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सूत्र नेति धागा – विशिष्टि*

*Draft Indian Standard
Sūtra Neti Thread – Specification
ICS 97.220.99*

Yoga Sectional Committee, AYD 02

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FOREWORD

(Adoption Clause to be added later)

In Yoga Sadhana, there are various cleansing techniques called as Śaṭkarma for the purification of the internal organs of the human body. In Sanskrit ‘Śaṭ’ means ‘Six’ and ‘Karma’ means ‘Action’. These are as follows: - Neti, Dhauti, Naulī, Basti, Kapālabhātī and Trāṭaka. The main purpose of Śaṭkarma 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). Śaṭkarma 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 down in three ways i.e 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 nostril and take it out through the mouth. Then the procedure is repeated with another nostril. It helps to improve the functions of the eyes, 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.

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 : 1960 ‘Rules for rounding off numeral values (revised)’. 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

1.1 This standard specifies the constructional parameters and other requirements for Sūtra Neti for one time use only.

2 REFERENCES

2.1 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 editions of the standards.

3 TERMINOLOGY

3.1 Sutra — It refers to the thread used for Sūtra Neti Kriyā.

3.2 Sūtra Neti Kriyā — It is the process of nasal cleansing technique that comes under Shat Kriyā in Yoga with the help of the thread.

4 MATERIAL — The practice of Sūtra Neti shall be done in two ways by using cotton material that has been mentioned below.

4.1 Sūtra Neti with Wax Coated

4.1.1 The Sūtra Neti thread shall be made up of cotton, tightly wound or rolled together.

4.1.2 The length of the Sūtra Neti wiped with melted beeswax shall be 16 cm.

4.1.3 The Sūtra Neti thread shall be carefully checked for knots or dust particles as they can harm the soft nasal region and cause bleeding.

4.1.4 The colour of the Sūtra Neti thread shall be natural in colour.

4.1.5 The beeswax used in Sūtra Neti thread shall be pure 100 percent extracted honey and shall conform to IS 4941.

4.2 Sūtra Neti without Wax Coated

4.2.1 The Sūtra Neti thread shall be made up of cotton, tightly wound or rolled together and shall follow the clause 4.1.3 and 4.1.4.

5 DIMENSIONS

5.1 The diagrammatic figure of both Sūtra Neti Thread is mentioned in Annex A.

5.2 The total length of Sūtra Neti with bee wax coated and without wax coated shall be minimum 30 cm (*see* Fig. 1)

5.3 The thickness of the Sūtra Neti with and without bee wax shall be 0.5 cm.

5.4 The weight of the Sūtra Neti with bee wax coated shall be 2gm

NOTE- The tolerance of weight of the Sūtra Neti with bee wax coated shall be ± 0.1 gm.

5.5 The weight of the Sūtra Neti without bee wax coated shall be 1gm.

NOTE- The tolerance of weight of the Sūtra Neti without bee wax coated shall be ± 0.1 gm.

6 REQUIREMENTS

6.1 The Sūtra Neti shall conform to the physical requirements specified in Table 1.

Table 1 Constructional and performance requirements of sutra neti
(Clause 6.1)

S. No. (1)	Characteristic (2)	Requirement (3)	Tolerance (4)	Method of Test (5)
i)	Count of Yarn (For guidance only) Cotton count, Ne	2/30.8	± 3.0 percent	IS 1315
ii)	Weight, g/m	2-3	-	
iii)	No. of thread	55	-	Visual
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, <i>Max</i>	4.67	-	IS 1670
viii)	Fibre Identification (<i>see</i> Note)	100 percent cotton	-	IS 667
NOTE – Impurities less than 0.2 percent shall be permitted.				

6.1 The Sūtra Neti thread shall also conform to the chemical requirement specified below.

S. No.	Characteristic	Requirement	Method of Test
(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 delivered to a buyer against one dispatch note.

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 3.

Table 3 Sampling Plan for Sūtra Neti Thread
(Clause 7.3)

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)
2 to 25	3	0	3	0
26 to 90	13	1	3	0
91 to 150	20	2	13	1
151 to 280	32	3	13	1
281 to 500	50	5	20	1
501 to 1200	80	7	32	2
1201 and above	125	10	50	3

8. Test Criteria

8.1 Number of Tests and Criteria for Conformity

<i>Characteristics</i>	<i>Number of Tests</i>	<i>Criteria for Conformity</i>
Count, weight, No. of threads, Twist.	According to col 3 of Table 3	Number of non-conforming pieces not to exceed corresponding number given in col 4 of Table 3.
All other requirements	According to col 5 of Table 3	Number of non-conforming pieces not to exceed corresponding number given in col 6 of Table 3.

9 PACKING

9.1 **Packing** — 5 Sūtra Neti Thread shall be packed in a clean and hygienic conditions.

10 Marking

10.1 Each packet 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; and
- Single use only.

10.2 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 products may be marked with the Standard Mark.

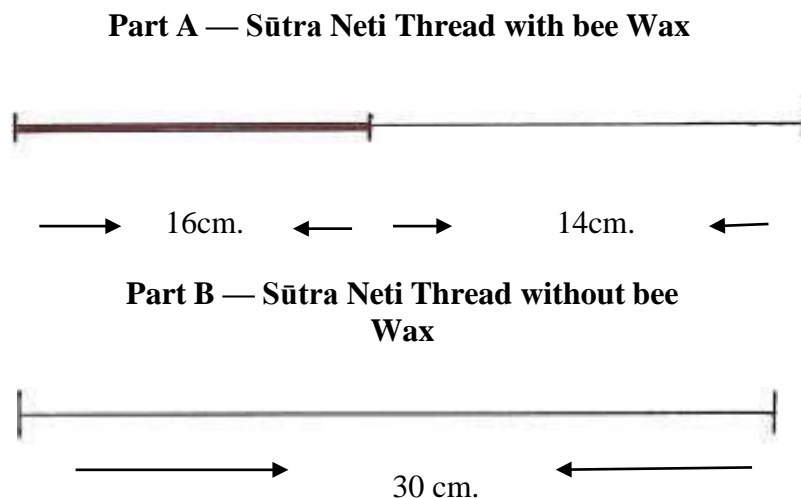


FIG. 1 CONSTRUCTION OF SUTRA NETI

ANNEX A

(Clause 2.1)

<i>IS No.</i>	<i>Title</i>
667: 1981	Methods for identification of textile fibres (first revision)
832: 2011	Determination of twist in yarns (Part 1) — Direct Counting Method(Second Revision)
832 (Part 2): 2011	Textiles — Determination of twist in yarns Part 2 Untwist/ retwist method for single spun yarns (second revision)
1315: 1977.	Method for determination of linear density of yarns spun on cotton system (first revision)
1390: 2019 1670:1991	Textiles — Determination of pH of aqueous extract (second revision) Determination of breaking load and elongation at break of single strand (second revision)
4941:1994	Extracted Honey — Specification (<i>Second Revision</i>)
IS/ISO 20743: 2013.	Textiles — Determination of antibacterial activity of textile products