

Nose

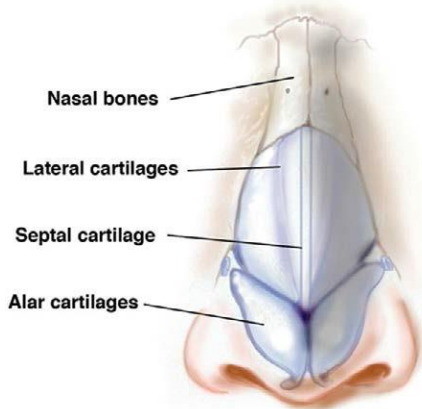
The human nose is positioned in the middle of the face, in the shape of a pyramid. Besides giving us a sense of smell, the nose receives air, warms and filters it, before it reaches the lungs.

Anatomically, the nose is a protuberance in vertebrates that houses the nostrils or nares that admit and expel air for respiration in conjunction with the mouth. The nose can be divided into two parts, namely -

Upper nose: The upper part of the human nose is largely made of bone. The top of the nose (closest to the eye sockets) consists of two nasal bones, which meet the main bone of the forehead, called frontal bone. The nasal bones are connected to form the bridge of the nose. On the outer sides of the nasal bones lie the maxilla, which extends upward from the cheekbones. The bottom ends of the nasal bones meet the septal and lateral nasal cartilage.

Lower nose: The lower part of the human nose is made of cartilage and fibro-fatty tissues. Where the nasal bones end, the bridge of the nose continues, with the septal cartilage dividing the wall. The plates on either side of the septal cartilage are called lateral nasal cartilage. Further down, the major alar cartilage runs from the tip to either side of the nose, almost all the way down to the cheeks and forms the shape of the nostrils.

The openings to the nose, called nostrils, lead to the vestibule (part of the nasal cavity lined with skin carrying nasal hair). The cartilage separating the nostrils is called the septal cartilage. Further, the nasal cavity becomes lined with a mucous membrane, which is more delicate. Sinuses are sacs behind and within the facial bones that are normally filled with air and are called 'paranasal' due to their proximity to the nasal cavities. Tiny tunnel-like orifices connect the sinuses to the nasal cavity.



Function

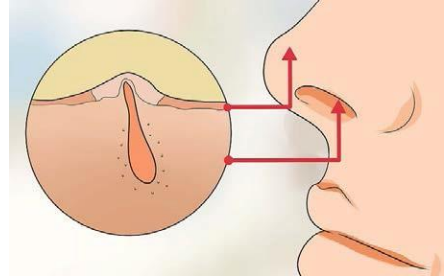
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Breathing

The nasal passages allow air to flow in and out during breathing. As a person inhales, the nose warms and humidifies the air before it reaches the lungs. The warm blood flowing through the nose helps warm the air.

Cleansing

The nose has many small hair inside the nostrils. These hair filter the air and remove dirt particles before they enter the lungs. Sneezing and blowing the nose also remove unwanted particles from the body.



Smell

Smell is one of the most important functions of the nose. The olfactory nerves are pairs of cranial nerves that connect the nose to the brain, and assist in perceiving and interpreting smells. Conditions, such as a cold, decrease the sense of smell. Some people suffer from a condition called 'anosmia', which is the inability to smell.

Taste

Although taste is a separate sense than smell, the nose plays a role in helping the tongue perceive taste. The aroma of food tantalizes the taste buds.

Voice

When the air resonates in the nose, it assists us in producing certain sounds. That is why people who suffer from a stuffy nose often sound different than normal. The shape of the septum also plays a role in determining how our voice sounds.

Problems

Some commonly seen problems of the nose are –

Sinuses

These tunnels can become blocked rather easily, when the individual suffers from a cold or an allergy attack. Blockages can develop into *sinusitis*, an inflammation of the paranasal sinus passages when

mucus is unable to drain out normally.

Symptoms can include headache, and a thick and greenish discharge from the nose.

Allergies

An allergic reaction occurs when the body's immune system mistakenly identifies a substance in the environment as a threat to the body. Allergy symptoms may include sneezing, nasal congestion, runny nose, watery and itchy eyes and sinus infections.

Nosebleeds

Nosebleeds are common when the blood-rich lining of the nose gets ruptured. These blood vessels are located under a thin layer of skin and can rupture easily.

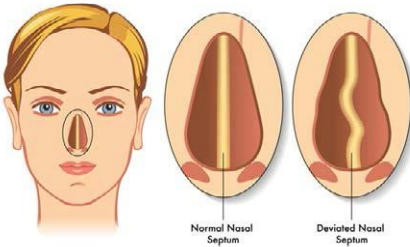


Breathing problems

Most cases that involve breathing problems through the nose are associated with allergies, sinus or a deviated septum.

Deviated septum

In nearly 80% of people, one side of the septum is smaller than the other, which is a deviation. When the septum is severely deviated, problems of nosebleeds, frequent sinus infections and difficulty in



breathing may be experienced.

Causes

There are many causes for ruptures that result in a nosebleed, such as dry air, sinusitis, allergies, colds, foreign objects in the nose, nose picking, and irritants, among others.

Nose Cleanse

Cleansing the nose with lukewarm salt water is a *yogic* technique called 'neti'. This method relaxes the entire nose and helps cleaning out mucus, dust and dirt, as well as pollen and allergy-provoking particles.

