

19



373en19

SHATKARMA

Read the conversation between Neha and her teacher-

Neha : Madam, we have learnt about yog in the previous lesson. May I also practise Yog?

Teacher : Sure, it is very necessary for all of us to practise yog to remain physically, mentally, emotionally and spiritually fit and healthy.

Neha : But I am very fat, I have sinusitis and acidity problem.

Teacher : Neha, you should start Shat Karma first to get rid of your physical problem. Then you should do other parts of Hath yog and yog.

Neha : Madam, what is Shat Karma. Please elaborate it properly.

Without proper cleansing, our mind and body will never be ready to receive maximum benefits from the yogic practices which are meant to propel the soul towards a higher sense of consciousness. Hence, *Shatkarma* practices are useful to purify subtle body through the cleansing of physical body. Let's now know about the Shat Karma i.e. meaning, types, precautions etc. in detail.



OBJECTIVES

After studying this lesson you will be able to:

- explain the meaning of Shat karma;
- describe various components of Shat Karma;
- learn the Shat-Karma practices for detoxification and
- explain precautions and benefits of Shat Karma.



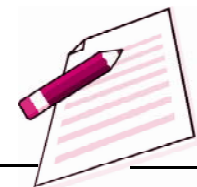
19.1 MEANING OF SHATKARMA

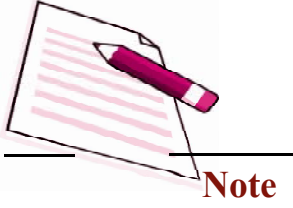
'**Shat**' is a Sanskrit word representing a numeric term as 'Six' and **Karma** means- 'action/procedure'. It means combination of six types of actions, which are done primarily for purification process and cleansing practices of specific bodily organs in yog.

Physical Education and Yog



Note





According to the Hath Yog and Ayurveda all our diseases occur due to the imbalance of tri-dosha i.e Vata (air element), Pitta (fire element) and Kapha (earth element). Hath Yog says that you need not take medicines to get rid of your diseases as these may have many side-effects. In order to avoid these medicines one can do Shat Karma as it balances all the five elements i.e. air, fire, earth, water and space of our body and make us physically fit which enables you to practise higher level of yog like Asana, Pranayam, Dharna and Dhyan etc. Shat-Karma creates harmony between the two major pranic flows- **Ida Nadi** (via left nostril) and **Pingala Nadi** (via right nostril). This way it helps in attaining physical cleaning and also keeps a balance between these two *Nadis*, which in turn helps to open the entry point of Sushumna Nadi- a gate way of Kundlini Shakti-the ultimate aim of Hath yog. But, remember one thing that it should be practised under guidance of expert.



INTEXT QUESTIONS 19.1

- 1) Complete the sentence to make them meaningful.
 - a) Shatkarma procedure is mainly for
 - b) Cleansing practice of specific bodily organs is
 - c) According to and Ayurveda all our diseases occur due to the imbalance of
 - d) In order to avoid medicines one can do as it balances
 - e) Shatkarma creates harmony between the two major pranic flows and

19.2 VARIOUS COMPONENTS OF SHAT KARMA

Shatkarma is a purification process of the body in the context of *Yog*. As we have studied above that there are six cleansing procedures in ShatKarma. They are:

धौतिर्बस्तिस्तथा नेतिस्त्राटकं नौलिकं तथा । कपालभांतिश्चैतानि षहट् कर्माणि प्रचक्षते ॥
(हठ.2 / 22)

Shatkarma are as follows -

- 1) Dhauti
- 2) Basti



- 3) Neti
- 4) Trataka
- 5) Nauli
- 6) Kapalbharti

Above these six actions in Hath Yog are called purification practices.

1) DHAUTI

Dhauti karma is the first procedure described in ShatKarma. 'Dhauti' is a Sanskrit word which means- 'Washing or cleaning'. In Gherand a Samhita four types of Dhauti have been described, which are: AntarDhauti, DantaDhauti, HridDhauti, and Moolshodhan.

Table No.2.1: Table Showing Types of Dhauti

Antardhauti	Dantadhauti	Hriddhauti	Moolshodhan
Vaatsaar	Dantmool	Dand	-
Vaarisaar (Shankh prakshalana)	Jihvamool	Vaman(Kunjali)	-
Vahnisaar	Karnrandhra	Vastra	-
Vahishkrit	Kapalrandhra	-	-

In Hatha Yog Pardipika Vastra Dhauti and Gajkarni have been mentioned under the Dhauti Karma.

