

Demonstration on “Pranayam and Shuddhi Kriyas”

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Asanas cleans the body before pranayam cleans chitta or super-consciousness shatkarmas or the cleansing techniques are done before pranayam

Shatkarmas or the shuddhi kriyas are done before pranayama to cleanse the naddis properly. If there is mucus, pranas cannot flow easily. If the thri-doshas, vata, pitta, kaphas are in balanced conditions, One can begin pranayam directly by nadi shodhan pranayams. If there are imbalance in doshas you should do shatkarmas before pranayam.

According to the hathayoga the six the cleansing techniques are as follows:

Netī - nasal cleaning.

Dhautī - cleaning of the digestive tract.

Naulī - abdominal massage.

Basti - colon cleaning.

Kapālabhātī - purification and vitalisation of the frontal lobes.

Trāṭaka - blinkless gazing.

Gherand Samhita has subdivided it according to the medium,

Neti is subdivided into two parts:

1. Jala neti,
2. Sutra neti

Jala neti: Toxins or impurities are removed, less demand of oxygen and more elimination of carbon dioxide the body works efficiently. Jalaneti is done with A jalaneti pot with 1gm salt in 1 liter of warm water, check which nostril /nasal passage is working, start from it, tilt yourself insert jalaneti pot and keep mouth open first fro right to left then left to right. Netis are working of seven places. water should not enter anywhere else. After completion from both sides, practice kapalbhathi, active exaltation and passive inhalation. Neti removes the disorders of upper exterimities, impurities of sinus, every tissue gets vibrated, tones asthama, cold, cough, congestion, sinus, removes mucous and cough and massages. Make sure that water should not enter the eustatisan tube.

Kapalbhati: After completion from both sides, practice kapalbhati ,active exaltation and passive inhalation. Every tissue gets vibrated, it is very good for sinus, cold.

Vatakrama kapalbhati, a practice with air in which exhalation is active while inhalation is passive, the opposite of normal breathing.

Vyutkrama kapalbhati, a practice similar to Jala neti, it involves sniffing water through the nostrils and letting it flow down into the mouth and then spitting it out.

Sheetkrama kapalbhati, can be considered the reverse of Vyutkrama kapalbhati, in which water is taken through the mouth and then expelled through the nose.

Sutra neti / neti: In rubber neti, rubber tube should not touch the olfactory mucosa or else it will

irritate so don't put the rubber tube straight. Gently insert through the nose and into the mouth. The end is then pulled out of the mouth by gulping action and then holding both ends at once the string is alternately pulled in and out of the nose. It massages on all sides and remove from the mouth. Avoid when chronic tonsillitis or nose bleeding. In tonsillitis rubbing and massaging with rock salt, turmeric and honey on tonsils can reduce the pain. Rubber neti is done with full body-mind coordination.

Dhauti : Dhauti is to the cleanse. of the digestive tract in its full length but it affects also the respiratory tract, external ears and eyes.

According to Gheranda Samhita, it is divided into four parts called:

a. Antar (internal) dhauti

Vatsara dhauti/ Bahiskrut is advanced technique ,we do not teach, swallowing air into the stomach and expelling it through the anus after passing it through the intestines.

Varisara dhauti (aka **shankhprakashalana**), evacuating a large quantity of water through the bowels. It can be further subdivided into **laghoo shankhprakashalana**, a short form in which only six glasses of warm saline water are taken and expelled, and **poorna shankhprakashalana**, the full form in which sixteen glasses are taken and expelled.