Ingredients and tools

Sea salt - as per requirement Warm

water - as per requirement Neti pot



Procedure

1. First, fill the neti pot with warm water, at a temperature suitable for the nose. Mix salt to the proportion of one teaspoon for half a litre of water; sea salt is best, if available. Mix the salt thoroughly to form an isotonic solution, which is the same as human blood.
2. Place a nose cone/spout into the right nostril, seal it inside the nostril with a few twists and a slight pressure. Try to point the spout straight up, in line with the nasal passage, so as not to block the tip of the nozzle inside the nose. Breathe gently through your mouth. Try not to sniff, swallow, laugh, talk or inhale/exhale through the nose while the water is flowing.

3. Now, slowly bend forward from the waist so that the tip of the nose is the lowest point of the head, and tilt your head to the right in such a way that the left nostril becomes the lowest point of the nose. Tilt slowly so that water doesn't



run onto your face. Keep the nose cone fully sealed into the right nostril so that it doesn't leak. Continue to breathe through the mouth while the water runs out the left nostril. Keep breathing slowly and gently through the mouth. After the water begins to run, wait for 30 seconds, or until half the pot has poured from right to left. Remove the pot and stand up.

4. Blow out gently through both nostrils to clear water and change sides.
5. Repeat steps 2 and 3, but make sure that the nose cone enters the left nostril and the water flows from left to right. After the pot runs dry, stand up, blow out gently through both nostrils and prepare to dry out the nose.
6. You may repeat the process several times, in case your mucus blockage does not get cleared in the first attempt.
7. Instead of the water-salt solution, colloidal silver water can also be used for neti.

Note: A neti pot is nothing but a common kettle shaped pot with a long spout that can be inserted into the nose. However, it is not essential to buy that pot. Any ordinary open bowl can be used to prepare the salt solution. Instead of the spout of the neti pot, use a big dropper, which will fit snugly in the nasal cavity.



Precautions

If the water runs out slowly, or if it doesn't come out through the other nostril, do not get alarmed. Check if you are doing any the following -

1. Perhaps you are pressing the spout/nose cone too hard into your nostril, preventing the flow of water.
2. If the spout/nose cone is not fitted tightly into the nostril, the water may run out of the same side.
3. If you have a cold or a blocked nose, the water does not always flow through immediately. In this case, keep the spout cone in your nose for a few minutes to allow the salt water to loosen the congestion. Then, blow your nose carefully, one nostril at a time, and change sides repeatedly until the water begins to flow. At first, it will come out in drops, and then in a steady stream.
4. If water flows down in the mouth, this may be due to a blocked nose. In such a case, alter the pressure of the water.
5. If a lot of water runs down into the mouth, adjust your body

position by bending further.

Drying the nose

Drying the nose properly is a very important part of the neti practice. People with high blood pressure should be careful. If you feel dizzy while draining the nose, stand upright to dry.

- First, bend forward from the waist and hang the head upside down with the nose pointing toward the floor, letting any residual water drain from the nose. Then, point the nose toward the knees. In each position, gently breathe in through the mouth and exhale through the nose ten times. A few droplets of water may run down.



- Then, stand up and breathe rapidly through the nostrils. First, do ten breaths through both nostrils together, sniffing in and out moderately, emphasising more on the exhalation. Then, close the right nostril with a finger and do ten rapid sniffing breaths only through the left nostril. After, close the left nostril and do ten sniffing breaths only through the right nostril. Finally, do ten breaths again through both nostrils together. This should clear and dry the nose. If it feels as if there is still some water left in there, repeat the whole drying process again.

Benefits

- Neti not only stimulates the mucus membranes in the nose, but also clears the air passage all the way down to the lungs, which is especially beneficial to smokers. Nose cleansing activates all mucus membranes in the body, including that of the stomach and eyes.
- The movement of the cilia hairs can be paralysed by virus and allergy-provoking substances. Also, when it dries out, the mucus becomes tough and crusty, and loses its function.

Cleansing with salt water keeps the mucus moist, stimulates the cilia hair and encrustations, and removes dust as well as allergy-provoking substances.

- In case of problems with dry mucus membranes, which is often the case with dry air in offices and other places, you may add a drop of almond oil (or any other plant oil) to the water.
- Regular use of neti can also prevent colds, as it changes the pH value to alkaline. When the mucus membrane is too acidic (which means that the pH value is too low), the virus can survive and become attached to the mucus membrane and cause an infection.
- Many people can even experience sinusitis-like symptoms when the orifices close for other reasons, such as stress. Neti can consistently relieve psychosomatic ailments, such as asthma.
- Neti can also help with many ailments or illnesses, e.g. cold and allergies. The relaxing effect can relieve or cure different forms of headaches, such as migraine, chronic sinusitis and physical tiredness. People with allergies benefit when they rinse their nose during the pollen season.



Conclusion

The effects of neti are very comprehensive and can be employed for many purposes. It is up to you to use it according to the benefit you wish for. You may make it a daily routine together with brushing the teeth, or as a 'medicine' to quit smoking, or combine it with yogic breathing exercises, or simple to feel refreshed. Regular nose cleansing can help you lead a healthy and productive life.

A Liver cleanse improves the benefits of a Lung Cleanse.