

THE ROLE OF SHANKHPRAKSHALANA & IT'S MECHANISM

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ABSTRACT

Healing methods in yogic science is based upon inside-out purification, holistically operating upon the mind, body and soul. The purpose of these cleansing techniques is to keep the body strong, clean and healthy. Shankhaprakshalana is mentioned under type of Dhauti, (varisar dhauti). In it focus is on cleansing of GIT with the help of water as the name indicated. Thus it relives acidity indigestion, flatulence, constipation etc. helps to build resistance to diseases by eliminating the toxins. Cleans the whole body.

KEYWORDS: Shatkarma, Shankhaprakshalana, GIT Cleansing.

INTRODUCTION

Shatkarma is the Sanskrit term for one of the six yogic purification techniques as outlined in the "Hatha Yoga Pradipika." The body is like an unbaked earthen vessels, gets destroyed when thrown into water. The fire of practice of yoga bakes it & makes it strong & pure. There are seven means for training the body.

"kks/kua n`<rk pSo LFKS;Za /kS;Zap~ yk?koe~ A AR;{kp~ fufyZlrap~ ?kVL; llrlk/kue~ AA "(Åç- Lka- 1/9)

Purification, strengthening, steadying, calming, lightness, perception & isolation are seven different measures for training of body. The consist of six groups of purification practices. The cleansing and strengthening effects of satkarmas are beneficial therapeutically as it promotes the health of yoga practitioners and other people as well.

"Ekçn% 'Ykç"Ekkf/kd% lkwoZ "kV~dEkkZf.k lEkkpjçr~A vU,kLrq ukpjçrkfu n"kk.kka lEkHkkor%AA" (g- ;"- ç- 2/21)

As Shodhana is mention at first which entitles its importance and can be said that purification of the body is necessary before entering in the Yoga path. It is said that "Body is the dwelling place of Soul" so it is mandatory to keep that clean and healthy. Heaviness is quality of Kapha and Meda, which can be a hinderance for the way long path of a Yogi, so it is mentioned that whoever had increased or vitiated Kapha and obese/increased Meda should go for process of purification. Which is mentioned as Shat Karma.

"/kkSfroZfLrLrFkk usfrykSZfydh =kVda rFkk A

dikyHkkfr'pSrku "kV~~~dekZf.k lekpjsr~ AA" ¼g- ;ks- Å- 2@27½

Dhauti, Basti, Neti, Trataka, Nauli & Kapalabhati are six purification measures mentioned in Yoga.

Dhauti karma

" vURk/k©ZfRknZURk/k©fRkàZn~ /k©fRkEkWZYk'k"/kUkEk~A /k©fRka pRkq«oZ/kka —Rok ÄVa dqoZURkq fUkEkZY,kEk~AA" (Åç- la- 1/13)

Antar dhauti- Vata sara, Vari sara (Shankhaprakshalana), Vanhi sara, Bahiskrta.

Danta dhauti- Jihva, Karnarandhra, Kpala randhra, Chakshushya.

Hrd dhauti- Vastra dhauti, Danda dhauti, Vamanadhauti (kunjal kriya).

Mulasodhana- Rectum clening.

Basti- Jala basti, Vayu basti (sthala basti)

Neti- Jal neti, Sutra neti

Trataka- Antaranga, Madhya

Nauli- Daksin, Madhyama, Vama Bahiranga

Kapalabhati- Vatkrma, Vyutkrma, Sitkrma

Respiratory Tract & ENT cleansing ⇌ Jala Neti, Sutra Neti, Kapalabhati

Upper GIT cleansing ⇌ Vaman Dhauti, Dand Dhauti, Vastra Dhauti.

Intestinal cleansing ⇌ Varisar Dhauti, Agnisara Dhauti, Basti karma.

The Ayurvedic method for cleansing and rejuvenation is known as pancha karma or five cleansing actions.

Vamana \rightleftarrows Kunjal kriya (vaman dhauti)
 Virechana \rightleftarrows Shankhpraksalana (varisara dhauti)
 Nasya \rightleftarrows Neti

Vari Sara Dhauti

“Okfjlkja ija xkøl;a nsg fUkEkZy dkjdEk~ |
 lk/k;øRrRÁ,kRussu nsonsga Ái|rs ||” (Ās la- 1/18)

It is mentioned under type of Dhauti. In it focus is on cleansing of GIT with the help of water as the name indicated. Vari – water, Dhauti – means to clean. As the water goes through whole GIT but expulsion through rectum which has a shape like a Shankha so due its importance because in Ayurveda also it is place of Vata, it is named as Shankha Prakshalana. By this in present study the word Shankha Prakshalana is used.

