

**Course Name : Bachelor of Physical Education**

**Year : IInd (Part - I)**

**Paper Name : Yoga**

**Paper No. : V**

**Lecture No. : 20**

**Topic no. : Section -B (3)**

**Lecture Title : Shudhi Kriyas Part - I**

### **Introduction**

Shudhi Kriyas (Purificatory Processes)

Hello Friends, our today's' topic is Shudhi kriyas (Purificatory Process) or we can say Shatkarma's, along with this I will also discuss about the Neti Kriya, specially Jal Neti and Sutra Neti or Rubber Neti in Detail.

In Hatha Yoga there are six particular practices, which were specifically designed for purpose. They are called Shatkarma; Shat is 'six', Karma is 'action'. These Shatkarma purify the body. Their purpose is not only physical purification, but inner purification as well. When the body is purified, internal disorders are removed and good health is achieved, without such purification the body will not be ready for the higher practices of Yoga.

The Shatkarma also balance Vata (wind), pitta (bile) and Kapha (mucus) the three disorders created in the body. According to Hatha Yoga and Ayurveda, and imbalance in these three disorders gives rise to disease. Shatkarma are really only for those people who have disturbances or imbalances in the doshas. These techniques regulate the production of doshas. If the doshas are already balanced there is no need to practice the Shatkarma.

Vata diseases includes most nervous system disorders-insomnia, epilepsy, paralysis etc.

Pitta diseases include liver disorders like ulcers, acidity, skin rashes etc.

Kapha diseases include most respiratory diseases like cold, asthma, swollen glands etc.

Yogic Shatkarma constitute prima treatment in yoga and aims at getting rid of unwanted toxins and germs present in our body, and give much needed relief and rest to all important organs of digestive system as well as kidneys, lungs, heart and various other organs affecting.

According to firm believers of yoga, it is the first in the order of healing sciences. But unfortunately it is practised last after trying all other systems of treatment available in other medical sciences. In western countries there is increasing awareness of benefits accrued from the practice of yoga and many have turned towards it. But in India very few have realized yoga's potentials.

However, everyone is expected to be technique of doing each of the cleansing devices so that when the opportunity demands, the same may be performed. The six fundamental cleansing techniques are the most important aspects of Hatha Yoga and are the original Hatha Yoga. However, today asanas and pranayama are more orderly known and few people are now proficient in the Shatkarma.

### **Gheranda Samhita**

According to Gheranda Samhita:-

Performing the Shatkarma: Dhauti, basti, Neti, Lauliki (also called Nauli) Trataka and Kapalabhati, is essential & Hatha yoga is famous for these six cleansing techniques. Although six in number, each has a variety of practices.

1. Dhauti Kriya: - The first practice is Dhauti, cleansing of the stomach and alimentary canal or digestive tract. There are four types of Dhauti:-

- Antar Dhauti (Internal)- Vatsara, Varisar
- Danta Dhauti (head) - dantamoola, jivha, Karnarandhra, Kapalrandhra.
- Hid Dhauti (cardiac) - dander, Vamana, vista.

- Moolshodhana (anal cleansing)

These technique help to remove stomach ailments, indigestion, constipation, hyperacidity etc.

2. Basti Kriya: - Second Kriya is basti yogic-enema. In basti, water is sucked up through the anus and kept in the large intestine for some time and after that water is expelled. Basti is more natural and more appropriate as compare to enema.

Basti is of two types:

- Jala (water) - Suck water in large Intestine through the anus and then expel it.
- Sthala (dry) - You suck air into the large Intestine.

3. Neti Kriya: - The third practice is Neti Kriya, nasal cleansing. Neti works like an ENT specialist, cleansing the nose, ears and throat. It is simple practice. Neti is beneficial for people suffering from sinusitis, headache, migraine, weak eyesight, eye fatigue, pain in the eyes, minor ailments of the ears such as excessive wax, and it also relieve throat irritation.

Neti is of so many types like Jala Neti, Sutra Neti, Rubber Neti, Ghrit Neti etc.

