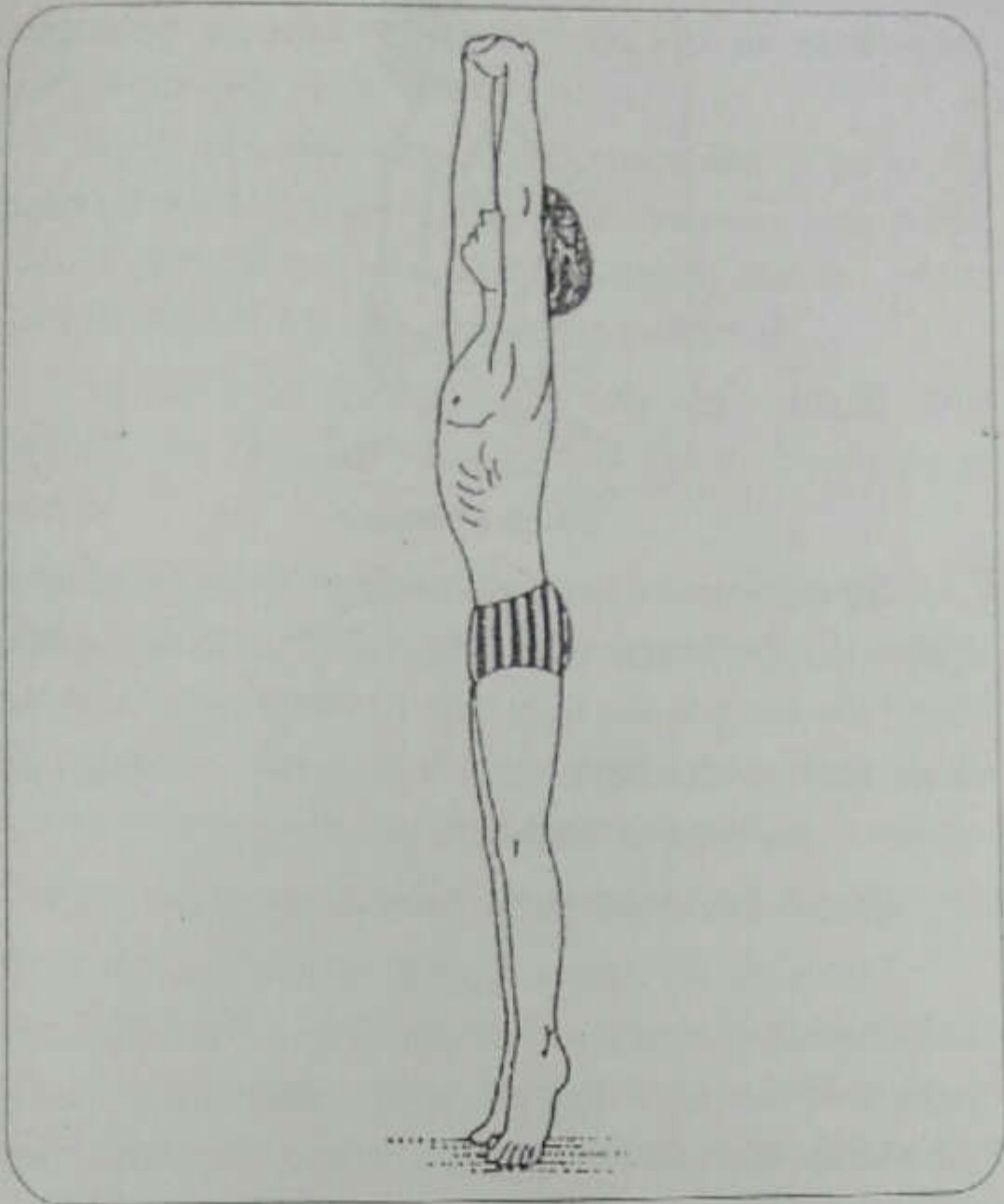


1. Tadasana :



Tadasana

Stand erect, keeping a distance of half a foot between the two feet. Join (Intermingle) the fingers of one hand with those of the other hand and raise the hands up. Raise the heels from the ground and bending the head backwards look at the fingers. Stretch the body upwards. Keep this position for a few seconds and then bring the body to its original position.

Note: (1) Vaman dhauti should be practised on an empty stomach.

(2) In this technique, water should be drunk swiftly.

(3) The fingernails should be well manicured.

(4) Food should not be taken for half an hour after Vaman dhauti.

