

# SHANKH PRAKHYALAN OR SHANKH DHAUTI

-Swami Ramdev

The shape of the human entrails resembles a conch shell (shankh). The purification of this conch-like intestine is called 'Sankh Prakhyalan' or 'Varisar' Kriya. I have tested this process on a number of sick people and have found that this process actually helps rejuvenate the person. This kriya has been successful in removing many deadly diseases. The entire set of stomach ailments, obesity, haemorrhoids, high blood pressure, diabetes, etc. are just some of the diseases that are benefited by this kriya. I have found in my yoga camps that 50% benefit is got from the other asanas and 50% benefit is got from only this kriya. We clean our clothes everyday. If we don't clean them for even one day, they get dirty. Our intestine is also about 32 ft long. We never clean it up during our life. Because of this, there is a layer of excrement lining its walls. When this layer solidifies then the secretion and functioning of the digestive juices do not occur properly, which in turn leads to disorders such as indigestion, bitter burp, etc. Due to rotting of the excrement inside, there is a very bad odour in the stomach. Gastritis occurs. The digestive juices cannot flow properly. When the main channel is affected then the sub-channels such as pancreas and stomach are also affected.

Our body is an instrument. The greatest wonder among all the wonders of the world is who made this wonderful instrument? Just as we do complete servicing and overhauling of other machines such as musical instrument, car and watch, which enables the instruments and machines to function properly, our body-instrument too needs overhauling and servicing so that it remains healthy, long-lasting and strong.

**Things needed for the kriya:** A glass (to drink water), lukewarm water in which appropriate amount of lemon juice and rock salt has been added, light khichdi of rice and moong dal, 100gm ghee from cow's milk per person (if cow's milk ghee is not available, then buffalo milk ghee can also be used, a mat or blanket to sit on, a light cloth to use as a shawl, and a toilet nearby.

**Prior preparation:** You should start practicing the asanas from at least a week prior to Sankh Prakhyalan. The night prior to the day the kriya is to be done, a light

and easily digestible meal should be had at about 8pm. Just before sleeping, soak 50-100 gm sultanas (*munakka*) in milk and drink it. This will facilitate the purification process. Go to bed and sleep before 10pm. The next morning, do all the regular tasks of bathing, brushing and excretion, and get free. Even if excretion does not occur, do not worry.

## Three kinds of water:

**1. Lemon and rock salt added:** Add appropriate amount of lemon and rock salt and warm the water. This water has to be taken by healthy persons except patients of arthritis, cough and high blood pressure.

**2. For people with arthritis and cough:** People with joint pain, rheumatism, inflammation, cervical spondylitis, slip disc, or any bodily pain along with people who have cough, should drink warm water with only salt.

**3. For patients of high blood pressure and skin diseases:** People who suffer from high blood pressure and skin diseases should start the kriya by having warm water with just lemon juice.

**Method:** Drink 1-2 glasses of the prepared water fast without relishing the taste, while sitting in Utkasan (Ukdu). Then do two rounds of the five listed asanas of Sankh Prakhyalan, After this, drink water according to your wish. After drinking water, do the asanas again. In this way, after doing asanas and drinking water for 2-3 times, you will feel bowel movement. Do not try stay in the toilet for a long time forcing excretion. While sitting in the toilet, do Ashiani mudra (stretching and leaving of the anal mouth). This will clear the stomach properly as well as cure haemorrhoids. After returning from the toilet, drink water again and start the asanas. In this way, keep drinking water, doing asanas and going to the toilet. After going to the toilet for 8-10 times, you will observe that the water coming out of your rectum is no longer yellow. The water coming out is exactly like the water you drink. Then drink 4-5 glasses (or according to your capacity) of water and do Vaman Dhauti. After performing Vaman Dhauti, lie down on the round and do Savasan for 30-40 minutes and take some rest. Cover your body with the light cloth as at this time, even a light

breeze should not touch your body. After resting for 30-40 minutes, add warmed ghee (quantity mentioned earlier) to the khichdi (made from equal amounts of rice and whole moong dal), and eat it. At least 50gm ghee should be taken but a healthy individual should have the entire quantity mentioned earlier. With this kriya, the entire body gets purified. After the purification, just as greasing is done in cars, greasing should be done on the body. The ghee taken after the kriya softens the rectum and all other glands. When there is a layer of ghee in the intestine and other organs then excrement do not stick to it easily. The ghee taken at this time will not cause any ill-effect on any sick person. After having khichdi, if possible, do Yog Nidra. Yog Nidra is comparable Savasan. In this meditation has a special importance.

Now I give the details of the five asanas of Sankh Prakhyan.

