

**EFFECT OF KUNJAL KRIYA IN THE MANAGEMENT OF GIT
DISORDERS W.S.R. TO AMLAPITTA****Dr. Bajrang Ramawat^{1*}, Dr. Varsha Jangid² and Dr. Renu Swami³**¹Assistant Professor, Department of Swasthavritta & Yoga, NAMC, Agra (U.P.)²Assistant Professor, Department of Swasthavritta & Yoga, Shekhawati Ayurved Medical
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(U.P.)**ABSTRACT**

Changing lifestyle along with changing food culture has given birth to various diseases. Amlapitta is one of the most common diseases seen in society today. *Ama* or undigested food molecules which are generated from *Ajirna* & *Annavisha*, are absorbed and deposited in different organs of the body & thus produces the metabolic diseases like *Amlapitta*. *Acharya Kashypa* has first described it as a disease. *Apathyakar ahar* and *vihar* are also responsible for causing *Amalapitta* as a disease. As we all know the food, we consume nourishes our body but the food itself if not taken proper quantity, Proper place and Appropriate time are responsible for causing diseases. The alimentary system is the primary source of nutrition provider of the body and thus plays an important contribution for health and disease. Till now, modern medical science has not invented any permanent curative medicine for this disease. But unfortunately there is no any successful

treatment available in modern science. The mode of operation of *Kunjala* is directly concerned with the digestive system by purifying the stomach and cleans the entire body. Similarly, *Shodhan/Kunjla* of our body and following food taking rules is important for remaining healthy and for the prevention of a lot of diseases.

KEYWORDS: *Ahar, Amlapitta, Kunjal Kriya, Pathyakar, Shodhan, Vihara.*

INTRODUCTION

Ayurveda's primary goals are to maintain the health of healthy individuals and improve the condition of those who are ill.^[1] *Yoga* for a healthy life and *Hitakara ahara-vihara* are both visibly mentioned in *Swasthavritta*. Due to alterations in lifestyle factors such as dietary habits, behavioral patterns, and mental stress and pressure, health levels have declined in recent years. Everyone is susceptible to many diseases because of an unhealthy lifestyle, which goes against our basic digestive physiology. There has been a remarkable rise in the frequency of gastrointestinal system or *Annavaha strotas*-related illnesses.

Ayurveda is the most traditional medical system among these, and it has helped treat a wide range of ailments. Ayurveda's primary goals are to promote health in those who are already well and to treat disease in those who are already ill.^[2] Following fundamental guidelines such as *Dinacharya* and *Ritucharya*, that balance *Tridoshas*, is necessary for maintaining healthy life, according to Ayurveda.^[3]

Ahara Vidhi Vidhana, that depicts how food is consumed, was described by *Acharya Charaka*. He asserted that a person experiencing psychological distress cannot adequately digest food, regardless of how delicious, sufficient, or nutritionally sound it may be. Undigested food therefore messes with the physiology of *Annavaha strotasa*.^[4,5]

All of which can directly or indirectly cause gastrointestinal tract diseases. He is now drawn to processed, immediate, rapid, and junk food, which disrupts the physiology of the gastrointestinal tract. He eats the forementioned foods, that unbalance *Tridosha* even in *Varsha Ritu*, aggravating *Pitta Dosha* by nature.

The *Pitta Dosha* is disrupted by all of the factors mentioned, which in turn disrupts the GIT and causes *Amlapitta*. Psychological issues and poor eating habits have been cited by *Acharya Kashyapa* and *Madhavakara* as the causes of *Amlapitta*.^[6,7] *Acharya Charaka* claimed that the Ama, or undigested food molecules, produced by *Ajirna* and *Annavisha* are absorbed by the body, deposited in various organs, and ultimately result in metabolic disorders like *Amlapitta*.

Amlapitta is related to acid peptic disease, which includes several gastro esophageal reflux diseases such as heartburn, dyspepsia, hyperacidity, gastrotritis etc. that have been studied in recent years. Over 25% of the population in India has acid peptic disorders, according to a

survey of those affected by the condition. Therefore, it can be concluded from this that *Amlapitta* is a pressing issue in this time period.

It degrades one's quality of life, sometimes without endangering it, yet it nevertheless interferes with daily activities. Even though this issue has been the subject of numerous studies, there is currently no lasting solution. *Amlapitta* is a fairly prevalent illness that is currently a major issue. It is challenging to identify because it exhibits a wide range of clinical symptoms.

If the primary stage is not treated, the chronic stage would be life threatening. The contemporary medical system's medications reduce symptoms to some extent, but they also cause a number of consequences.