(5) Persons suffering from peptic or gastric ulcers, high blood pressure, heart disease and hernia are advised not to practise Vaman dhauti.

Repetition: Usually once a week.

Advantages: (1) The digestive organs become active.

(2) Toxic elements, acids and gases are eliminated from the bowels.

(3) Vaman dhauti gives relief in the diseases such as indigestion, chronic cold and asthma.

Varisar Dhauti: Varisar Dhauti is also called "Shankhprakshalana". Varisar Dhauti is an excellent technique to evacuate and cleanse the gastrointestinal tract completely.

Take a bucketful of lukewarm water having some salt in it. Try to keep your mind calm and steady. Swiftly drink two glassfuls of water. Then practise each of the following five asanas eight times as explained below :

Advantages: (1) Opens up the congested nostrils by helping in overcoming extraordinary bleeding, various blockades and inflammation of the nose.

(2) People suffering from chronic congestion in the nasal tract are also benefited.

(3) The general benefits of Jalneti are also available by this Neti.

✓ (2) **Dhauti** : Dhauti can be practised in various ways. But here, only 'Vaman dhauti' (kunjaj kriya) and 'Varisar dhauti' are explained.

✓ **Vaman Dhauti** : Take two litres of warm water. Add three or four teaspoons of salt. Drink six to eight cups of this water. When you feel retching, bend yourself forward and push the first three fingers deeply into the mouth and give pressure to the hind part of the tongue. Water will be evacuated through vomit. Continue to push the fingers into the mouth and vomit as long as all the water in the bowels is evacuated.



Caution: Those who suffer from bleeding nose should practise Jalneti after the advice of an instructor.

2. **Sutraneti** : Sutra means a thread or cotton. According to this technique a cotton thread, stiffened with the help of wax, is inserted into one of the nostrils. The other end of the thread emerges through the mouth from where it is pulled out. A rubber tube is used nowadays in place of the thread. It can be procured from any chemist's shop.



Sutraneti

The rubber tube, is pulled out of the mouth after being inserted into the nostril. One end of the rubber tube will be outside the nostril and the other end will be hanging from the mouth. Pull the tube's ends forwards and backwards. Repeat this process 30 to 50 times. Pull out the tube and insert it into the other nostril and repeat the process. Sutraneti should follow Jalneti.

Note: (1) Insert the rubber tube into the nostril gradually.

(2) Practise Sutraneti under the guidance and observation of a qualified tutor.

a spoon of salt to it. First boil the water and then cool it. Stand in front of a basin or in a *masi*. Lower the head to the left side. Place the funnel of the jug into the right nostril. Further, lower the head slightly and raise the jug so that the water which entered the right nostril comes through the left nostril. Continue this 'kriya' for a minute. Then take the funnel out of the right nostril.

Now place the funnel of the jug into the left nostril and lower the head to the right side so that the water which entered the left nostril may come out of the right nostril. Continue this 'kriya' for a minute.

Then sneeze fifteen to twenty times (breathing out forcefully from the nose) and let the water be evacuated from the nose. It is necessary to make the nose dry.

Note : (1) If the water comes into the mouth through the nostril, spit it, do not swallow it.

(2) There will be burning sensation in the nose and with frequent sneezes, the eyes will fill with tears while doing 'jalneti'. This is natural. You will be accustomed to these effects in a day or two.

Repetition : 'Jalneti' should be practised usually once in a day. The morning time is desirable. If you suffer from cold or hard-breathing, 'Jalneti' may be practised two or three times a day.

Advantages : (1) The nose is cleansed.

(2) Nerve-endings in the nose become more active.

(3) Jalneti is an unfailing remedy for cold, nasal catarrh, sinus, headache and migraine.

(4) Pranayama can be practised more effectively after 'jalneti'.

(5) It removes warts in the nose.

(6) It helps in maintaining the health of the eyes.

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3. THE PURIFICATION OF THE BODY: SHATKARMA THROUGH YOGA

Kriya शतकर्म

Prior to practising Yogasana, Pranayama and Meditation, it is desirable and also necessary to detoxify and purify the body. Toxic properties accumulate in the body for a number of reasons. If these toxins are not eliminated from the body, one would not get the desired benefits of Yogasanas and Pranayama.

The Yogashastra has shown six types of techniques (the kriyas) of internal purification. They are known as: neti, dhauti, nauli, basti, tratak and kapalbhati. Simple and brief information regarding the technique of purification is as follows:

(1) **Neti**: NETI is mainly of two types - 1. 'Jalneti' and 2. 'Sutraneti'.