Shankha Prakshalana

“आकण्ठं पूरयेद्वारि वक्त्रेण च पिबेच्छनैः |

चलयेदूरेणैव चोदराद्रेचयेदधः ||” (घे. सं. 1/17)

Water is filled in the mouth up to throat & this is drank slowly. This moves of the stomach & should be expelled through rectum. It is modified to suit the fast life and person with weak constipations. It is known by the name Laghu Shankhpraksalana.

Indications

Digestive problem, Constipation, Diabetes mellitus, Obesity, Allergies, Asthma, Cold, Sinusitis, Skin Ailments like pimples, Boils etc.

Contraindication

Pepticulcers, Heartdisease, Hypertension, Pregnancy etc.

Shankhpraksalana helps in active digestion and stimulates the Digestive power. It will increase the circulation in this area and assimilation of food in the gut, and therefore will raise the internal body temperature. It can help to remove indigestion, gas and acidity. It tones the abdominal muscles and other internal organs. Time for Shankhpraksalana – The Spring (Vasanta Ritu) and Autumn (Sharada Ritu) is the best time for Shankhpraksalana.

Procedure of Shankha-praksalana:-Take plenty of clean, lukewarm water and add 15- 16 gram of salt to five liter of water, so that it tastes saline. Drink two glasses of saline water as quickly as possible before taking any food or beverages in the morning. Then perform following Aasanas dynamically 8 times each.

Tadasana- Keep the apart 16-18 inches from each other. Left both the arms in front bring it to shoulder level and interlock your fingers. Take interlocked hands up and face the palms up straighten your arms. Left your heels up and stretch your body in upward direction stay for a while and then release it.

Tiriyaka Tadasana- Take the same position as Tadasana without lifting the heels. Stretch the body up and bend towards left from waist and hold the position for some time. Come back to pre- position and relax. Bend towards right and hold for some time. Come back to pre-position and release. Repeat it from the right side. This completes first round.

Kati Chakrasana- Take distance between both the legs of about 16-18 inches. Raise your arms side-ways to shoulder level, palms of the hands facing downwards & parallel to ground. Turn from the waist towards left, keeping the arms parallel to ground. Bend Right arm in elbow and turn around your body & put the hand on the left shoulder. Bend left arm in elbow & turn from back twist around the waist towards right. Turn your neck towards the left & give twist to whole body towards left. Remain still for a while in this position and then release the Asana.

Tiriyaka Bhujangasana- Prone position, Bring both hands near the chest & place palms on the ground, keep the fingers together pointing front except the thumb drawn towards the body, Touch the forehead to the ground & raise the forehead, bend the neck backward. The distance between the legs should be 10-15 inches & touch the toes on the ground by stretching backwards. Bend the right hand in elbows & keeping the left hand straight from waist & give twist towards left alone with neck. Release this position & repeat from right side & complete one round.

Udrakrsanasana- Take distance between 2 legs of about 8-10 inches, bend the knees touch the soles & sit down. Put both the hands on the knees bending the elbows. With the help of left hand press the left knee towards right foot but don't lift up the right leg up in this position give the pressure of right thigh to left thigh. Remain still in this position for while & then release.

After completion of one round, immediately start next round, do not rest in between round. Drink two more glasses of warm saline water and repeat above said Asanas (five times each). Repeat the same process for third time. After completion of the third round go to the toilet and see if there is bowel movement, but do not strain. After few minutes irrespective of evacuation, come out. Drink two more glasses & repeat five Asanas for eight times. Again go to toilet but do not forcefully evacuate the bowels. Continue the same process of drinking saline water, performing Asanas and evacuation of bowels. Spend little times in the toilet. Initially solid stool will be evacuated, later more watery, eventually cloudy yellow water, finally almost clear water. About sixteen glasses of saline water is usually required before clear water is evacuate, but it varies according to constitution of a person.

Laghu Shankha Prakshalana

Take two liters of luke water and mix 4 teaspoons of salt. Drink two glasses of saline water quickly and perform following Asanas for eight times each as in Shankha prakshalana.