There is currently no medication that may permanently cure this condition, according to modern medical knowledge. Unfortunately, modern science does not now offer any effective treatments. In Ayurveda, the condition is mostly treated with *Shodhan karma*. A review of the effectiveness of the *Kunjala Kriya* cleansing technique, based on Ayurvedic principles, has been made. It is a cleansing procedure that is simple to use, affordable, results oriented, and highly successful for treating the etiological cause of *Amlapitta*.^[8]

According to *Vagbhata*, *Mandagni* is the root of all diseases. The symptoms of the *Amlapitta vyadhi* are – *Avipaka*, *Utklesha*, *Klama*, *Gaurava*, *Tikta-Amla Udgara*, *Aruchi* and *Hrit-Kanth Daha*.^[9]

Diagnosis will be established by clinical examination and sign and symptoms of *Urdhawaga Amlapitta* as follows- *Avipaka*, *Aruchi*, *Hriud Daha*, *Kantha daha*, *Utklesha*, *Amlodgara*, *Tiktodgara*.

Historical Background Of Kunjal

The word *Kunjala* is one of the synonyms of elephant as per different classics like *Shabdkaalpdruma*, *Amarkosh*, and *Sanskrit Hindi Kosh* etc.^[10,11,12] When the water is expelled by muscular contraction of the abdomen, it is called *Kunjala Kriya* or *Gaja Karma*. Both the words *Kunjala* and *Gaja* mean “Elephant”. The word *Karma* in this context means the same as *Kriya*, namely practice or action.

Description of *Shatkarma* (*dhauti, vasti, neti, lauliki, tratak* and *kapalabhati*) is available in the text of *Hath Yoga*. Where *Kunjar kriya* is mentioned as a type of *antardhauti*, The term *Kunjar* is also well-known as “*Gajkarni*”.^[13] The term *Kunjar/ Kunjal* is given by the *acharyas* of Vaishnava Sampradaya and its practical technique is developed by *acharya* Dheerendra Brahmachari. *Gajkarani* actual mean animals like elephant by virtue of their innate nature and evolutionary speculative power adopt the natural healing processes spontaneously for survival and protection. Human, in the series of evolutionary process, also has developed some defensive process to make them immune in this world. On the course of the long journey due to adaptation of different habitual character some processes have been automatically muted from the common and regular uses of human civilizations. But in the time of need the same process is used repeatedly for the mankind. With advent of time some processes and techniques became confined to different ethnic group and school of thoughts. *Kunjar* is among those processes. The alimentary system is the primary source of nutrition provider of the body and thus plays an important role for health and disease. The mode of operation of *Kunjar* is directly concerned with the digestive system by purifying the stomach it cleans the entire body.

Material: - The water will be lukewarm with or without salt. Salt water inhibits the secretion of acid in the stomach, therefore those people who are trying to alleviate hyperacidity should definitely put salt in the water.

Posture: - The person has to sit in *Kagasana* and then only they should drink the water. During expulsion of water it is best to stand and bend forwards keeping the trunk and head horizontal. This facilitates the free flow of water from the stomach.

Time: - The best time to do the practice is early in the morning, before Sunrise. After completion of the practice, it is best to wait half an hour before eating. The stomach lining should have a chance to reform before the process of digestion starts pouring acids onto its sensitive surface.

Technique^[14]: - *Kunjala Kriya* is performed by drinking lukewarm, salty water. At least six glasses of water should be drunk, but if you can, drink more up to the point where you cannot take even one more sip. At this point you may vomit automatically. By pressing it you will feel the urge to vomit, which is called the 'gag reflex' in medical terminology. Water will

come out of your mouth in a quick series of gushes. Continue pressing until your stomach is empty.

Characteristics of KUNJAL

कासश्वास प्लीहघ्नं कफरोगाश्च विंशति ।

धौतिकर्मप्रभावेण प्रयान्त्येव न संशय ॥ (ह. यो. प्र. 2/25)

All types of diseases can be treated with the right diet, lifestyle changes, and yoga. Certain *Yogik Kriyas* are said to be beneficial in the case of *Amlapitta*; one such *Kriya* that primarily aids in the treatment of *Amlapitta* is *Vaman Dhuti, Kunjal or Gajkarani*. There is no denying that *Dhauti Karma* practice can cure 20 different phlegm-related diseases, including leprosy, enlargement of spleen, cough, and asthma.

Precautions

Hiatus hernia, high blood pressure, and ulcer are among its contraindications. Never use water that is too hot or too cold. Before adopting this method, those with stomach conditions such as heart issues, ulcer, malignancies, high blood pressure, hernia, or asthma should obtain advice from a licensed yoga therapist.

