

SHANKAPRAKSHALANA

VARISARA DHAUTI

(Cleansing of entire digestive tract)

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What is Shankhprakashalana?

- Varisara Dhauti is one of the major Hatha yoga practices, it is also known as Shankhprakashalana.
- “Dhauti” refers to 'internal washing' and “Vari” means 'water'. Generally the term Shankhprakashalana is applied, Shankha means 'conch', because of its resemblance to the stomach and intestines; Prakashalana means 'cleaning'.
- Shankhprakashalana is modified to suit the fast paced life and persons with weak constitutions.
- It is a technique by which all the toxic materials accumulated in the gastrointestinal canal are washed out.
- In Shankhprakashalana, Intake of plain salty water and some yogic Aasanas are the only requirements for the process.

Requirements for Shankaparakshalana

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Salted Clean warm water

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Khichari

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Preparation for Varisara Dhauti/Shankhaprakshalana



- Gently warm plenty of water to 34-40°C
- (Lukewarm) and also extra hot water in case the
- temperature of the water cools.
- Add 2 teaspoon of salt per liter of water (with high blood
- pressure use salt with caution).
- The temperature of the water should be kept constant throughout the whole practice.
- Weight assessment is important before starting the
- procedure. As weight is the basic tool to assess the
- purification of the individual
- Vitals should be checked to avoid any complication.
- Start the practice early morning in empty stomach.

FIRST ROUND

- Start the process in the early morning. Individual will be advised to drink two glasses of lukewarm salt water as quick as possible.
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- Series of five specific Aasanas are performed dynamically, eight times each, in the correct Sequence i.e., Tadaasana, Tiryaka Tadaasana, Kati Chakraasana, Tiryaka Bhujangaasana and Udarakarshanaasana.
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- After completion of first round,he/she will be asked for urge of defecation. Guidelines will be given to not use force to produce a bowel movement.
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- This completes one round.
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SECOND AND THIRD ROUNDS

- All the rounds are same as first.
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- Do not rest between the rounds. He/She will be advised to drink 2 glasses of water and advised to Perform 5 specific Aasanas, eight times each.
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- After the fifth or sixth glass, individual will be asked to go to the toilet and perform Ashvini Mudra (rapid Contraction and release of the anal muscles). This Mudra stimulates peristalsis of the intestines.
- He/She will be advised to spend little time as much as possible in the toilet.
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- The aim is to build up the internal cleansing Pressure. In between the asanas, if there were an urge of defecation, he/she will be advised to do not ignore, and go to the toilet. After Returning from toilet, he/she will be asked to complete the round before finishing off.
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SEQUENCE OF EVACUATION

- At first, Solid stool
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- Followed by mixture of stool and water
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- Then more water and less solid stool
- As practice progresses cloudy yellow water
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- Finally almost clear water
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PHYSIOLOGY OF ASANAS

TADASANA:

It opens the pyloric valve between stomach and small intestine, and then water enters into small intestine.

TRİYAKA TADASANA:

Contracts both sides of the intestinal layers repeatedly, then salty water enters into intestinal layers.

KATICHAKRASANA:

Twisting of this Aasana passes salty water downwards into small intestine.

TRIYAKA BHUJANGASANA:

Tiryaka Bhujangaasana opens ileocecal valve between Small intestine and large intestine then water enters into large intestine.

AFTER THE PROCEDURE

- One should lie down in Shavasana for 5-10 minutes and relax.
- The practitioner must try to avoid sleep, so that complete cessation of intestinal activity can be avoided.
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- After a break of 30-45 minutes a liquid type
- Khichari of rice, Mung Dal, little bit of rock salt and little Haldi (Turmeric) must be taken as a meal, along with 1-2 teaspoons of Ghrita (Clarified butter), this will reline the walls of the intestines and reenergize gastric motility

FOOD RESTRICTIONS

- For at least one week after the practice, all
- chemically processed, synthetic, pungent, spicy,
- acidic, rich and non-vegetarian foods must be
- strictly avoided.