4. Lauliki Kriya (Nauli):- The fourth is Nauli Kriya. It is a powerful technique which massages and strengthens all the abdominal organs. It is useful for indigestion, loss of appetite and for removing excess Vata or wind. In simple language we can call Nauli as a movement of naval. Nauli has four stages- Madhyama Nauli, Vama Nauli (left), Dakshin Nauli (right) and Bhramara Nauli (rotation).

5. Trataka: - The fifth practice is Trataka, steady gazing, which is useful for removing eye defects and balancing the nervous system. It also relieves eye strain, myopia etc. Trataka is of two types:-

- Bahiranga Trataka (External)
- Antaranaga Trataka (Internal)

Sometimes third type of Trataka is also practiced and that is Adho Trataka, with the eyes half open and half closed.

6. Kapalabhati: - The sixth practice is Kapalabhati. This is a breathing technique or we can say it is a vigorous exhalation. It helps to remove defects of the lungs, trachea or windpipe. It also purifies the blood. Kapalabhati is also useful for weakened memory and mental disorders.

There are three variations of Kapalabhati:-

- Vatakrma (breathing) - which is similar to Bhastrika Pranayama.
- Vyutkrma (reversed or means 'expelling system') - Sucking water in through the nose and expelling it through the mouth.
- Sheet Krma (Sheet means 'cool' or 'passive') - Sucking water in through the mouth and expel it through the nose.

These purification exercises have been developed primarily for attaining the internal hygiene of the body which in turn influences to bring about a correct, optimal and harmonious physiological equilibrium in terms of functioning of the various organs of the body. When these methods coupled with yogic postures and breathing practices help the individual immensely to restore their body at a higher levels of physical and mental efficiency. The effects of Shatkarma can be summed up in one word purification. When the different systems of the body have been purified, the overall result is that energy can flow through the body freely. One's capacity to work, think, digest, taste, feel, experience etc. increases and greater awareness develops. The Shatkarma are very powerful practices that can never be learned from books or taught by inexperienced people. These Shatkarma specifically increase the vital capacity of the practitioner. They were never designed for the therapy alone, but to create harmony in the body and mind and to prepare one for further practices. As they bring about smooth and perfect functioning of the bodily systems.

## **Neti**

NETI: - Neti Kriya is commonly known as nasal cleansing. It works like an ENT specialist, cleansing the nose, ears and throat. There are many variations of Neti in

Hath yoga. But in Gheranda Samhita only two of these techniques, Jala Neti and Sutra Neti, are given.

Jala Neti: - (Nasal cleansing with water)

A special pot with a spout can be used for the practice. Its spout is specially made so that the nosil on the end of the spout fits comfortably into the nostril and the water does not leak out.

Jala Neti can be done in any either standing position or in sitting position i.e. Kaag asana.

Technique:-

1. Fill the Neti pot with pure Luke warm water.
2. Add a little salt in the water to make the water little salty. Ensure that all the salt is dissolved.

(Now the question arises why we use the salty water instead of plain water. Because salty water has greater osmotic pressure than plain water. It means that salty water cannot enter the delicate blood capillaries, or the cells lining the nasal passages.)

3. Now observe which nostril is more active for breathing.
4. Hold the bottom of the pot in one hand and gently insert the nozzle of the spout into the entrance of active nostril.
5. Nozzle should fit firmly and comfortably, so that water does not leak out.
6. Now tits the head first slightly forward and then sideward's so that water flows out through the other nostril.
7. During the practice mouth should be open and breathe through the mouth only. Inhalation and exhalation takes place through the mouth only.
8. Let the water flow through the nasal passage for 20 to 30 seconds.
9. Now take the spout out and blow out through the nostril, so that all the water is expelled.

10. The same procedure is then repeated through the other nostril.
11. After completing the practice it is very important to dry the nostrils and remove all the water from inside the nasal passage.
12. To do that one should perform either Kapalabhati or Bhastrika Pranayama. They will dry the nose and generate heat in the nostrils.

Jala Neti may be practiced daily if you are suffering from sinusitis, colds, nosebleed, headache, eyestrain or eye infection, and insensitivity to smell, otherwise it is best to practice only once or twice a week or as required. The ideal time is in morning before asana and pranayama.