In terms of practice here we will discuss Vaman Dhauti (Kunjali) in detail.

VAMAN DHAUTI (KUNJALI)

Vaman Dhauti is commonly known as Kunjal. This cleanses the mouth, food pipe and stomach. It is the most commonly practised procedure. This practice should be done in the early morning with empty stomach. In this Kriya drink saline (salt) lukewarm water until the feeling of vomiting starts.

Pre and Post preparation and Discipline:

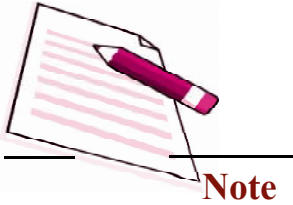
- This kriya should be done after defecation (clearing the bowels).
- The kunjali Kriya is carried out in the early morning with empty stomach.
- Clean the hands and cut the nails before Kunjal.
- Keep the jug and glass near to you.
- Mix saindha namak (rock salt) into lukewarm water as told (procedure given below).



Note



Yogic Practices



- After Kunjal kriya one should eat Khichadi with ghee.
- Do not use chilly-spices on the day of completion of Kunjal Kriya.

Method:

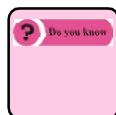
- 1) Sit in *Kagasana*.
- 2) Drink lukewarm saline water one by one glass continuously until the feeling of vomiting starts. That means when one cannot drink water anymore.
- 3) Then stand up and bend forward from the waist.
- 4) Then open the mouth and start rubbing root of the tongue by three fingers of the right hand.
- 5) At the beginning of the practice the water can come in small quantity but after repeat touching the root of the tongue, vomit starts. After long time practice, vomit starts without putting fingers at the root of the tongue.
- 6) This kriya should be done once a week.

Benefits:

- Kunjal Kriya is useful for maintaining the health of a healthy person.
- It is useful to clear the acidity of the stomach.
- Asthma patients also get relief from its practice.
- It removes the foul smell of the breath and the phlegm of the throat.

Precautions:

- Persons suffering from hypertension, stomach ulcers and cardiovascular diseases should not practice it.

**DO YOU KNOW?**

- How to prepare water for cleansing practice and what should be the temperature of lukewarm water?

Take boiled water or heat sterile water to that extent so that the water becomes lukewarm. To check the temperature of the water pour some water on the back of the palm. It should be bearable to the skin.

- How much salt is to be added to make saline water?

Add the sufficient quantity of rock salt to the lukewarm water so that the taste of water becomes similar to the taste of tears.





ACTIVITY 19.1

See how kunjil is performed and try to do it your-self under the guidance of trainer.

2) BASTI KRIYA

Basti Kriya means the 'Enema' (cleansing of intestines through anal route). In the ancient times Yogis stand in the river or the pond at the level of navel and used to pull the water into the intestines through the anus and then used to remove the water from the anus again.

Modern Enema

It is a refined form of this ancient Basti Kriya. No one will be ready today to perform the Basti Kriya in the river. Therefore, instead of performing the Basti Kriya in the river, the 'Enema' apparatus are being used. Lemon-water or salt water is allowed to enter inside the intestines through an enema apparatus. If there are any obstructed faeces present in the colon they get released and the colon becomes clean. Person suffering from constipation gets benefit immediately by giving enema. Periodically taking an enema keeps body healthy.

The best time to perform this practice is early in the morning with empty stomach.

3) NETI KRIYA

Neti means cleaning of the nose and its surrounding area. It also improves eye sight and helps in treating disorders of nose. It is of two types:

- 1) Jal Neti
- 2) Sutra Neti

Jal Neti



Fig.19.1: Jal Neti

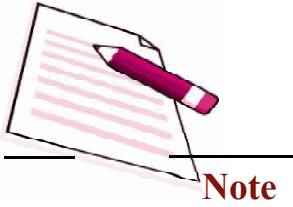


Note



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**Method:**

- 1) Sit in *Kagasan*.
- 2) Take lukewarm saline water in the Neti pot.
- 3) Put the cone of Neti pot into the left nostril and keep the right nostril slightly downwards by tilting the head towards right.
- 4) During procedure take breath from the mouth by keeping the mouth open.
- 5) The water starts coming out from the right nostril. Also, phlegm/mucus comes out along with the water.
- 6) Do the similar procedure with the other nostril.
- 7) Immediately after Jal Neti the *Kapalbharti* should be performed so that the water remaining inside the nostrils also come out and the nostrils get fully opened.
- 8) After this, relax in *Shashankasan* for some time.

