | 4.67               | -             | IS 1670                   |
| vii)   | Fibre identification                               | 100 percent cotton | -             | IS 667                    |

**Table 3 Chemical Requirements of *Sūtra Neti* Thread**

(Clause 5.3)

| SI No. | Characteristic  | Requirement | Method of Test,<br>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              |

**Table 4 Sampling Plan for *Sūtra Neti* Thread**

(Clause 6.3)

| SI No. | Lot Size        | Sample Size | Permissible No. of Defective Samples | Sub-Sample Size to be Drawn from Sample | Permissible No. of Defective Sub-Samples |
|--------|-----------------|-------------|--------------------------------------|---|--|
| (1)    | (2)             | (3)         | (4)                                  | (5)                                     | (6)                                      |
| i)     | Up 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 1 200    | 80          | 7                                    | 32                                      | 2  |
| vii)   | 1 201 and above | 125         | 10                                   | 50                                      | 3  |

**Table 5 Number of Tests and Criteria for Conformity**(Clause [6.4](#))

| SI No. | Characteristic                       | Number of Tests                                 | Criteria for Conformity  |
|--------|--------------------------------------|---|--|
| (1)    | (2)                                  | (3)   | (4)  |
| i)     | Count, weight, No. of threads, Twist | According to col (3) of <a href="#">Table 4</a> | Number of non-conforming pieces not to exceed corresponding number given in col (4) of <a href="#">Table 4</a> |
| ii)    | All other requirements               | According to col (5) of <a href="#">Table 4</a> | Number of non-conforming pieces not to exceed corresponding number given in col (6) of <a href="#">Table 4</a> |

**7 PACKING**

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.

- c) Date of the manufacture (DOM);
- d) Batch or code number;
- e) Net quantity; and
- f) Best before.

**8 MARKING**

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

- a) Name of the product, type;
- b) Name and address of the manufacturer;

**8.2 BIS Certification Marking**

The product(s) 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 the product(s) may be marked with the Standard Mark.

## ANNEX A

(Clause 2)

## LIST OF REFERRED STANDARDS

| <i>IS No.</i>                          | <i>Title</i>  | <i>IS No.</i>          | <i>Title</i>   |
|--|---|------------------------|--|
| IS 667 : 1981                          | Methods for identification of textile fibres ( <i>first revision</i> )                              | IS 1390 : 2022         | Textiles — Determination of pH of aqueous extract ( <i>third revision</i> )  |
| IS 832                                 | Textiles — Determination of twist in yarns:   | IS 1670 : 1991         | Textiles — Yarn — Determination of breaking load and elongation at break of single strand ( <i>second revision</i> ) |
| (Part 1) : 2021/<br>ISO 2061 :<br>2015 | Direct counting method ( <i>third revision</i> )  | IS 1504 : 1996         | Beeswax, crude and refined specification ( <i>third revision</i> )   |
| (Part 2) : 2011<br>ISO 17202 :<br>2002 | Untwist/retwist method for single spun yarns ( <i>second revision</i> )                             | IS/ISO 20743 :<br>2021 | Textiles — Determination of antibacterial activity of textile products ( <i>first revision</i> )                     |
| IS 1315 : 1977                         | Method for determination of linear density of yarns spun on cotton system ( <i>first revision</i> ) |                        |  |

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## ANNEX B

*(Foreword)*

## COMMITTEE COMPOSITION

Yoga Sectional Committee, AYD 02

| <i>Organization</i>  | <i>Representative(s)</i>   |
|--|--|
| Krishnamacharya Yoga Mandiram (KYM), Chennai                                 | YOGACHARYA S. SRIDHARAN ( <i>Chairperson</i> )   |
| Dev Sanskriti Vishwavidyalaya, Haridwar                                      | DR SURESH BARNWAL  |
| Government Nature Cure Hospital, Hyderabad                                   | DR N. BHANU KIRAN  |
| Heartfulness Institute, Gurugram   | SHRI ANUJ SETYA  |
| Indian Institute of Technology, Center for Biomedical Engineering, New Delhi | PROF K. K. DEEPAK<br>DR DEEPAK JOSHI ( <i>Alternate I</i> )<br>DR AYUSHEE KHAJURIA ( <i>Alternate II</i> )                     |
| Indian Yoga Association (IYA), New Delhi                                     | DR S. P MISHRA<br>SHRI P.C KAPOOR ( <i>Alternate I</i> )<br>DR RAJANISH SHARMA ( <i>Alternate II</i> )                         |
| Institute of Salutogenesis and Complementary Medicine (ISCM), Puducherry     | DR ANANDA BALAYOGI BHAVANANI<br>DR MEENA RAMANATHAN ( <i>Alternate</i> )   |
| Isha Foundation, Coimbatore  | SWAMI ULLASA<br>SHRI ARUN MEHTA ( <i>Alternate</i> )   |
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| <i>Organization</i>   | <i>Representative(s)</i>   |
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This Indian Standard has been developed from Doc No.: AYD 02 (22913).

### Amendments Issued Since Publication

| Amend No. | Date of Issue | Text Affected |
|-----------|---------------|---------------|
|           |               |               |
|           |               |               |
|           |               |               |
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