Jalneti

✓ 1. **Jalneti**: For doing 'Jalneti', a special kind of Jug - 'netilota' is used. Fill the jug with pure water. Add half

Note: (1) While practising 'kapalabhati', keep the chest and the shoulders steady.

(2) 'Kapalabhati' should be practised on an empty stomach.

(3) Those who suffer from high blood pressure or heart disease should not practise kapalabhati.

Repetition: Every day, before practising Pranayama.

Advantages: (1) This kriya is beneficial to the respiratory system. Blood becomes purified when this kriya is practised.

(2) Kapalabhati makes the mind calm.

(3) Kapalabhati supplies plenty of oxygen to the body.

(4) Kapalabhati is very useful in maintaining the health of the nervous system.

(5) For the cleansing of the nadis, Kapalabhati is an ideal technique.

(6) Blood-circulation gets more efficient through Kapalabhati.

(7) Kapalabhati increases appetite and cures constipation.



Tratak

Note : (1) If tratak is not performed properly, the eyes may be damaged. It is, therefore, necessary to practise this exercise under the guidance of an expert.

(2) If you practise tratak on the flame of a candle, sit at such a place as is not airy and is dark.

Repetition : Once or twice a day.

Advantages : Tratak strengthens the sight and the eyes become bright. Indirectly, it has a beneficial effect on the brain and the mind.

✓ (6) **Kapalabhati :** Kapala means 'skull' and 'Bhati' means to 'shine'. Thus, kapalabhati is an exercise the practise of which imparts glow to the skull.

Sit in either the Padmasana or Sukhasana position, keep the body erect. Place the hands on the knees. Inhale and exhale rhythmically and quickly. Then pull in the abdominal muscles and forcefully exhale. Practise this kriya rapidly (60 to 120 times a minute). Then, after about two minutes, stop practising kapalabhati. Let the breathing

water level up to the navel (or sit in the 'Utkatasana' position). Then practise 'madhyam nauli' and the water will immediately rise into the large intestine. When you are unable to hold back breathing (when 'nauli' is to be released), close the anus with the finger so that the water may not come out. Again, practise 'nauli' and take the finger away from the anus. The water will rise again into the intestine. If this 'kriya' is practised five to seven times, a good quantity of water will rise into the intestine. If possible, practise 'nauli chalan' and hold back the water for some time. Then come out of the water and go to stools at some proper place.

Note: (1) It is necessary to practise this 'kriya' under the guidance of an expert.

(2) 'Basti' should be practised on an empty stomach early in the morning.

(3) Those who are unable to practise 'nauli' can get the benefits of 'basti' through enema.

Repetition: Once or twice a week.

Advantages: (1) 'Basti' washes away the stool accumulated in the intestine. Thus, 'basti' is a sure remedy for constipation.

(2) 'Basti' activates the intestines.

(5) **Tratak:** Tratak is an exercise in which sight is fixed on a particular object.

Sit in the 'Sukhasana' position. Place a burning candle or a small picture or a black dot at a distance of one and a half or two feet away from the face. Look at that object without straining the eyes. Hold back the blinking of the eyes. When the eyes are tired or they shed water, shut them and imagine the picture of that object. Open the eyes after some time and practise tratak again. Do this

During this process, if unequal pressure is given with the palms on the thighs, that is, if more pressure is given on the right thigh, the muscles on the right side will be protruded and if more pressure is given on the left thigh, the muscles on the left side will be protruded. These positions are called 'dakshina nauli' and 'vama nauli' respectively.

After having practised for several days, one can practise these three kinds of 'nauli' which is called 'nauli chalan'.

Note: (1) Practise nauli on an empty stomach after evacuating the bladder and the bowels.

(2) First get mastery over 'uddiyan bandha'. Then gradually learn 'madhyam nauli', 'dakshina nauli', 'vama nauli' and 'nauli chalan' in that order.

(3) During the whole process of 'nauli', 'uddiyan bandha' should continue.

(4) In this technique, the guidance of an expert is necessary.

(5) Women having pregnancy and others suffering from high blood pressure, heart disease or severe diseases of the digestive system should not practise 'nauli'.

Repetition: 'Nauli' should be practised every morning.

Advantages: (1) 'Nauli' gives exercise to the abdominal organs.

(2) One gets rid of the flab on the stomach.

