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Introduction

Hello friends in our today's episode we are going to discuss about the topic hath Yoga and the remaining part of shudhi – Kriyas i.e. Dhauti, its technique, types, Benefits and some of the measure precautions. in our earlier episodes as I already discussed about shudhi kriyas. Its five parts- Neti, Basti, Nauli, Trataka and Kapalbharti and the sixth one is Dhauti, which we are going to discuss in our today's episode. So let's start with Hath Yoga.

It is the branch of yoga which concentrates on physical health and mental well being.

Hatha Yoga is a branch of yoga. It is also called Hath Vidya, is a kind of yoga focusing on physical and mental strength building exercises and postures.

The word Hatha literally means force, denotes a system of physical techniques supplementary to a broad concept of yoga. Hindu traditions believe that Shiva himself is the founder of Hatha Yoga. In 20th century, hath yoga, particularly asanas, became popular throughout the world as physical exercises and is now termed "Yoga".

'Hatha' is a combination of two letters 'Haa' and 'Thaa'. The word 'Haa' represents the Sun, whereas the word 'Thaa' represents the Moon. Sun and Moon should not be understood as the external Sun and Moon. 'Haa' meant the energy akin to solar energy and 'Thaa' meant the energy akin to lunar energy.

In human body Sun and Moon represents Prana-Vayu and Apana-Vayu respectively. The union of Prana and Apana is Pranayama. In Hatha Yoga 'Haa' represents the respiration of right side of the body while 'Thaa' represents the respiration of the left side. Haa is used for Ida Nadi and Thaa for Pingala Nadi. Proper balance and adequate adjustment of these two Nadis brings about peace and tranquility that are essential for achieving all types of physical and mental objectives.

In Hatha Yoga it has been explained that it was termed Hatha, i.e. ha and tha yoga, a combination of two beeja mantras.

In Hatha Yoga 'Haa' represents prana, the vital force and 'Thaa' represents the mind, the mental energy. So Hath yoga means the union of the Pranic and mental forces. When union between the Pranic and mental forces takes place then a greater event occurs in man. This is the awakening of higher consciousness.

Prana Shakti, the life force and manas shakti, the mental force are the two fundamental creators. Every object in the universe, right from the smallest atom to the largest star, is composed of these two shakties or energies. When they interact with each other, then creation begin to unfold. When the two shakties are separated from each other, then creation is dissolved.

Hatha Yoga is a very important science for humanity today. It is also known as the science of purification, not just one type of purification but six types. Shatkarma alone does not constitute the whole of Hatha yoga, after this you should practice asanas and pranayam.

The main objective of Hatha Yoga is to create an absolute balance of the interacting activities and processes of the physical body, mind and energy. When this balance is created, the impulses generated give a call of awakening to the central force (Sushumna Nadi) which is responsible for the evolution of human consciousness.

Through the Practical aspect Hatha yoga is a great science which everyone can practise according to his or her own capacity. May be not all, but at least a few techniques can be practiced each day. Hatha yoga techniques along with asanas and a few pranayama are sufficient for most people. It is necessary to practice these preparatory limbs first. Then you may go further. If the preparation is perfect, there will be no need to learn meditation from anyone.

From the therapeutic aspect Hatha yoga is also a very important science of health. Since ancient times it has been used by yogis and rishis for the relief and elimination of all kinds of diseases and defects. It has been accepted as a therapeutic science all over the world and many scientific studies have been conducted in this field. Today we teach yoga to people because it is very necessary. Physical and Mental therapy is one of the most important achievements of hath yoga. So far, it has succeeded in diseases like asthma, diabetes, blood pressure etc.

Hatha Yoga Seven Steps

Hatha Yoga consists of Seven steps:-

1. Shat Karma
2. Asana
3. Pranayama
4. Mudra
5. Pratyahara
6. Dhyana
7. Samadhi

The Hatha yogis straightway begin with Shatkarma and claim that one should first purify the whole body; nose, stomach, intestines, rectum, lungs, nervous system and other systems of the body. This should then be followed by Asana and Pranayama, after that one should do practise of Mudra. In this way only it will be possible to get into the deep state of meditation.

In the last we can say Hatha yoga is the process of physical training imparted with a view to strengthening the will power. Physical body is the medium of all achievements – material or spiritual; and therefore, physical body should be strong enough to achieve the ultimate goal of life i.e. Moksha.

Hath Yoga is used by physical therapists to improve many injuries and disabilities, as the gentleness and adaptability of yoga make it an excellent rehabilitation program. It is a gentle, integrative form of yoga, which seeks the pathway to a

higher power by integrating aspects of the self- Haa (Sun) and tha(moon) – through relaxation, postures, pranayam, purification practices (Kriyas) and promoting harmony of the body and mind.

Hatha yoga is commonly translated as the yoga that brings union of the “pairs of the opposites.” Or to say strives to balance opposing parts of the physical body, the front and back, left and right, top and bottom.

Sometimes it is translated as the forceful yoga because it requires a lot of physical efforts. Hath yoga is certainly the yoga that is the best known in the west.

Many people in the west mistakenly believe yoga to be a religion, but it is teachers point out that it is a system of living designed to promote health, peace of mind and deeper awareness of ourselves. Yoga was brought to America in the late 1800's when swami Vivekananda. An Indian yogi, presented a lecture on yoga in Chicago. Hatha yoga captured the imagination of the western mind, because accomplished yogis could demonstrate incredible level of fitness, flexibility and control over their bodies and metabolism. Power yoga is a recent Americanized version of yoga which takes hath yoga principles and speeds them up into an extremely rigorous aerobic workout, many hath yoga teachers oppose this sort of change to their philosophy over variations of hath yoga in America include Iyengar, Ashtanga, Viniyoga, Hidden Language, and Bikram yoga to name a few.