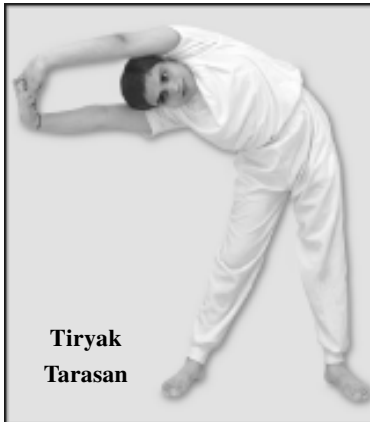
### 1. Aurdhatarasan

#### Method:

- Stand straight and intertwining the fingers of both hands, place it on your head. Keep your feet together.
- Breathing in, stretch your hands high and at the same time, also lift your heels. Breathing out, come down. Keep your hands on your head. Repeat this asana five times.



Aurdhatarasan



Tirya  
Tarasan

### 2. Tirya Tarasan

#### Method:

- Stand straight with fingers of both hands intertwined and stretched up. The palms should face upwards and the feet should have a gap of at least 1 foot between them.
- Breathing in, bend your hands as far as possible towards the right, without leaning to the front or back. The elbow should not be bent. Breathing out, bring the hands back to the original position high above

your head. In the same way, do this for the left side. Repeat this asana 5 times each for each side.

### 3. Katichakrasan

#### Method:

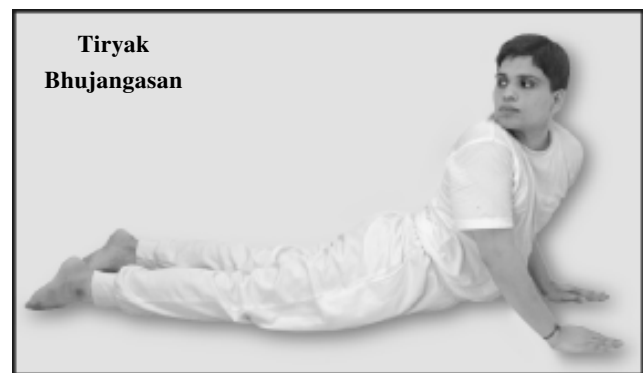
- Keep the palms straight, facing the ground at equal distance.
- Turn the right hand from front and place it on the left shoulder. The left hand should be taken from behind and placed on the right side of the waist. The palm of the hand on the waist should face outward.
- Now turn your head towards the left and look at the heel of the right foot. If you can't see then it is enough to just make the effort to see. After doing it from one side, do it from the other. In this way, even for this asana, repeat 5 times each for each side.



Katichakrasan



Katichakrasan  
Second  
method



Tirya  
Bhujangasan

#### Second method:

- Keep both hands stretched out straight in front of

your chest. Breathing in, move your hands to the right side as much as you can. There should be a gap equivalent to the chest between the hands and your sight should be between the hands. Breathing out, bring your hands to the front. In this way, do it from the other side too.

#### 4. Tiriyak Bhujangasan

##### Method:

- Lie flat on your stomach, placing your hands, palm down, near your shoulders. Elbows should face up.
- Keep a distance of at least one foot between the feet and keep the toes stretched backwards.
- Breathing in, lift your chest up. When the body gets raised till the navel, then look at the heel of the left foot over the right shoulder. Breathing out, come down. In this way, do it for the left side.

#### 5. Udrakarsasan or Sankhasan

##### Method:

- Sitting in Ukru position, keep both hands on the knees. Keep a gap of about 1 foot between your feet.
- Breathing in, take the right knee and place it near the toes of the left feet. Take the left knee and towards the right and bent it downwards.
- Turn the head backward from the left and look backward. Stay for some time like this and then, breathing out, turn and come back to the middle. In this way, do it from the other side.

##### Benefits of Sankh Prakhyan:

- This kriya, as I have mentioned earlier, helps in controlling all kinds of diseases.
- The body will become pure and light like a flower as well as glossy.
- All kinds of stomach ailments such as constipation, gas, indigestion, bile burps, bitter burps, and piles, etc. are completely cured.
- It is extremely beneficial in diseases such as obesity, diabetes, respiratory diseases, heart diseases, appendicitis, headache, and all disorders of the mouth, neck, tongue and eyes.
- It removes all problems connected with the menstrual cycle in women. It also helps in arthritis, rheumatism and other joint pains, untimely graying of hair, wrinkles and black spots on face, etc.
- This is extremely beneficial in all diseases connected with the anus, rectum, stomach and spleen. The list of benefits of the kriya is endless.

