

**A REVIEW ARTICLE ON SHATKARMA**

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**ABSTRACT**

Yoga is ancient indigenous exercise methods with intent of creating a wellbeing with infusion of positive energy. In today's world life is so hectic and fast forward that people do not get time for themselves and live in so much mental and physical stress. It also increase negative energy in individual and causes many diseases. Due to hectic schedule, unhealthy eating, improper sleep schedule and stress Vata-Pitta\_Kaptha get disbalanced and it also leads to various diseases like Obesity, fever, numbness in feet, nails break and etc. Every exercise is helpful in balancing these and also helpful in stabilizing our Metabolic activities but with help of ancient texts and modern research we can say that Yoga is holistic approach in management of these diseases and it may give extra boost in our daily activities. It brings mental health

stable and also keep our metabolism good. Yoga has various components like Pranayama, Shatkarma, Meditation and Asana. In All these Shatkarma is Internal cleaning process which help our body cleaning internally and make body toxic free. In Hatha Yoga Text is also mention that Shatkarma remove wastes from inside body makes it lighter, energetic with positive energy.

**KEYWORDS:** Yoga, Vata-Pitta-Kaptha, Shatkarma.

**INTRODUCTION**

In This materialistic world there are various persepctive and angles to show a successful data

inscientific manner. In India, We see glimps of philosophical approach in different sections viz Arts, science or technology.

In Ayurveda substances are approached with their nature and properties. According to this approach it says 'Everything in this material world is reflection of external environment even inner human body is reflection to outer environment. The Great Five elements viz. Panch Mahabhutas are binding force in every element present in this materialistic world. Ancient scientist i.e. Rishis called them Vata, Pitta and Kaptha which also related to biological activities Rajas, Tamas and Satwa

Reflection of these three forces can be seen into human body

- Air (Vata) represent the Transportation or regulating force
- Sun represent the energy source
- Moon represent the material source

These Three concepts are related with the Vata(Air), Pitta(fire), and Kaptha (earth/Water) in human body these are three windows from which a human body can be analysed for any diseases or any problem in future.

In human body these factors are also called Tri-Dosha and that is represented by Kapth (Mucous), Pitta (Bile) and Vata (Wind) in normal condition they built human body and in abnormal condition they destroy it.

Although they pervades in Entire body and in specific areas

- Kaptha - Above Cardiac region
- Pitta - between cardiac and umbilical region
- Vata - below umbilical region

Vata, Pitta and Kaptha are extremely active during different times in a day and same cycle repeat in night and during digestion process also.

Shatkarma helps in balancing these Tri dosha in human body. Shatkarma is a cleansing practice of human body which is described in Hatha Yoga Tradition. Hatha Yoga tradition mainly focuses on balancing of an Individual. In Hath Yoga Pradipika<sup>[1]</sup> it is recommended that one should practice Shatkarma before practicing Pranayama.

Shatkarma Techniques are.

- Dhauti i.e Internal Cleansing
- Basti i.e. Yogic Enema
- Neti i.e. Nasal Cleansing
- Trataka i.e. Concentrated Gazing
- Nauli i.e Abdominal Massaging
- Kapalbhata i.e. Frontal sinus cleansing

Although many health benefits of Shatkriya are mentioned into Hath Yoga pradiipika but they lack a comprehensive literature on this.

### Traditional References of Shatkriya

There are Four major texts written during ancient era which belongs to Hatha Yoga Tradition these are Hatha Yoga Pradiipika, Gheranda Samhita, Shiva samhita and Hatharantvali. Among of these literatures *Gheranda samhita* and *Hatha Yoga Pradiipika* describe the purification of the body, with reference to six variants of the cleansing procedures. In *Gheranda Samhita* has elaborated description with sub-types and benefits of the *Shatkriya* is mentioned.

*Hatharatnavali*, is the latest among the *Hatha Yoga* texts, it narrates eight variants of cleansing technique. The *Hatha Yoga Pradiipika* of Swami Swatmarama are most popular among the *Yoga* practitioners in which the six cleansing techniques are described. The main objective of *Shatkriya* is to balance the three doshas (*tridosha*) in the body, mucus (*kaptha*), bile (*pitta*) and wind (*vata*).

Although, we see some similarities between Ayurvedic and Yoga cleansing procedures. Yoga cleansing is performed with unique methods and they can be only performed in guidance of yogic practitioner.

### Shatkarma Practices and Profits

#### 1. Dhauti

It means Internal cleaning. It has four major forms which are described in Gheranda Samhita and those are Antar(Internal), Danta (Teeth), Hrid(cardiac), Moola shodhana (Purification of Anus).

The Most common form of dhauti include Vamana dhauti also called as Kunjala Kriya, Vastra Dhauti and Sankha Prakshalana.

During Kunjala Kriya, One should drink lukewarm saline water and induced vomiting to clear impurities in stomach.

