

# REJUVENATION WITH SHATKARMA

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The sages had taught Shatkarma to their disciples with the purpose of purification of body and enjoying good health. these processes rejuvenate the body and keep it disease free, healthy, strong, and bright and increase longevity.

**षट्कर्म निर्गतस्थौल्यः कफदोषमलाधिकः।**

**प्राणायामं ततः कुर्यादनायासेन सिध्यति॥**

The processes of Shatkarma purify the body and are very helpful in the purification of the mental body. Regular practice of these Shatkarma processes relieves 20 types of phlegm related problems, windy complaints, pitta problems, stomach disorders, lung disorders, heart and kidney problems. therefore the shatkarma propounded by our sages has been described in this article for the benefit of everybody.

**धौतिर्वस्तिस्तथा नेतिस्त्राटकं नौलिकं तथा।**

**कपालभातिश्चैतानि षट् कर्माणि प्रचक्षते।**

(Hathyog 2/22)

**धौतिर्वस्तिस्तथा नेतिः नौलिकीस्त्राटकस्तथा।**

**कपालभातिश्चैतानि षट्कर्माणि समभ्यसेत्॥**

(Gorakshanhita)

Dhouti, Vasti, Neti, Tratak, Nouli and Kapalbhati are being described here for the benefit of Yog practitioners. A person willing to expertise Yog should practice these processes regularly.

## NETI

Intake of different kinds of fluids through nose is called Neti.

**Types of Neti:** there are five types of Neti

Jalneti, Sutraneiti, Dhritaneti, Telneti, Dugdhaneti.

**Jalneti:** Add 10 gm rock salt in one-liter water and heat lukewarm. Fill it in the Neti pot.



*Jalneti*

Morning time is ideal for the practice of Jalneti. It can be practiced both in the morning and evening in case of illness. Breathe in the water through right nostril. Open the mouth slightly and breathe through mouth. The water will come out from left nostril automatically. Repeat the process from the other nostril. If the person does not have cold and catarrh complaint then salt less cold water can also be used for the practice. People suffering from cold and catarrh should use hot water mixed with salt while those who do not have phlegm problems should use lukewarm water and then switch to normal water. Neti process relieves cold and catarrh but some people suffer from vomiting due to Neti. Kapalbhati should follow this process so that the water accumulated inside can come out, which also cures cold and catarrh.

**Sutraneiti:** A cotton rope (thin soft rope) is known as Sutra, which is used for this process.

Soak the cotton rope in water before putting it in

the nostril. Bend it slightly at the edge so that the sutra can be inserted into the nostril easily. Insert the sutra in the right nostril slowly and remove it with the help of hand when it reaches the mouth.

Note: 4 or 5 number catheter can also be used in the absence of cotton rope. Sutraneiti could lead to mild pain in the nostril and throat. Therefore Dhritaneti or Telneti should follow it.

**Dhritaneti:** Sit on a chair or bed and bend the head slightly backwards. Now pour eight to ten drops of lukewarm clarified butter in both the nostrils with the help of a dropper or teaspoon. Telneti is also done in the same manner. Intake of milk through nostril is called Dugdhaneti. This Neti is done when the practitioner



*Sutraneiti*

becomes expert in the practice of Jalneti. There is one difference, in case of Dugdhaneti, the milk is not removed through mouth unlike Jalneti. Instead the milk is taken inside.

**Benefits:** According to Yog Pradipika, Neti purifies the brain, improves eyesight, cures related to throat and upper part.

कपालशोधनी चैव दिव्य दृष्टि प्रदायिनी।

जत्रूर्ध्वजातरोगौघं नेतिराशु निहन्ति च॥

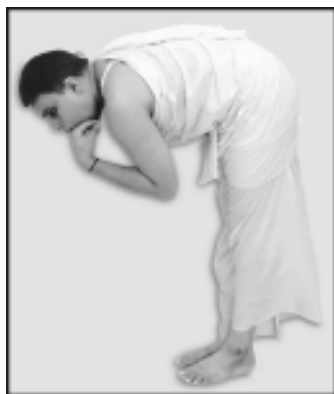
Neti is effective in curing cold and catarrh and is also beneficial in case of eye diseases, graying of hair, headache and other problems. Neti is not meant just for cleaning the nostrils but also to protect the phlegmatic membrane from pollution, dust particles, smoke, heat, cold, bacteria and other germs. Some people have very sensitive phlegmatic membrane, which gets affected due to external conditions and causes allergy. Neti reduces this sensitivity and cures all these problems. Some people suffer from sinusitis, Neti can cure this condition also.

## DHOUTI:

This process is beneficial for the purification of stomach. Dhouti means washing. There are four types of dhouti, namely Vaman, Gajkarini, Vastra dhouti and danda dhouti.

