
सूत्र नेति धागा — विशिष्टि

Sūtra Neti Thread — Specification

ICS 11.120.10

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October 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 from natural materials like cotton or rubber. The cotton thread is often waxed or coated for smooth passage, while rubber threads offer flexibility and softness, making the process less abrasive. 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](#).

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 Bee Wax	Without Bee Wax	
(1)	(2)	(3)	(4)	(5)
i)	Length	30 cm	30 cm	± 5 cm
ii)	Thickness	5 mm	5 mm	± 0.5 mm
iii)	Mass	1 gm	2 gm	± 25 mg, ± 0.5 gm

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

(Clause 5.2)

SI 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

Table 3 Chemical Requirements of *Sūtra Neti* Thread

(Clause 5.3)

SI 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

Table 4 Sampling Plan for *Sūtra Neti* Thread

(Clause 6.3)

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)	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 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

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/ ISO 2061 : 2015	Direct counting method (<i>third revision</i>)	IS 1504 : 1996	Beeswax, crude and refined specification (<i>third revision</i>)
(Part 2) : 2011 ISO 17202 : 2002	Untwist/retwist method for single spun yarns (<i>second revision</i>)	IS/ISO 20743 : 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 DR DEEPAK JOSHI (<i>Alternate I</i>) DR AYUSHEE KHAJURIA (<i>Alternate II</i>)
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Institute of Salutogenesis and Complementary Medicine (ISCM), Puducherry	DR ANANDA BALAYOGI BHAVANANI DR MEENA RAMANATHAN (<i>Alternate</i>)
Isha Foundation, Coimbatore	SWAMI ULLASA SHRI ARUN MEHTA (<i>Alternate</i>)
Kaivalyadhama, Lonavla	SHRIMATI RENU JAIN SHRIMATI SHALINI SRIVASTAVA (<i>Alternate I</i>) SHRI SANJEEV KUMAR DWIVEDI (<i>Alternate II</i>)
Krishnamacharya Yoga Mandiram (KYM), Chennai	SHRI T. SWAMINATHAN
Morarji Desai National Institute of Yoga, New Delhi	DR ISHWARA N. ACHARYA DR GURU DEO (<i>Alternate</i>)
Patanjali Yogpeeth, Haridwar	DR NIDHEESH KUMAR YADAV DR AARTI PAL (<i>Alternate</i>)
Ramamani Iyengar Memorial Yoga Institute, Pune	SHRI BIRJOO H. MEHTA SHRI MALAV DANI (<i>Alternate</i>)
Sivananda Yoga Vedanta Nataraja Centre, New Delhi	SHRI PRAKASH CHAND KAPOOR SHRI VIJAY (BIJAYENDER SINGH) (<i>Alternate</i>)
Shiv Naresh Sports Private Limited, New Delhi	SHRI SHIV PRAKASH SINGH SHRI VISHNU BHAGAT (<i>Alternate I</i>) SHRI GURMEHAR KAUR MODI (<i>Alternate II</i>)
Sri Sri School of Yoga, Bengaluru	SHRI MAYUR KARTHIK SHRI PUSHPDANT (<i>Alternate I</i>) SHRIMATI NIYATI PURI (<i>Alternate II</i>)
Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru	DR B. R. RAMAKRISHNA DR VASUDEV VAIDYA (<i>Alternate I</i>) MS ANUPA CHHANTYAL (<i>Alternate II</i>)

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Wintex Appare Limited, New Delhi	SHRI MAYANK GUPTA MS RANU GUPTA (<i>Alternate I</i>) SHRI KRISHNA GUPTA (<i>Alternate II</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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