

**Course Name : Bachelor of Physical Education**

**Year : IInd (Part - I)**

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 20**

**Topic no. : Section -B (3)**

**Lecture Title : Shudhi Kriyas Part - I**

### **Summary**

There are six shudhi Kriyas - Neti ,Dhauti, Basti , Nauli, Tratka and Kapalbharti. They specifically increase the vital capacity of the practitioner. After that I discussed Neti in detail. Neti works like an ENT specialist. It is a nasal cleansing process and it is of two types – Jal Neti and Sutra Neti/ Rubber Neti.