If you experience pain in the nose during the practice, the quantity of salt is incorrect. Too little salt will create pain and too much salt will cause a burning sensation.

Sutra Neti: - (Nasal cleansing with thread)

Two types of materials may be used as a sutra. Traditionally, a sutra was prepared from the fine cotton threads, of about 18 inches in length and about 3-4 mm in width. The ends of the threads are twisted together as if making a rope. Approximately half of the thread is immersed in melted bees wax and allowed to harden. Beeswax is used so that the end of sutra remains hard and can be inserted in the nostril easily without curling up.

Now a day's a long, thin rubber tube, called catheter is available in the markets in different sizes of 3,4,5,6 no. generally.

Technique:-

1. It can be done either in sitting position or in standing position.
2. Now observe which nostril is more active for breathing.
3. Insert the wax end of the sutra gently and slowly into the active nostril.
4. While inserting the sutra, rotate it slowly so that it advances easily. Do not push the sutra inside in.

5. When the sutra enters the throat through the nose, it travels down towards the throat.
6. Then it can be drawn out of the mouth with the help of the fingers.
7. Hold one of the ends of sutra with the help of index finger and middle finger, and the other hand hold the other end of the sutra.
8. The sutra is then carefully pull backward and forward as in mulching the cow for about 5-6 times.
9. Stop the practice if there is any pain in the nose or mouth.
10. Slowly remove the sutra from the mouth.
11. The same process is then repeated with the opposite nostril.
12. After the practice wash the sutra with the normal clean water and dry it.
13. It is essential to do jala-neti after sutra-neti.

After practising sutra-neti there will be feeling of dryness in the nostrils, so put a drop of oil or ghee in both the nostrils.

It can be performed once or twice a week. Breathe in a relaxed manner throughout the practice.

Precautions: - The nose is a very soft and delicate organ.

1. People suffering from chronic nasal bleeding should not do Neti Kriya without the guidance of an expert.
2. During Jala Neti ensure the water is not too hot.
3. While practising sutra Neti pass it very slowly and carefully, do not use force.
4. Ensure that the sutra is clean before inserting it in the nostril.
5. If the nose is stuffy or blocked Jala Neti can be performed before as well as afterwards the Sutra Neti.

## Benefits

The modern scientific name of Neti Kriya is ENT care.

1. Neti cleanses and clears the throat, activating and influencing the vocal cords and other related nadis.
2. While performing Jala Neti, waste products or mucus come out through the other nostril, mixed with the water.
3. Neti is the best practice for cleansing the eyes and sustaining vision. It has a positive influence on all the organs and muscles connected with the eyes.
4. For the common cold, cough, tonsillitis there is no other remedy as simple and ideal as Neti.
5. Disorders of the ears like middle ear infections are also helped by practising the Neti.
6. Neti has remarkable effects on allergies and allergy is one of the causes of respiratory disease including asthma.
7. In the spiritual benefits, the practice of Neti Kriya awakens ajna chakra, and with the awakening of this chakra the mind becomes calm and quite. As a result stress and lethargy are removed.
8. Its practice gives a soothing effect on the whole facial area and helps maintain facial youth and freshness.
9. Regular Practice of Neti maintain healthy secretory and drainage mechanisms of the entire ear, nose and throat area.
10. Mouth breathing in children, leading to poor memory, concentration and development is overcome to Neti.
11. It releases emotional tensions and is beneficial in anxiety, depression, epilepsy and hysteria.
12. Practise of Neti promotes a balance between the left and right nostrils and consequently the right and left hemispheres of the brain.



13. Sometimes doctors advice surgery for a deviated nasal septum or other abnormalities of the nasal bones, or in chronic sinusitis, with the practice of sutra-neti we can manage these types of problems without surgery.

14. Its practice removes the obstructions in the nostrils.

### **Conclusion**

So friends in our today's lecture/ episode we discussed about the shudhi Kriyas. They are six in number- Neti ,Dhauti, Basti , Nauli, Tratka and Kapalbharti. They specifically increase the vital capacity of the practitioner.after that I discussed Neti in detail. Neti works like an ENT specialist. It is a nasal cleansing process and it is of two types – Jal Neti and Sutra Neti/ Rubber Neti.