##### Precautions:

- The first time you do this should be in front of a guru or master. You will feel very tired during the asanas and this may give you some trouble.
- Warm water and salt is used while doing Sankh Prakhyan. While doing the asana, you will feel hot and thirsty. Drinking cold water at this time will be harmful and your body may be affected by tiredness and weakness. You may feel uneasy. For this it is necessary that you take slightly warm water in the beginning and keep the quantity of salt high. Keep reducing the amount of salt as you continue. This will get rid of the problem. If you get a tendency to vomit when you drink water, drink less water and do not do Tiriyak Bhujangasan.
- During excretion, initially solid excrement will come out. After that will yellow water will be emitted and finally clear water. After this again yellowish water will come out. Then this kriya should be stopped.
- Water should be drunk for three hours after eating the khichdi. Even after three hours, if you have to drink water, drink slightly warm water. Cool water should be taken in at all that day because taking cold water may lead to sore throat, cough, cold, etc.
- Take rest throughout the day, do not walk in wind or breeze. However, even though you have to take rest after the kriya, you shouldn't go off to sleep.
- After the kriya, it is forbidden to sit under the fan (or out in the sun in winter).
- Children, pregnant women and extremely weak individuals should do this kriya.
- After the kriya, for three days, milk and milk products such as sweets, buttermilk, curd, etc. (except for ghee) should not be eaten.
- A liquidly khichdi should be made with equal quantity of rice and dal. Only rock salt and turmeric powder should be added while cooking. Do not use any other thing. On the day you perform the kriya, eat just the khichdi and ghee and nothing else. Apart from this, people who have a high weight and who have stomach related ailment, along with people with diabetes, should have just khichdi for three days. For the next days, however, you should not put so much ghee in the khichdi as done immediately after the kriya. A little quantity of vegetables such as bottle gourd (lauki), ridge gourd (tori), etc. can be taken in the khichdi from the second day. It is necessary to say that take only light and easily digestible foods and that too in very less quantity. Slowly and gradu-

ally, after three days, start taking normal meals.

### **Time of practice:**

For diabetic patients, this kriya should definitely be done once every 40 days. Even people with piles and psoriasis, and old sufferers of constipation can do this every 40 days. Even healthy people should definitely perform this kriya once every six months or in a year to prevent diseases attacking the body.

### **Laghu Sankh Prakhyalan**

This kriya is extremely helpful for people with constipation, obesity and diabetes. In this kriya too, asanas are performed while drinking warm salted water. In this kriya, only 7-8 glasses of water should be drunk, not more. With this, there will be 3-4 excretions and the stomach will be cleared. After this, if you have the wish, you may also do Vaman Dhauti.

**Advice:** The benefits of this kriya are equal to that of the previous kriya. This does not require much effort too. After completion of the kriya, eat khichdi with a little ghee. In the evening, you can have roti and vegetables. Only on the day that you do the laghu sankh-prakhyalan, you should try not to have milk – butter-milk.

### **Ganesh Kriya (Mool Shodhan)**

Dip your pointing finger in Arandi oil. Insert your finger inside the anal outlet to about an inch and move it around and remove all excrement. Wash your hands and repeat. In this way, remove all remains of excrement in the anal outlet after excretion. This kriya is done only after bowel movement. The nail on the finger should be cut absolutely small. The nail should be cut with nail-cutter and then filed well.

**Benefits:** This kriya keeps the muscles of the anus strong and prevents disorders such as constipation. With this kriya, the remains of excrement get easily removed after excretion and thus helps prevent diseases such as haemorrhoids. This is extremely helpful for haemorrhoids (piles) patients and they should do this daily.

### **Basti**

Taking in water or air through the anal mouth and cleaning the big intestine is known as Basti. This is of two kinds – Water Basti (Jal Basti) and Air Basti (Pawan Basti). To be able to gain expertise in this kriya, it is necessary to have experience of Nauli Madhyama,

Uddiyanbandh and Vam Dakshnauli Sanchalan.

### **1. Jal Basti**

#### **Method:**

- This kriya should be done in clear, fresh water that comes up to the navel. This kriya can also be done by filling water in a tub and sitting in Utkasan.
- Sitting in Utkasan, take a hollowed pipe that is 6-7 inch long and ½ inch wide. Both ends of the pipe should be filed and oil should be applied well to make them smooth and rounded. Insert this through the anal mouth. One end of the pipe should be inside water.
- Breathing out, do Nauli Madhyama by applying Uddiyanbandh and Moolbandh. Water will continue going up till the time you don't breathe.
- Before breathing in, close the other end of the pipe with a finger. Breathe out again to start taking in water as earlier. Doing this for 5-6 times will fill the big intestine with the requisite water.
- Now remove the pipe and do Nauli kriya, standing up. This will spread the water in the big intestine and clean it. Rotating Nauli on the right side will give you bowel sensation. When this happens, go to the toilet and empty your bowels.
- This kriya can also be done without the pipe by standing in waist-deep water by using Uddiyanbandh and Moolbandh, and taking in water. When Moolbandh, etc. is fixed properly, the anal mouth open by itself and water starts flowing in. A little lemon juice can be added in the water. This kriya should be done in the morning after completing the tasks of morning ablutions.