### Vaman dhouti:

**Method:** this process should be done after finishing the morning chores. Add a little bit of salt in one or two liters of lukewarm water and drink as much as possible. Bend forward making 90-degree angle and insert the two middle fingers inside the mouth so that they touch the end of the tongue. The water comes out automatically when the fingers are inserted in this manner. Those who have complaint of reddishness in eyes should not do it forcefully. Do not bend more than 90 degree and keep the feet together. This is also known as Baghi kriya.



**Vaman dhouti**



**Benefits:** Dhouti removes the kapha, pitta and undigested food present in the stomach. People suffering from phlegm related problems, breathing problems, asthma should practice this. The practice should be reduced with improvement in the condition. Polluted pitta can be removed with the help of vaman dhouti in case of fever. It causes perspiration and brings down the temperature. It also overcomes giddiness. Vaman dhouti should be practiced once a week.

### Gajkarini or Kunjal kriya:

The only difference between Vaman dhouti and Gajkarini is that the water comes out slowly at intervals whereas in the second case it comes out all at once. Gaj means elephant. An elephant fills its trunk with water and throws it out like a shower, this process is also done in this manner, hence the name Gajkarini.

**Method:** Drink as much water as possible. Bend forward at an angle of 90 degrees. Contract the throat, mouth and neck and inhale like Ujjayi. Push in the air inside the stomach just like water taken in gulps. Contract the stomach, this helps in pushing out the water like a shower. You can also put slight pressure on the left side of the stomach.

**Benefits:** As mentioned under dhouti.

### Vastra dhouti:

**Method:** Take a cloth measuring 22 feet long and three inches wide, fold it in round shape and keep it in boiled water for four to five minutes. Sit in squat position and keep one edge of the cloth on the tongue. Now swallow the cloth along with the saliva just as we eat food. Drink little water in between so that the water enters inside the stomach easily. This will cause vomiting sensation in the beginning. Close the mouth when this sen-



**Vastra dhouti**

sation occurs. Take in three to four feet cloth in the beginning. You will be able to swallow the entire cloth with regular practice. After swallowing in the cloth two Uddiyan bandh and Dakshina Naouli twice or thrice. After Naouli kriya remove the cloth slowly. If the cloth gets stuck up while removing then swallow it again and remove it again. Wash it nicely with mild soap and dry it.

**Precautions:**

Do not press the cloth with teeth while swallowing the cloth.

Keep at least one foot cloth outside to remove it later.

Remove the cloth after 20 minutes of swallowing it otherwise the cloth could reach the intestines and start digesting. This could be harmful. Therefore remove the cloth after 15 to 20 minutes irrespective of the length of the cloth swallowed.

People suffering from sour belches or ulcers etc. should not practice this kriya.

**Benefits:**

Vastra dhouti removes the phlegmatic covering present on the stomach tissues, it increases digestive juices and thereby appetite.

It is beneficial for patients suffering from phlegm. It is also beneficial in case of stomachache and indigestion.

**Danda dhouti:**

**Method:** Take a soft rubber pipe measuring six mm wide and three feet long. Sterilize it with hot water to make it disinfectant. Rub one edge of the pipe on stone



that has to be inserted into the mouth. Drink lukewarm water containing salt. Drink one or two glasses depending on strength. Bend forward and place the pipe inside the mouth and swallow it so that the edge touches the stomach. The other edge should be hanging outside. The water comes out automatically due to siphon process as soon as the pipe touches the stomach. Throw out all the water.

**Precautions:** Stretch the pipe and check it before inserting it inside the stomach otherwise there is a possibility of breaking inside the stomach.

**Benefits:** When faecal matter gets accumulated on the glands secreting digestive juices then the digestive juices are produced in little quantity. This process cleans the respiratory walls and activates them which removes the phlegm. It increases appetite and it is also beneficial for patients of asthma. This process also relieves the stiffness caused in respiratory pipes due to asthma and prevents asthma attacks.

New methods of treatment based on Yog and Ayurved of ancient sage tradition are being set up in Patanjali Yogpeeth in order to achieve complete health benefits. Shatkarma treatment and research center is one such department. People can relieve curable and incurable diseases in this center and the research work will help in finding out new ways to cure these diseases. Yog and Ayurved are the two valuable weapons in order to accomplish the mission of 'Healthy India and healthy world.' Your support is extremely important to accomplish this pious mission.

## PATANJALI YOG COMMITTEE, CHITTORGARH AWARDED

Patanjali Yog committee, Chittorgarh (Rajasthan) has won the award in the field of environment for its best work. It was awarded the "Forest conservator" district level award on the Independence Day celebration. District Collector, Rao Rajesh Singh accepted the award, citation letter on behalf of the committee. Subhash Sharma co-ordinator of this committee gave this news.