**IS XXXXX : 2024**

***भारतीय मानक***

***Indian Standard***

**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](http://www.bis.org.in) [www.standardsbis.in](http://www.standardsbis.in)

**October 2024 Price Group 9**

Yoga Sectional Committee, AYD 02

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.

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

(*Clause* 5.1)

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

**5.2** 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* 5.2)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 |

**5.3** The *Sūtra Neti* thread shall conform to the chemical requirement specified in Table 3.

**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, *Min* (Initially and after 10 washes) (Optional requirement, if agreed to between the buyer and the seller) | 1 | IS/1SO 20743 |

**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.

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

(*Clause* 6.3)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sl 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 | 125 | 10 | 50 | 3 |

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

**Table 6 Number of Tests and Criteria for Conformity**(*Clause* 6.4)

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Characteristic** | **Number of Tests** | **Criteria for Conformity** |
| (1) | (2) | (3) | (4) |
|  | 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 |
|  | 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.

**8 MARKING**

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

1. Name of the product, type;
2. Name and address of the manufacturer;
3. Date of the manufacture (DOM);
4. Batch or code number;
5. Net quantity; and
6. Best before.

**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**

|  |  |
| --- | --- |
| *IS No.* | *Title* |
| 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 : 2022 | Textiles — Determination of *p*H of aqueous extract (*third revision*) |
| IS 1670 : 1991 | Textiles — Yarn — 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 : 2021 | Textiles — Determination of antibacterial activity of textile products (*first revision*) |

**ANNEX B**

(*Foreword*)

**COMMITTEE COMPOSITION**

Yoga Sectional Committee, AYD 02

| *Organization* | *Representative(s)* |
| --- | --- |
| Krishnamacharya Yoga Mandiram (KYM), Chennai | Yogacharya S. Sridharan **(*Chairperson*)** |
| 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 (*Alternate* I)  Dr Ayushee Khajuria (*Alternate* II) |
| Indian Yoga Association (IYA), New Delhi | Dr S. P Mishra  Shri P.C Kapoor (*Alternate* I)  Dr Rajanish Sharma (*Alternate* II) |
| Institute of Salutogenesis and Complementary Medicine (ISCM), Puducherry | Dr Ananda Balayogi Bhavanani  Dr Meena Ramanathan (*Alternate*) |
| Isha Foundation, Coimbatore | Swami Ullasa  Shri Arun Mehta (*Alternate*) |
| Kaivalyadhama, Lonavla | Shrimati Renu Jain  Shrimati Shalini Srivastava (*Alternate* I) Shri Sanjeev Kumar Dwivedi (*Alternate* II) |
| Krishnamacharya Yoga Mandiram (KYM), Chennai | Shri T. Swaminathan |
| Morarji Desai National Institute of Yoga, New Delhi | Dr Ishwara N. Acharya  Dr Guru Deo (*Alternate*) |
| Patanjali Yogpeeth, Haridwar | Dr Nidheesh Kumar Yadav  Dr Aarti Pal (*Alternate*) |
| Ramamani Iyengar Memorial Yoga Institute, Pune | Shri Birjoo H. Mehta  Shri Malav Dani (*Alternate*) |
| Sivananda Yoga Vedanta Nataraja Centre, New Delhi | Shri Prakash Chand Kapoor  Shri Vijay (Bijayender Singh) (*Alternate*) |
| Shiv Naresh Sports Private Limited, New Delhi | Shri Shiv Prakash Singh  Shri Vishnu Bhagat (*Alternate* I)  Shri Gurmehar Kaur Modi (*Alternate* II) |
| Sri Sri School of Yoga, Bengaluru | Shri Mayur Karthik  Shri Pushpdant (*Alternate* I) Shrimati Niyati Puri (*Alternate* II) |
| Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru | Dr B. R. Ramakrishna  Dr Vasudev Vaidya (*Alternate* I)  Ms Anupa Chhantyal (*Alternate* II) |
| The Yoga Institute, Mumbai | Shrimati Padmini Rathore  Ms Prema Parab (*Alternate* I) Ms Rohini Ghosh (*Alternate* II) |
| Wintex Appare Limited, New Delhi | Shri Mayank Gupta  Ms Ranu Gupta (*Alternate* I)  Shri Krishna Gupta (*Alternate* II) |
| Yoga Vidya Niketan, Mumbai | Shri Durgadas Shamba Savant  Neha Abhimanyu Kerure (*Alternate* I) Utkarsha Srivastava (*Alternate* II) |
| In Personal Capacity (*1/3 B, Second Floor, Jangpura - B, Mathura Road, New Delhi – 110014*) | Ms Laxmi Devi Aere |
| BIS Directorate General | Shri, Unnikrishnan A. R., Scientist ‘G’ and Head (Ayush), [Representing Director General (*Ex-officio*)] |

*Member Secretary*

Dr B. Venkateswar Rao

Scientist ‘C’/Deputy Director

(Ayush), Bis

Panel for Yoga Accessories, AYD 02/Panel 1

|  |  |
| --- | --- |
| *Organization* | *Representative(s)* |
| Morarji Desai National Institute of Yoga, New Delhi | Shrimati Himani Shokhand **(*Convener*)** |
| Morarji Desai National Institute of Yoga, New Delhi | DR I.N. ACHARYA  Dr Guru Deo |
| School of Yoga and Health, Haridwar | Prof Suresh Lal Barnwal |
| S-VYASA University, Bengaluru | Dr Manjunath N. K. |
| Yogic Heritage, Lonavala | DR G.S. SAHAY |