Time- Jal Neti is performed only in the morning with empty stomach.

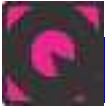
Benefit-It removes nasal tract problems for example- running nose, cough, sinusitis etc.

Sutra Neti:

Fig.19.2: Sutra Neti



In *Sutra Neti*, a waxed cotton thread is traditionally used to clean the nasal cavity. This waxed cotton thread is inserted into the nose and then pulled out from the mouth. Then both ends are held with the hands and nasal cleaning is done by to and fro motion of the thread. Nowadays, a rubber catheter is used instead of the thread and it is easily available in any medical store.



INTEXT QUESTIONS 19.2

A) Fill in the blanks with appropriate word:

- 1) Six cleansing procedures of shatkarma are
- 2) First procedure described in shatkarma is.....
- 3) Kunjal is the common name for
- 4) Gherand Samhita described types of dhauti.
- 5) Meaning of Basti is
- 6) Cleaning of nose and its surrounding area is known as
- 7) Immediately after Jal Neti should be performed.

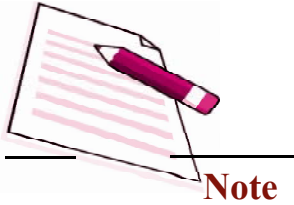
B. Mark the following sentence as 'True' or 'False':

- 1) Sadhak can sit in any asan for kunjal. ()
- 2) Kunjal should be done once a week. ()
- 3) Basti is the procedure where cleansing of intestine is done through anal route. ()
- 4) During Jal Neti mouth should be closed. ()
- 5) After Jal Neti relaxation is done in Shashankasan. ()



Note





4) TRATAK KRIYA

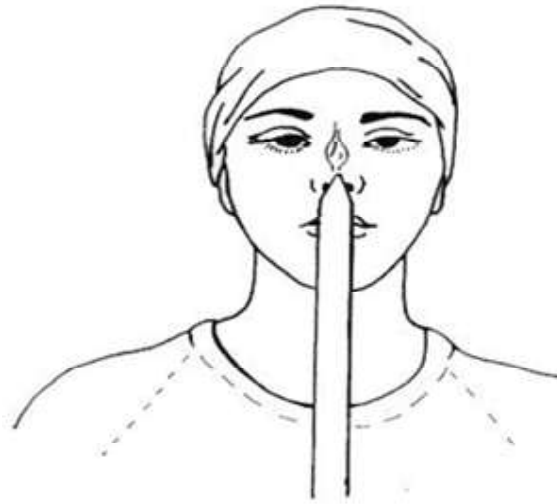


Fig.19.3: Tratak Kriya

Looking intently with blinkless gaze at a small point until tears are shed is known as Tratak Kriya.

Tratak is practised to activate unknown powers of the mind. Tratak is extremely powerful sadhna.

Method:

- 1) Light the *Ghee* lamp and keep it in front of the eye level at about 4 feet. Candle can also be taken in the absence of *Ghee*. The lamp should be placed in wind free area.
- 2) Sit in Padmasan or Sukhasan, keeping the back straight. Relax the whole body and be calm and quiet.
- 3) Now open your eyes and gaze at the flame of the lamp without blinking.
- 4) Gaze for as long as possible without strain.
- 5) When the eyes begin to tire, burn or shed tear then gently close your eyes.
- 6) Again open the eyes and start with the same procedure.
- 7) Slowly increase the practice. With practice, one can go from few seconds to few minutes without blinking. Do not extend it beyond 20 minutes.

Time: This kriya should be done regularly to get benefits.

This can also be done by drawing a black dot on the paper or on the symbol of “Aum”, instead of ghee, candle can be used.



Benefit: It helps in developing concentration. It strengthens the eye muscles.



ACTIVITY 19.2

Practise Tratak regularly for 15 days and write your results/ experience.

5) NAULI KRIYA

It is the yogic exercise where the turning of the abdominal muscles take place.