#### **Benefits:**

Basti cleans the big intestine which removes the problem of constipation, etc. Stomach heat is removed which calms disorders of the bodily humours such as Swapna Dosha. This kriya is more beneficial than enema. In enema, water is forced inside, and in this kriya the big intestine remains idle. This reduces the natural strength of the big intestine. Whereas in Basti, the big intestine takes in water with its own strength and, thus, its strength increases rather than decreasing.

### **2. Pawan Basti**

Sitting in Ukdu position and as earlier, breathe out and apply Moolbandh and Uddiyanbandh and do Nauli Madhyama. Air will flow in. In this way, filling air inside and letting it out is called Vayu Basti or Pawan Basti.

**Benefits:** Same as earlier. However, in the earlier

kriya of Jal Basti, the excrement used to come out and in this kriya, only polluted air will come out. Thus this kriya is especially helpful for wind disorders and is also beneficial for piles, and excessive heat of the stomach.

### **Tratak**

#### **Method:**

- Sit in any meditative asana such as Padmasan, sidhasan, etc.
- Light a ghee lamp and keep it 3-4 feet away in front of your eyes. In case there is no ghee, mustard oil can also be used.
- Now look at the light of the lamp without blinking. The lamp should be kept in a sheltered place where there is no breeze.
- If eyes start watering or burning now, then you should close your eyelids. If eyes water then after a while, the head and face should be immersed in a vessel filled with cool water and the eyes should be opened under water. Take water in your mouth and then open and close your eyes. This will remove the burning sensation in your eyes. Gradually the practice should be increased. If you are able to complete three hours of tratak, then there is a miraculous effect. This also gives rise to various yogic powers. As long as we gaze at the lamp externally (this is known as Brahma Tratak), for that long meditating on the light of the lamp on the ground, we should think of the radiant Supreme Lord, the eternal Father. This accomplishes resolution and when resolution is accomplished, it becomes easy to enter the land of meditation. This kriya can also be done by placing a black dot on a paper. Tratak can also be done of the moon and the rising sun. For this kriya, guidance should be sought from an experienced guru or master.

#### **Benefit:**

- Tratak ends the restlessness of the mind, which makes it easy to end yogic lands.
- Eye power is increased.
- Doing tratak before going to bed completely stops dreaming and even if you dream, it occurs in a very mild form. In other words, tratak gives you the pleasure of deep sleep and freedom from dirty dreams.

### **Nauli:**

#### **Method of Nauli Madhyama:**

- Keeping a distance of 1-1.5 feet between the feet, stand up keeping your hands on the knees. Press the knees with your hands. Your sight should be on

the ground.

- It is difficult to do Nauli Kriya initially so to gain expertise in it, do Agnisar Kriya prior to it. Exhale and pull the stomach so much inside that it touches the back. Take the stomach out again. In this way, increase the power for this kriya. In this way, your stomach will become soft and it will be easier to do Nauli Kriya.
- Now to do Nauli Kriya, keep bending as described earlier. Pressing the knees, shrink the stomach from the area below the armpits and at the same time, expand the middle portion. While doing this, try to expand and take out both the muscles in front.
- When you want to breathe, take a breath and then again do as mentioned above.

### **Vam Nauli**

**Method:** Do Nauli Madhyama while standing up as described earlier. After finishing Nauli Madhyama, bend slightly towards the left side and apply pressure on the left hand. In doing this, the left muscle of the big muscles of the stomach will protrude out. The right portion should remain slack in this.

### **Dakshin Nauli:**

**Method:** Dakshin Nauli is similar to Vam Nauli. The effects are also the same as Vam Nauli.

### **Nauli Sanchalan:**

**Method:** When nauli occurs from both directions, let the abdominal muscles and viscera protrude out and massage the thighs with your hands, i.e. move your palms up and down. On doing this, automatically the viscera of the left side will move to the right. Of course, some time will be needed to get expertise. After doing from the right side, repeat from the left.

#### **Benefit:**

- In '*Hathyaogpradipika*', Nauli is said to be the most powerful amongst all kriyas.
- It completely and with surety removes all problems of the stomach such as indigestion, constipation, gas, obesity of abdomen, etc.
- It is useful in feminine diseases, etc.
- This is a very important kriya for doing Pran-apan in Kundalini yoga.

**Precaution:** People with slip disc, heart disorder and ulcer should not do this kriya.

## **6. Do Kapal Bhati Kriya**

It is mentionable that in Patanjali Yogpeeth, even kriyas of Panchkarma and Satkarma has been done successfully.