- Tadasana
- Tiryak tadasana
- Kati chakrasana
- Tiryak bhujangasana
- Udarakarsanasana

Drink two more glasses of water and repeat the above procedure. Repeat the process for third time finally, then go to the toilet but do not strain. If there is no evacuation of bowels immediately, it will be evacuated later.

Mechanism of Shankhprakashalana

Along with the drinking of water, also do five asana- Frist Asana is the Tadasana, Creating the some strain and unfolding of extra fold of stomach and duodenum, due to this condition water can easily move downward with remnant matter of the intestine. Second Asana is the Tiryakatadsana (Right & Left), Contracts both sides of the intestinal layers repeatedly, then water enters into intestinal layers. Third Asana is the Katichakrasana (Right & Left), Some twisting of small intestine occurs. Due to twisting, mixing of water and matter of the intestine occurs easily. Saline lukewarm water easily penetrates the matter, when matter is mixed with the water it becomes soft and moves downward easily. Fourth Asana is Tiryagbhujangasa (Right & Left), Due to this asana straightening and twisting of both the small and large intestines occurs at a time so further movement of water becomes easy. Fifth and last Asana is Udarkarsanasana (Right & Left), Creating great pressure over ceacum colon and rectum and then person feels motion. Repeat all process up to totals cleaning of intestine, i.e. passing of clear fluid.

Post Procedure

Complete rest is essential after this procedure. Perform Savasana for 45 minutes, but do not sleep otherwise it leads to head ache. Air conditioners, air coolers should not be used, and atmosphere should be warm. One should maintain silence and take adequate rest. During this whole digestive system is re-vitalised. Forty five minutes after completion of Shankhpraksalana Khichari prepared from rice, green gram and turmeric should be administered with little ghee. One should not sleep at least up to three hours after meals. One should avoid speaking, physical and mental work, one has to take rest on next day also.

Precaution

It is to be done in the morning with empty stomach. It should be practiced in a relaxed mood with under expert's guidance. It should not be done after fasting. Dinner should be taken by 8-9 pm on the previous day. Avoid milk and its product from previous day to next day. Drink only warm water on the same day after the

process. Avoid heavy, spicy, oily, cold and other prepared market packed food. It should not be practiced more than twice in a year. Protect him from direct air, fan, and cooler / air-condition. [Do not go outside before evening.]

Advantages

Cleanses and tones up the entire intestinal tract. Removes the toxic waste accumulated product from the body cells, thus it relives acidity indigestion, flatulence, constipation etc. helps to build resistance to diseases by eliminating the toxins. Cleans the whole body. Intestine is the site of Agni and Mandagni is the main and root cause of any Nija roga. After cleaning of the intestine, every cell functions properly and removes the root of diseases.

DISCUSSION

Satkarma is a cleansing process of whole body. Dhouti is one of it's type, Vastra dhauti is one of complicated method. so can not performed in general. Acharya Gherand mentioned varisar dhauti (shankhprakashalana) is a easiest process to perform in day to day life under guidance of Yoga specialist. Shankhprakashalana work on gastrointestinal system directly. It is a mild form of Virechana Kriya which medicated process, where as Shankhprakashalana is non medicated and very simple process. All Shodhana Karma mainly removing the all accumulated waste material from intestine and from whole body. Mandagni is a main root of disease like constipation etc, which is a flaming complication. To remove this problem shankhprakashalana is practised Shankhprakashalana and virechana both appear as parallel processes, but have many differences. Shankhprakashalana and Virechana can be co related in terms of their action area however both are different. In Virechana systemic effect is far much than compare to Shankha Prakshalana. Shankhprakashalana is a less time consuming (as there are no specific rules for purvakarma, paschat karma), cheapest (no specific need of medication required as well as assistance) & effective method. Shankhprakashalana is done under expert's guidance. Than we practice by our own.

CONCLUSION

Shankha prakshalana is a process of cleansing without any side effects and can be a better option for those who are not ready for cleaning by medicines. Luke warm Saline water had great effect over cleaning, due to its effect of Chedhana, Bhedhana, Kledana with the help of mechanical action of various Aasanas performed during the procedure. Tridoshas gets balanced due to the effect of Saline luke warm water, with Aasana which not only help in evacuation of morbid toxins from GIT i.e. places of Kapha, Pitta and Vata sequentially without their vitiation. Non specific needs of Sansarjana Karma because Doshas are in their normal position i.e. not vitiated and person become normal after some time, light diet is required for two – three dietary timings.

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