Fig.19.4: Nauli Kriya

Method

- 1) Stand upright with two feet gap between legs.
- 2) Place both hands on the knees and lean slightly forward.
- 3) Look on the stomach and exhale completely to get in Uddiyan bandha.
- 4) Abdominal muscles will align and emerge out at the center of the abdomen. It shapes like a naal (tube/stalk).
- 5) Try to rotate emerged abdominal muscles from right to left and then left to right.
- 6) Placing these emerged abdominal muscles at the center of the abdomen is termed as “*Madhya Nauli*”, at the right side it is termed as “*Dakshin Nauli*” and at the left side it is termed as “*Vama Nauli*”.

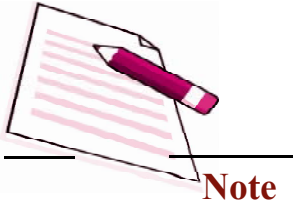


Note



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This kriya should be learned by all the Yogis.

Time- Its practice should be done in early morning, before meals and on empty stomach.

Benefits-

- It massages all the abdominal organs and keeps them healthy.
- It removes constipation and strengthens the digestive system.

Note: Patients suffering from hernia, ulcer, chronic renal and cardiovascular diseases should not practice it.

6) KAPAL BHARTI

The meaning of the ‘Kapal’ is ‘the brain’ and ‘Bhati’- to shine, i.e, kriya that cleans and shines the brain is called Kapalbhati.

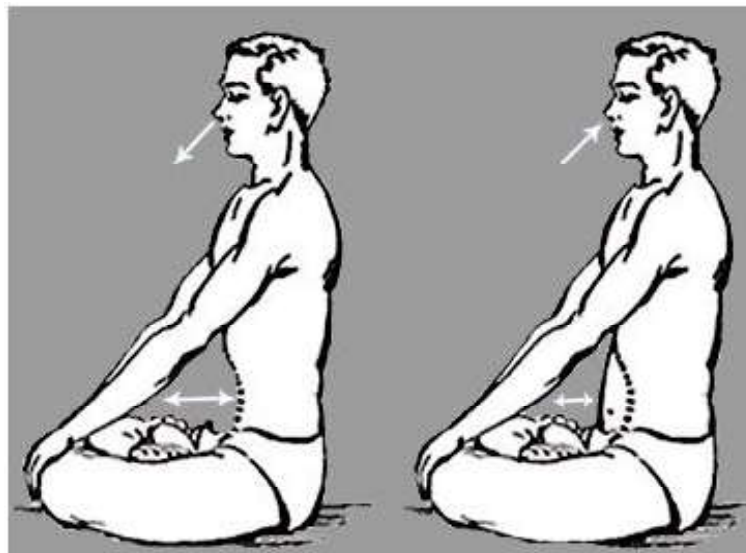


Fig.19.5: Kapal Bhati

Method

- 1) Sit in Padmasana or Sukhasana with straight spine.
- 2) Keep both hands on the knees.
- 3) Take a deep breath normally by relaxing the abdominal muscles.
- 4) Exhalation should be rapid and forceful while the inhalation is normal.
- 5) Holding of breath is not done in Kapal bhati. Only exhalation and inhalation is practiced.
- 6) Exhalation is the main part of Kapalbhati.



- 7) Repeat the same procedure about 20-25 times and gradually increase the time of practice.

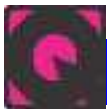
Time: practice can be done on empty stomach.

Benefits:

- It purifies the lungs and blood by increasing the amount of oxygen in the body.
- It calms down the mind.
- Regular practice helps in reducing the weight and detoxifies all the systems of the bodies.

Precaution:

- This is not suitable for heart and high blood pressure patients.
- Do not practice it in the summer for a long time.



INTEXT QUESTIONS 19.3

A) Fill in the Blanks with appropriate word:

- 1) Looking intently with..... gaze at a small point until tears are shed is known as.....
- 2) Asanas for practising Tratak and Kapalbhathi are.....or.....
- 3) Tratak helps in developing.....
- 4) During Nauli kriya exhale completely to get in.....
- 5) Kriya that cleans and shines the brain is called.....
- 6) In Kapalbhathi exhalation should be.....and..... while the inhalation is
- 7)is the main part of Kapalbhathi.