Kunjala Kriya's Effects^[15]

Direct Effects: - On a physical level, *Kunjala* can help with maintaining good health as well as the treatment of some illnesses, such as stomach acid and gas, nausea, biliousness, food poisoning and self-poisoning, inflamed esophageal mucosa, indigestion, asthma, cough, and respiratory conditions, bronchitis, nervous system disorders, and headaches (both tension and migraine). By releasing knots and restricting *Nadis* (psychic nerves that conduct *Prana*), *Kunjala* flushes entire body at the *Pranic* level, making the body feel revitalized and energetic. In terms of mental health, *Kunjala* can assist with a variety of mental illnesses and issues by recharging the brain and psyche in a manner similar to shock therapy. It is notably beneficial for treating phobias, neuroses, lethargy, and depression.

Indirect Effects: - The whole body is rejuvenated by *Kunjala's* indirect effects, which include strengthening and rebalancing the neurological system. The *Pranic* flush's energy helps tonify the respiratory system, musculoskeletal system, circulatory system and urogenital system, This is because for the body to function properly and efficiently, each system depends on every other system. When one system, in this case the digestive system, starts to overflow with energy, the other body compartments get a recharge. There is no

distinction between the mind and body; they work together as a single entity. Consequently, the mind also receives a recharge when the body does. This describes how physical methods can be used to treat mental illnesses. This idea can be applied to all yogic practices that infuse our life with uplifting energy.

Physical Effects

When we perform Kunjala Kriya, we activate our nerve system's sensory pathways, which causes a signal to be sent to the brain. The body then responds to this by sending a signal to the motor system, causing stomach, diaphragm and glottis to contract and water to travel against gravity.

When we perform Kunjala, vagus nerve is stimulated in both its motor and sensory functions by the physical and psychic effects of the energy rush moving from the stomach and Manipura Chakra, respectively. The vagus nerve supplies both motor and sensory functions to the lungs, heart, trachea, bronchi, throat, and digestive tract. Its parasympathetic fibers flow straight into the brain's hypothalamus. The entire autonomic nerve system is under the hypothalamus' control. The gag reflex and vomiting are caused by the vagus.

Both sympathetic and parasympathetic systems are affected by the additional energy from Kunjala, but because mind is preparing for vomiting, a stressful scenario, sympathetic system takes over. The following outcomes take place: Digestive system: more liver-produced glucose entering the circulation and Less peristalsis. Lungs: Bronchial dilation stops severe asthma. The onset of salivary gland secretion clears and cleans the salivary glands.

The blood arteries widen and the heart beats more quickly, supplying the heart muscle with more oxygen. The diaphragm and abdomen's motion exercises the lungs, which aids in breathing and Pranayama. The mouth, lower respiratory tract and sinuses, are stimulated, clearing up these areas with mucus discharges. A brief blood rush brings more oxygen and performance to the brain.

Pranic Effects- The stomach and digestion are governed by “*Manipura chakra*”, the psychic centre, in which *prana* is stored. The force has been called bioplasma by the scientists investigating Kirlian photography and para- psychology and is a proven and documented entity. When the *prana* flows, mind becomes energized and we feel alive and happier. *Kunjar kriya* helps to liberate *prana* and energizes the body and mind.

Asthmatics really benefit from *Kunjala* because in addition to cleaning out the stomach and esophagus, it is an excellent lung cleanser. The pyloric sphincter's powerful contractions and a shock wave that travels through vagus nerve can relieve bronchial spasms. A person with asthma will experience fewer attacks over the course of many months if they practice *Kunjala* every morning. The *Kunjala's* contractions enhance blood flow to the entire abdomen and thoracic regions and aid in keeping the breathing mechanisms open. The body can be thoroughly cleansed using salt. This approach enables everyday use at home to provide the same mucus-clearing advantages. It also aids in reducing bad breath by detoxifying the lungs and the blood in the stomach region.^[16]

Kunjala promotes the digestive fire and aids people whose digestion is underactive. Regular *Kunjala* practice will improve circulation there and aid in the digestion of meals, both of which will boost body warmth internally. It is a useful technique for people with underactive digestion and constantly cold extremities. It can aid in removing acidity, gas, and indigestion. It tones the internal organs and abdominal muscles.