- No pickles, sweets, chocolates, ice cream or soft drinks should be taken.

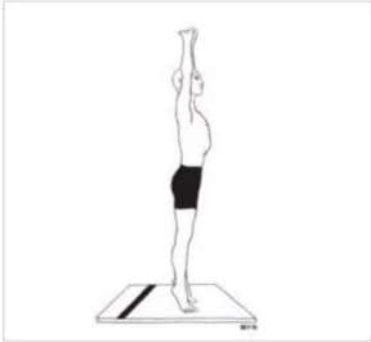
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- Cigarettes, tea, coffee, betel nut preparations such as Pan and other type of intoxicant or drug should also not be taken.

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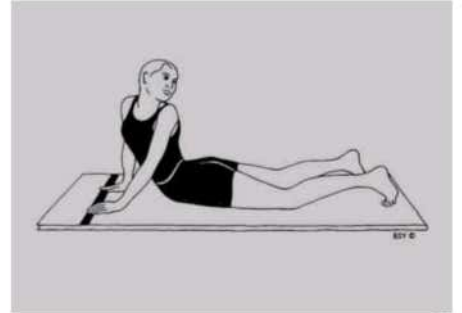
UDARAKARSHANASANA:

Udarakarshan Aasana squeeze and massage the caecum, sigmoid colon and rectum, and also stimulate the Rectosphincteric reflex (Reflex characterized by a transient involuntary relaxation of the internal anal Sphincter in response to distention of the rectum) or the urge to defecate.

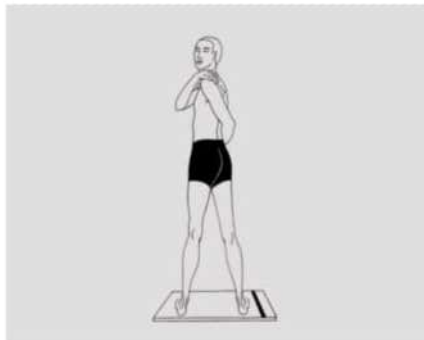
ASANAS



Tadasana



Triyaka
Bujangasana



KatiChakrasana



Triyaka Tadasana



Udarakarsanasana

DIET TO BE FOLLOWED

- The diet should be as pure and simple as possible.
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- It includes foods such as rice, wheat bread, vegetables with low acidic content, nuts, lentils,
- soya beans and other pulses.
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- Drink only warm water on the same day after the
- procedure.
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- After Shankhaprakshalana the digestive system is very vulnerable and extra care should be taken to
- protect the body.
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CONTRAINDICATIONS

- Hypertension
- Chronic peptic Ulcers
- Pregnant and menstruating women

Heart patients with renal failure and hernia should be avoided.

- Person with mental disorder and Children below the age of 10.
- It should be avoided in weak and debilitated persons.

ADVANTAGES

- Cleanses and tones up the entire intestinal tract.
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- Removes the toxic waste accumulated product from the body cells, thus it relieves acidity, indigestion, flatulence, constipation etc.
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- Also cures gynecological problems.
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- Cleans the whole body.
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- Physically Shankhaprakshala Kriya alleviates
- digestive problems such as indigestion, acidity and
- constipation. It generally tones the liver and other
- digestive organs and glands. It has been used in the Cure of diabetes mellitus, hypoglycemia, obesity, high blood cholesterol and high lipid levels.
- It strengthens the immune system, alleviating allergies and immunological problems. It helps relieve the symptoms of arthritis and chronic inflammatory diseases. Excessive mucus is reduced relieving asthma, chronic colds and sinusitis. It purifies the blood and alleviates skin problems such as pimples, boils and eczema.
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REFERENCES

1. Asana Pranayama Mudra Bandha Swami Satyananda Saraswati, Yoga Publication Trust, Munger, Bihar, India.
2. <https://www.wjpmr.com/download/article/70072020/1596185679.pdf>