Dhauti

Dhauti means the cleansing of the stomach and the alimentary canal or digestive tract. In Hath yoga Pradipika, Vastra Dhauti is the only example of dhauti, but in Gheranda Samhita there are four types of dhauti.

Vastra Dhauti: - (Cleansing with cloth)

Vastra Dhauti is a method of cleansing the throat, esophagus and stomach with a length of cloth. A roll of fine muslin cloth is needed, which are 7-8 meters, in length and four fingers wide is required for cleansing the stomach. The practice of Vastra Dhauti is quite difficult, but care must be taken with all the preparations and stages of the practice. When learning be sure to be guided by an experienced teacher.

The cloth should be muslin or cotton and very thin and soft, not at all rough. While practicing ensures that all the fibers along the edges are removed properly so they do not get stuck inside the stomach.

Before starting the practice, the cloth is washed and boiled in water, then soaked in lukewarm water so that it becomes even softer.

In the starting days the practitioner soak the roll of vastra in milk or milk mixed with sugar, because it makes the practice easier, it can be used for a few days to prepare the mind, otherwise plain hot water is best.

Technique:-

1. Sit in a squatting position.
2. Keep the water and the prepared cloth in a bowl or a mug.
3. Take hold of one end of the cloth and fold its two corners in such a way that it becomes slightly pointed. This allows it to pass down the throat more easily.
4. Placing the pointed end in the mouth, slowly chew it in so that it can be swallowed.
5. Once it is adequately chewed, take one sip of lukewarm water and keep swallowing the cloth with the water.
6. This enables the cloth to pass down the throat easily.
7. If the cloth catches in the throat and will not pass down, take a sip of warm water but do not drink a large quantity. The stomach is to be fined with the cloth and not with water.
8. Swallowing should be done with patience and caution.
9. Do not collect the too much cloth inside the mouth. It is better to pass the cloth down the throat little by little.
10. Always ensure that at least 30 cms of cloth remains outside and keep a firm hold of it.
11. After swallowing the cloth except the last end, it is pulled out slowly and slowly.
12. If there is any abstraction, it is swallowed a little more and then it is brought out.

When the cloth is inside the throat, one may feel like coughing or there might be a feeling of irritation in the throat. If this happens stop for a while and drink some water. A vomiting sensation may be felt, but that feeling should be controlled. The cloth should not be kept inside the abdomen any longer it can be left in the stomach for 10-15 minutes but no longer, because it could slip down into the intestines.

According to the rules of yoga, the practice of vastra dhauti should not be done more than once a week. It is not to be done easily.

It should be practiced when the stomach is completely empty i.e. in the morning.

Precautions: - Vastra Dhauti is a stronger practice, so it should not be performed by people suffering from hypertension, heart disease, peptic ulcer, gastritis, hernia, fever during illness or when the body is in the weekend state.

It should not be practiced until six months after surgery, or during pregnancy.

It should be practiced when the stomach is completely empty.

Benefits:-

1. This technique cures Kapha and pitta disorders and removes excess mucus and toxins.
2. The cloth in this practice wipes the walls of the stomach thoroughly, which enables digestive juices to be secreted efficiently.
3. It affects the entire body and is a time tested cure for people suffering from Kapha disorders like asthmatics. It is essential for the prevention and cure for asthma.
4. It has also been considered useful for gas disorders, fever, skin disorders, leprosy, and stomach ulcers.
5. It increases the stamina and cheerfulness and problems healthy growth.
6. In order to gain the full benefits from Vastra Dhauti at the end of the practice Kunjal should be performed.
7. Dhauti is beneficial for the whole body.

8. Its practice helps removes infections bacteria from the mouth, nose, eyes, ears, throat, stomach, intestines and anus.

Danda Dhauti

Danda Dhauti means washing and massaging the food pipe and stomach with stick or catheter tube and water. For this kriya a rod or a pipe (catheter) of about one cm in diameter and 10-12 cm long and very thin is required.

In the ancient times the stem of banana tree, a turmeric stem or properly cleansed sugarcane stem is used. But now a day's a catheter (Rubber Tube) can also used for this purpose.

Technique:-

1. Prepare 2-3 Ltrs. of lukewarm saline water.
2. Now drink this water as quickly as possible in a standing position.
3. Now take a deep breath and retain the breath inside.
4. Slowly place the rod (danda) in the mouth and inserted as deeply as possible and slowly rotated.

(Put some ghee on the rod before its use, so that it slips into the throat easily.)
5. When the rod reaches the stomach, slowly bend forward.
6. This may induce the desire to vomit, but do not do so.
7. Perform a flapping action of the abdominal wall to help push the water out.
8. Slowly remove the rod out and the mucus and other waste matter are spat out.
9. To do this practice, breath retention must first be perfected.

Precautions: - It should be practiced when the stomach is completely empty i.e. in the morning. This Kriya is also a very difficult in practice. So it should not be practised by anyone without expert personal guidance. It should not be performed by the people suffering from H.B.P, Heart disease.

Benefits:-

1. The inner walls of the food pipe are covered with Kapha, pitta and mucus, and the practice of danda dhauti expelled all these three.
2. Relieves problems of gastritis and acidity.
3. Helps to activate appetite.
4. Improves the strength of the body and growth.

Conclusion

In this lecture we can conclude that hath yoga is focusing on physical and mental strength. it is branch of yoga which concentrates on physical health and mental well being. It's a very important science of humanity today. Through the Practical aspect Hatha yoga is a great science which everyone can practice according to his or her own capacity. Whereas Dhauti is one of the important part of Shudhi Kriyas. Dhauti is beneficial for the whole body. I hope this lecture must have raised your knowledge about the concept.

Thank you