Vahnisara dhauti (aka **agnisara kriya**), rapidly breathing in and out while simultaneously expanding and contracting the abdomen improves agni/fire which is dormant and it gets stimulated with this. Digestive enzymes get stimulated.

b. Danta (teeth) dhauti:

- **Danta mula** is the cleaning of the teeth by usual methods. It also includes:
- **Jihva mula**, cleaning the tongue,
- **Kapalrandhra**, cleaning the upper back portion of the soft palate, is good for eyes. **Karna dhauti**, cleaning the ears, improves the power of auditory canal.

c. Hrid (abdomen and lungs region) dhauti;

Vaman dhauti /gajakarni(aka **vyaghra kriya**), It is called **kunjali kriya** if performed on a stomach empty of solid food, drink maximum amount of water and vomit. **Plesum, sputum**, Skin, spleen almost 20 varieties get cured by dhauti.

Danda dhauti, cleaning the oesophagus, from the throat to the stomach, by inserting a specially prepared stick. In olden days turmeric or cane stick was used. Now a days rubber tube is used, Swami Kuvalyanand has invented this tube for hygiene purpose. This tube is inserted in the gullet/stomach after intake of water, water starts coming from the stomach, vacuum is created this vacuum is named after Swami Madhav das vacuum.

Vastra dhauti, cleaning the stomach by swallowing a long thin strip of cloth which is 4 inches and 22 feet long wet. Sit in kagasana .Put the cloth inside the mouth and gulping swallowing the cloth should go in the stomach and get it back, time for practice should be 20 minutes because pyloric wall in the duodenum opens and closes so the cloth should not be kept in the stomach for a longer time. Nauli kriya is done when the cloth goes inside it cleanses like a whirlpool. Avoid in pregnancy, any surgery, hernia ,high blood pressure. while taking out the cloth, take it out very gently drink water if required and do it in relax form.

All the kriyas should be done under the guidance of an expert.

Nauli is an exercise of the classical Hatha Yoga. Nauli is considered as a difficult exercise, which can be learned only with determination and patience only after the mastery over uddiyan bandh and agnisara. There are four different variations, which are gradually learned one after another:

- 1.Center /madyama nauli: the isolated contraction of the central muscles of the abdomen. Cyclic rotation with uddiyanbandh.
- 2.left nauli: the isolated contraction of the left part of the central muscles of the abdomen
- 3.Right nauli: the isolated contraction of the right part of the central muscles of the abdomen



Scientific View Of Yoga

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Introduction

Due to modernization and mechanization India is on the way of becoming one of the developed countries. Like people of advanced countries our mind is becoming like a machine running around to get more and more material comforts. In these efforts, we are forgetting our health and also mental tension is mounting more & more. Human being of this modern era is becoming victim of tension prone diseases like diabetes, High Blood pressure ,Obesity and Heart attack. People have become rich by material wealth. In spite of comforts and luxury they have lost their peace of mind. The Sages have said that science of Yoga, ancient Indian heritage, is today's need and a culture of tomorrow.

In most developed countries, lifestyle diseases is the major cause of early morbidity & mortality. In a Cardiologists conference it was stated that in coming days there will be a phenomenal increase in incidences of myo-cardial infarction by 3 fold in rural & 6 fold in urban areas. We are losing intellectual class at a very young age which is a serious concern from the view point of national assets.

By practicing different yogic cleansing processes all systems function properly and body's immunity improves & it heals on its own. Stress can be relieved by practices like Prayer, Omkar, Gayatri, Shavasana & Trataka.

Being a surgeon author has an insight into human anatomy and physiology. Here, the favorable anatomical and physiological changes occurring in our body, due to some of these Yogic practices, have been shown with the help of audio-visual slide show.

JALANETI

This is a cleansing process of nasal passage. We take lukewarm water in the neti pot & add little salt to it. We tilt the neck in such a position that the water flows through the other nostril.

Nasal passage carries the air from atmosphere to the trachea. Nasal passage is lined by mucus membrane. If there is swelling over this mucus membrane, the passage is blocked and there is difficulty in breathing. Frontal, Maxillary & Olfactory sinuses are small close rooms around the nose & they open into nasal passage. These sinuses are covered from inside by mucus membrane. This membrane secretes fluid which cleanses the sinus wall and throws the dirty fluid collected in sinus. Thus sinusitis is helped.