## Vaman Dhauti & Vastra Dhauti

VASTRA DHAUTI  
SHATKARMA for CLEANING STOMACH



### Profits

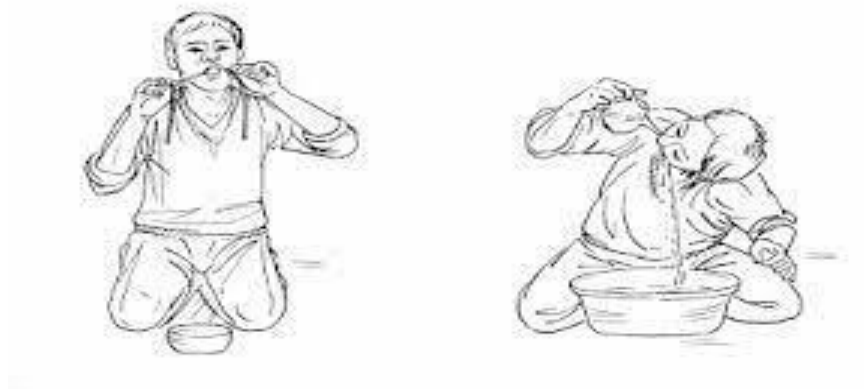
- It is helpful in reducing intoxicants in stomach and ailments in digestive system like constipation, indigestion, chronic gastritis, reflux acid
- It is also helpful in reducing accessory organ ailment of digestive system like torpid liver, pancreas, urinary elimination,
- It indirectly strengthens the heart and respiratory system
- It is also helpful in arthritis, diabetes and loosening of weight

### 2. Neti (yogic nasal cleansing)

According to Hatha Yoga this practice is for cleaning of nasal passage. Generally there are four types of neti in practice but in classical texts like Hatha Yoga Pradipika there is only one type of neti mentioned i.e. Sutra neti. Other three types in practice are Jala Neti, Ghrit Neti (Ghee) and Dugdha neti.

Jala neti and Sutra neti are most practiced in modern era also. For Jala neti there are special carved pots which are used with help of them saline lukewarm water is passed through one nostril and come out with other passage and this same process is done through other nostril also.

In sutra neti a soft thread is inserted into nasal passage and come out from mouth for this a sterile catheter is used.



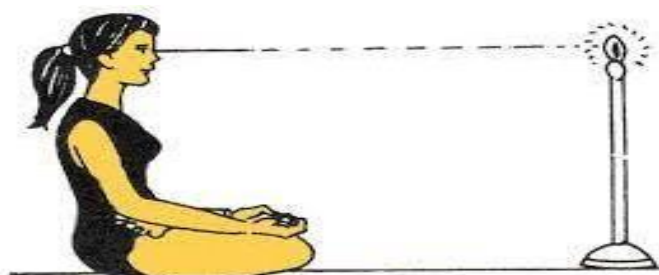
### Uses

It is used to remove mucus from nostrils and keep them healthy

- It cleans sinus and clear the air passage
- Remove dust particles and keep air passage healthy
- Prevent Cough, cold, headache and helps in keep eyes healthy

### 3. Trataka (Yogic Visual Concentration)

In this process individual should concentrate on small object usually at candle flame till tears come from eyes.



### Uses

- This practice is helpful in Eyes disorder
- It Improve concentration of practioner
- It is helpful in decreasing laziness

### 4. Kapalabhati (Yogic Frontal brain cleansing)

Kapalabhati is practice to make abdomen and head healthy. This is done with empty stomach in this one should such his/her stomach with rapid breathing. It is on level highpractice yoga because of its breathing pattern. Generally it is done prior to pranayama. Some texts classify this as pranayama but in classical texts it is defined as Yoga practice.

## KAPALBHATI PRANAYAMA SKULL SHINING BREATH



### Uses

- It is useful in Respiratory diseases
- It stimulates blood and makes lungs strong
- It strengthens the abdominal muscles

### 5. Basti (Yogic Enema)

In Hatha Yoga, there are two forms of basti described: Jala (Water) basti and Sthala (Dry) basti. The process of basti is useful in cleaning the colon. Swami Swatmarama considers the practice of *basti* beneficial for balancing *tridosha* and *dhatus* and to purify mind and senses.

- Swami Gheranda says *basti* reduces vata disorder and is also beneficial in urinary and digestive problems. It is also known to improve digestion.
- According to Swami Swatmarama, *basti* is helpful for balancing *tridosha* and *dhatus* and to purify mind and senses.

### 6. Nauli (Abdominal Massage)

It is a practice in which a yogi should contract and isolate the rectus abdominal muscles and churn the abdominal muscles. Nauli has three different types which are based on isolations of muscles, and these are Dakshina Nauli (Right side), Vama Nauli (Left side) and Madhya Nauli (Center).

- This strengthens the gastric juice secretion in the body.
- Increases the endocrine and exocrine functions of the pancreas.

### CONCLUSION

Yoga is a precious indigenous system which helps in living a healthy lifestyle and keeps human

being energetic but in this modern world there are various diseases related to lifestyle disorders like Constipation, Respiratory diseases laziness and many more in recent studies it is found that Shatkarma techniques are helpful in keeping our body diseases free and give us a strong immune system which gives confidence to live a happy life. There are few practices which can be performed in present of experienced person only.

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