DISCUSSION

Probable Mode of Action

Majority of diseases are caused by *Mandagni*. Weakening of *Agni (Mandagni)* causes improper digestion of ingested food which forms *Ama*. *Ama* originated from the stomach then mixed with *Dhatu* spreads all over the body. Due to overconsumption of the described etiological factors, *Kapha* and *Pitta Dosha* are aggravated which gradually vitiate *Dhatu*s mainly *Rasa-Rakta* and ultimately abnormality of *Rasa* and *Rakta Dhatvagni* occurs. The *Ama Dosha* formed due to all this process became main cause in the pathogenesis of *Amlapitta*.

Kunjala Kriya mainly acts on *Amashaya* and *Annavaha Srotas*. *Amashaya* is the prime site of *Pitta* and *Annavahasrotas* where *Ama* is originated from *Annarasa* due to improper digestive fire. This process expels out the vitiated *Pitta Dosha* in the state of *Acchadita* and *Avalipta* from the *Amashaya* and as a result *Jatharagni* becomes normal. As a result *Dhatavagnimandya* homeostasis rectified, resulting in proper metabolism process. The *Ama* formation and other sequential events thus are restricted by the *Kunjala Kriya* and ultimately stop further pathogenesis of disease.

The functional state of *Pitta* in the body is ensured with the haemostatic state of *Jatharagni* and *Anulomanadi Karma*. The *Kunjala Kriya* by confining the formation of *Ama*, improving the physiological commotion of *Pachaka Pitta* and thus ensures the proper action of *Dhatvagni*.

The stomach is extremely responsive to emotional changes. Depression produces anorexia or loss of appetite accompanied by a heavy sinking feeling in the pit of the stomach, which actually drops an inch or so as the supporting muscles and ligaments let go. Constant worry can create copious gas in the stomach which results in distension and pressure on the heart. This may mimic heart disease.

Stomach ulcers are the end result of a long period of emotional or mental tension combined with a genetic predisposition to the constant over secretion of gastric juices, which eventually breakdown the lining of the stomach and start to eat into you, auto digestion. *Kunjala Kriya* is one of the *Yogic* techniques that removes the mental roots of many disease; hate, jealousy, fear, insecurity. The release of nervous tension after *Kunjala Kriya* is what does it. But the effect is not instantaneous; rather it takes a slow and steady course.

Majority of diseases are caused by *ama dusti*. . The process *Kunjar* mainly acts on *amashaya* (prime seat of *kapha*) and *annavaha srota* (where *ama* is originated from *annarasa* due to improper digestive fire). This process expels out the vitiated *kapha dosa* in the state of *acchadita* and *avalipta* from the *amashaya* and as a result of it *jatharagni* becomes normal and functionally active. *Ama* formation is restricted by the *Kunjar* and ultimately stop further pathogenesis of diseases.

It can help to remove indigestion, flatulence and acidity. It tones the abdominal muscles and other internal organs.

The lungs and trachea too, have mucus linings which can get a buildup of toxic wastes through air pollution or activities like mouth breathing, smoking and poor diet which can inhibit their correct function. When flushing out the stomach with *Kunjar* there is a connected nerve reflex in the lungs which helps to expel excessive mucus as well as releasing nervous tension.

During *Kunjar*, the action of the energy flush moving from the stomach on the physical level, and *Manipura charka* on the psychic level, stimulates the vagus nerve both in its sensory and

motor functions. At the *pranic* level, *Kunjar* gives the whole body a flushing, untying knots and unblocking *nadis*, so that the whole body feels revived and alive.

At mental level *Kunjar* acts as a kind of shock therapy to recharge the mind, thereby removes many mental problems.

CONCLUSION

Amlapitta is a psychosomatic disease, meaning that mental elements interact significantly with physiological variables. Due to stress and hurried living, poor diet, lifestyle choices, and mental health can result in *Agnivaishamya*, which leads to the creation of *Ama* and ultimately the disease *Amlapitta*. *Dushya Rasa & Rakta*, *Srotasa- Raktavaha*, *Annavaha & Purishavaha* are involved in *Amlapitta*.

Kunj neutralizes the acid balance in the stomach, thus helpful in counteracting *Tivra Jatharagni*. Luke warm water pacifies *Vata*, salt helps in liquefaction of *Achadit* and *Avalipt Dhatugata Ama*. *Dhatugata Ama* is expelled and as a result *Dhatvagnimandya* homeostasis rectified, resulting in proper metabolic-process. On account of proper, logical and rational application of *Kunj*, *Samana Vayu* in *Amashaya* regains its normal physiological power causing adequate *Annavivechana* (assimilation) and *Munchan* (excretion). So *Kunjala Kriya* procedure immediately affects vitiated *Agni*, *Pitta*, and *Ama* production, uprooting the disease's primary causes and aiding in the disruption of *Amlapitta's* development.

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