

Body Cleansing Therapy by Yoga

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Yogasana is one of the most ancient forms of Indian culture. In which the process of purification of the body is mentioned. The purification process is mentioned from time to time as a means to increase the health of the human body and to keep the body strong and healthy throughout the whole life. As is the case in Yoga Shastra, six karmas are associated with the purification process of the body.

In Ayurveda's Panchakarma, sneham sweat is pre-karma, and vomiting, defecation, anuvasana Basti, asthapan Basti, Nasya are the references to panchakarma.

While in Yoga Shastra in Shat Karma

1. DHAUTI: -. Cleansing of the digestive tract
2. BASTI: - Cleansing of the large intestine
3. NETI: - cleansing of nasal passages
4. TRATAKA: - cleansing of eyes
5. NAULI: - cleansing of abdominal organs
6. KAPALBHATI: - cleansing of frontal lobes

As a house starts firmly on its foundation the same way in the yogic journey our body needs a strong foundation that becomes the base for the whole practice of yoga. The base here we talking for our body is the cleansing of our internal system of organs in the yogic tradition.this cleaning is known as "shatkarma" And "shut kriyas".

In modern science says our internal organsare comprised of 11 major systems include circulatory, respiratory, digestive, excretory, nervous, and endocrine systems. To make sure the healthy and proper functioning of the body as a whole the cleansing of the organ system is very important regularly.

SHATKARMA: - shatkarma is a set of six preparatory practices used by ancient Yogis to purify the body internally, thus prepare them for higher practices of asanas and pranayama.

The term shatkarma is original taken from the Sanskrit language which has two root words shat and Karma.

Shat means 6 and Karma here is referred to is action perform to achieve some desired result.

Shatkarma is also called shat kriya as it's the Hindi translation of the term shatkarma (karma-kriya).

Why should we purify the body? (Importance of shatkarma)

consider the human body as a computer system. The external body which we can touch or see is like the hardware of the computer system while the internal body works as a software.

The external body is easy to get purified through daily routine activities like wash, bath, and brushing, etc. While the inner body organs cleansing by stool, urine, perspiration but our body has a large number of bad materials which not cleaned by the above route properly. a yoga practitioner needs to purify their inner body organs from time to time to make sure the proper working of yogic practices on the body.

There are mainly two traditional texts "Hath yoga pradipika" and "Gherand Samhita" that have described shatkarma in a detailed manner.

Shatkarma in Hatha Yoga Pradipika (HYP)

Swami Swat Marama, author of classical Hatha yoga text has prescribed the practice of shatkarma only for these people.

1. People who have excessive fat for mucus accumulation in the body.
2. When there is an imbalance comes in doshas, In HYP
3. The yoga sage Gherand Propagated is also called Ghatastha Yoga which has seven limbs, in contrast to 8 limbed yoga that came from the yogasutra.

7 limbs mentioned in Gherand Samhita are: -

1st limb- Statkama- for purification of the body.

2nd limb- Asana- strengthens the body.

3rd limb- Mudra- bring steadiness in the body

4th limb- Pratayahara- withdrawal of senses from the outer world.

5th limb- Pranayama- bring lightness in the body.

6th limb- Dhyana - for inner perception.

7th limb- Samadhi-The ultimate goal of yoga.

The sequence of 6 practices of shatkarma according to sage " Gherand" is also a little different than the Hath yoga pradipika. Here shatkarma sequence is;

1. DHAUTI

2. BASTI

3. NETI

4. NAULI

5. TRATAKA

6.KAPALBHATI

1. DHAUTI: -cleansing of the Digestive tract:

Dhauti is the first shatkarma that translates as "washing" in this kriya. Different techniques like "Vaman Dhauti", "VastraDhauti", " DandDhauti", "Kunjalkriya" are included in Dhauti.

Vaman Dhauti: - is also called kunjalkriya drinking a large quantity of lukewarm water with Sindhav and then vomit it out to remove extra mucus from the food pipe.

VastraDhauti: - A clean Muslin cloth drowned in tepid water is swallowed and held in the stomach for a few minutes then it's pulled out from the mouth and that brings out impurities in the intestinal tract.

2. BASTI: - cleansing of the large intestine.

Basti is second in the sequence of shatkarma that treats almost 50% of abdominal disease. In Ayurveda, Basti includes in panchakarma and it is half treatment of whole-body disease done by "Vata" Dosha.

Basti purifies the whole colon system to the rectum.

Types of Basti: - it has two types based on the procedure of practices: - Sthala Basti and Jala Basti. In Ayurveda Basti also has two types

- Kwath Basti (medicated water): - Asthapan Basti,
- Snehan Basti (Oil): - Anuvasan Basti.

3. NETI: - cleansing of Nasal passages.

Neti is the third shatkarma that deals with purifying nasal cavities from accumulated impurities. It's very important to clear the nasal cavity as it is the pathway to Prana we take through breathing.

In Ayurveda "Nasya" is the same type of cleaning method as Neti.

Breathing works like fuel to charge up the human body. If the fuel (Breathing) is dirty for any reason it can make us unhealthy. Unclean nostrils are could be one of the main reasons for irregular breathing.

Types of Neti: - Neti is basically of two types based on their procedure.

Jala Neti: - In this Neti Jala (water) is used as a cleaning tool to remove the impurities of nostrils. using the Neti pot water is poured into one nostril and then under the effect of gravity is expelled out through another nostril.

Sutra Neti: - In this Neti rubber thread (Sutra) is used to massage the nasal pathway in such a manner that it opens blockages present in the nostrils.

4. TRATKA: - Cleaning of eyes: -

Trataka shatkarma is an Eye exercise that involves steady and continuous gazing of eyes at any reference point. The reference point in the trataka practice could be any external object. The most common object used in Trataka for reference point is an illuminated candle. Tratak Karma increases concentration power and purifies the mind from fluctuated thought patterns.

5. NAULI: -cleansing of abdominal organs.

In Nauli shatkarma, the movement of the lower abdominal muscle is ensured that stimulate the digestive fire.

It is necessary yogic kriya that maintains movement in all muscles of the abdomen. like flowing water, it is a sign of its purity, in the same way, Nauli practice purifies the liver, spleen, urinary bladder, pancreas, gallbladder, and intestine by its massaging effect. Improve digestion power and appetite.

Types of Nauli: -

Madhya Nauli

Vama Nauli

Dakshina Nauli

6. KAPALBHATI: - cleansing of frontal lobes

Kapalbhati is the last shatkarma that works on improving the functioning of the brain because of kapalbhati practiced by yoga practitioners as breathing techniques so it's also known by "Kapalbhati Pranayama". In Kapal Bhati abdominal wall rapidly draws in and out in conjunction with the breathing.

Precautions of Shatkarma: -

- Practice under the supervision of an expert
- use clean and sterile equipments like Neti pot, water, rubber thread, cotton cloth, etc.
- pregnant women shouldn't practice it.
- before practicing shatkarma lighten up your diet.
- keep calm while practicing shatkarma.

Benefits of Shat Karma: -

- Channelize the flow

of prana in nadis

-Helps to balance the Tridoshas.

-Development of the Immune System.

-Better connectivity of the Mind, Soul, and Body.

REFERENCE: -

1: - The Organ System of the Human body

<https://study.com/academy/lesson/>

2: - Excretory System

<https://www.scienceclarified.com>