

## Practical 28



### Kunjal Kriya – Vaman Dhauti

It is commonly called as Kunjal kriya which clean the food pipe and upper digestive tract.

#### Aim

To perform the Kunjal Kriya.

After completion of this practical you will be able to perform and demonstrate Kunjal kriya.

#### Requirements

- Luke warm water – 2 to 3 litres
- Salt – 3 tea spoon
- Tissues and Hand towel – 1

#### Method

##### Place for practice

It should be performed in a clean and hygienic place with proper drainage facility (Sink or wash basin).

##### Preparation of Water

Boil the water and use it when it comes down to body temperature. Add 1 tea spoon of salt for 1 litre of water.

##### Preparation of pot

Sterilize before it is used.

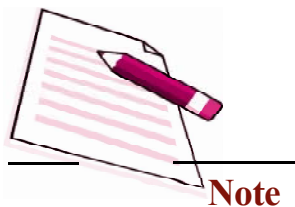
##### Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.
- Cut the finger nails short.
- It should be performed after brushing, attending natural calls in the morning and in the empty stomach.



#### Note





**Method**

1. Sit in Kagasana.
2. Drink luke warm saline water one by one glass continuously until the feeling of vomiting starts. That means when you 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.

**Benefits:**

- It is useful for maintaining the health of a healthy person.
- It is useful to clear the acidity of the stomach.
- It removes the foul smell of the breath & phlegm of the throat.

**Contra-indications**

- High blood pressure, Peptic and duodenal ulcers and weak eye muscles.

**Effects and Observations**

- Perform this practice as mentioned above for once in a week for 8 weeks and observe the effects

Physical Effects	1w	2w	3w	4w	5w	6w	7w	8w
Lightness of stomach								
Acid reflux								
Relaxation in upper back								
Headache								
Pleasant mental stress								
Clearing of mucous from throat								

- ✓ or × under physical effect and submit the record.



**Observation**

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**Remarks**

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**(Signature of the Instructor)**



**Note**