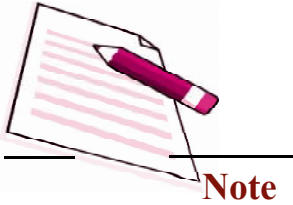
B) Mark the following sentence as 'True ' or 'False'

- 1) Tratak should be done regularly to get its benefit. ()
- 2) Tratak strengthens eye muscles. ()
- 3) Nauli kriya is done in sitting position. ()
- 4) Patients suffering from hernia, ulcer, and chronic renal and cardiovascular diseases can do Nauli kriya. ()



Note





- 5) While doing Tratak and Kapal Bhati no need to keep spine straight. ()
- 6) Holding of breath is done in Kapal Bhati. ()



WHAT YOU HAVE LEARNT

- ‘Shatkarma’ (also known as Shat kriya) is a compound word consisting of ‘**Shat**’ and **Karma**. ‘**Shat**’ is a Sanskrit word representing a numeric term as ‘Six’ and **Karma** means-‘action/procedure’.
- *Shatkarma* is a purification process of the body. There are six cleansing procedures in ShatKarma namely-1. Dhauti 2. Basti 3. Neti 4. Tratak 5. Nauli 6. Kapalbhati. These six actions in Hath Yog are called purification practices.
- Dhauti karma is the first procedure described in ShatKarma. There are many types of Dhauti but in terms of practice we have described Vaman Dhauti which is commonly known as Kunjal. This cleanses the mouth, food pipe and stomach. It is the most commonly practised procedure.
- Basti Kriya means the ‘Enema’ (cleansing of intestines through anal route). Now a days it is done by Basti apparatus with lemon or salt water.
- Neti means cleaning of the nasal passage and its surrounding area. It also increases eye sight and helps in treating disorders of nose. It is of two types- 1. Jal Neti- with lukewarm saline water. 2. Sutra Neti- with wax coated cotton thread.
- Tratak kriya- Looking intently with blinkless gaze at a small point until tears are shed is known as Tratak Kriya. It helps in developing concentration
- Nauli Kriya- the yogic exercise where the turning of the abdominal muscles take place. Placing these emerged abdominal muscles at the center of the abdomen is termed as “*Madhya Nauli*”, at the right side it is termed as “*Dakshin Nauli*” and at the left side it is termed as “*Vama Nauli*”.
- Kapal Bhati- kriya that cleans the brain is called Kapalbhati. Exhalation is rapid and forceful while the inhalation is normal. Holding of breath is not done in Kapal Bhati. Only exhalation and inhalation are practised.





TERMINAL QUESTIONS

- 1) What is meant by ShatKarma? Explain the procedure.
- 2) Write the types of Dhauti as described in various Samhitas.
- 3) Write Pre and post preparations and discipline of Vaman Dhauti.
- 4) Write any two benefits of Kunjal Kriya.
- 5) Write the benefits of Neti Kriya.
- 6) Write benefits and precautions of Kapal Bhati.
- 7) Describe first three procedures of Shat Karma in detail while explaining Shat Karma.
- 8) Describe last three procedures of Shat Karma in detail while explaining Shat Karma.



ANSWERS TO INTEXT QUESTIONS

19.1

- 1) a) Purification
- b) Shat karma
- c) Hath Yog, Tridosha
- d) Shat karma, all five elements
- e) Ida and Pingala Nadi

19.2 (A)

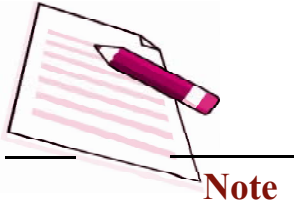
- 1) Dhauti, Basti, Neti, Tratak, Nauli and Kapal Bhati
- 2) Dhauti
- 3) Vaman Dhauti
- 4) Four
- 5) Enema
- 6) Neti
- 7) KapalBhati



Note



Yogic Practices



B) Mark True or False

- 1) False
- 2) True
- 3) True
- 4) False
- 5) True

19.3A

- 1) Blinkless, Tratak
- 2) Padmasan, Sukhasan
- 3) Concentration
- 4) Uddiyan Bandh
- 5) Kapal Bhati
- 6) Rapid, Forceful, Normal
- 7) Exhalation

B

- 1) True
- 2) True
- 3) False
- 4) False
- 5) False
- 6) False