(3) 'Nauli' causes the stool inhibited in the intestines to move towards the anus. Thus, 'nauli' is an unfailing remedy for constipation.

(4) **Basti:** 'Basti' is the washing of the intestines with water.

To practise 'basti' successfully, it is essential to get mastery over 'nauli' first. Stand in a river or pond keeping

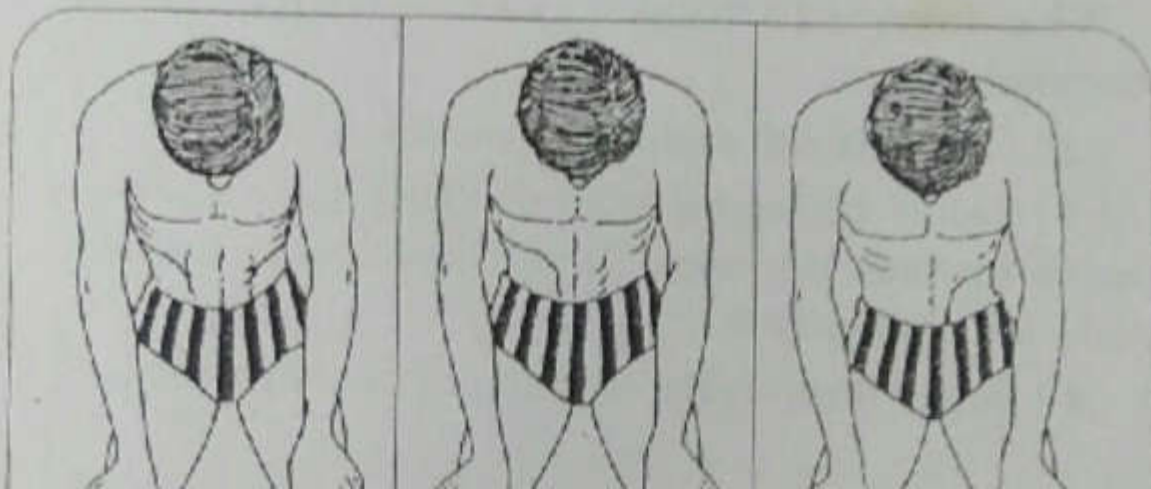
Advantages: (1) Varisar dhauti gives rest to all the organs of the digestive system with the result that the organs become more active.

(2) Varisar dhauti is an unfailing remedy for chronic constipation, acidity, gas, indigestion and other ailments of the digestive system.

(3) This kriya reduces the quantity of sugar in the blood and so it is useful for those suffering from diabetes.

(3) **Nauli:** Nauli gives exercise to the abdominal organs.

Stand, keeping the distance of about a foot between the two feet. Stoop slightly forward and bend the feet from the knees. Place the palms on the thighs just above the knees. Inhale deeply, then exhale slowly and pull the whole abdominal region back towards the spine. This is known as 'uddiyan bandh'. Now giving pressure on the thighs with the palms push the contracted abdominal muscles downwards. The vertical muscles in the abdomen will now appear forward. This is called 'madhyam nauli'. Maintain this position according to your capacity. Then inhale slowly and relax the abdominal muscles.



At last, you will be relieved of the stool. In the beginning, the stool will be hard and then the stool mixed with water will come out.

To drink water, to practise asanas and to go to the toilet—if this technique continues in that order, only water would come through the anus. It means that the whole gastrointestinal tract is completely evacuated.

To reach the condition that only water should come through the anus, one has to drink 16 to 20 glasses of water.

As this Varisar dhauti is tiring, one who practises it should, after completing it, take rest practising Shavasana for 45 to 60 minutes.

Note: (1) Varisar dhauti should be practised on an empty stomach after evacuating the bowels.

(2) This kriya should be practised under the supervision of an expert.

(3) Persons suffering from peptic or gastric ulcers should not practise Varisar dhauti. Persons suffering from high blood pressure or having ailments of the kidney and the blood circulation are advised to practise Varisar dhauti under the supervision of an expert.

(4) One who practises Varisar dhauti should eat khichadi one hour after the kriya is completed.

Repetition: This kriya should generally be practised once in two or three months. If need be, 'laghu Shankhprakshalana' kriya should be practised during the days that follow Varisar dhauti. In 'laghu Shankhprakshalana' one has to drink two glassfuls of water and practise the above-mentioned asanas three times. This kriya helps one to evacuate the bowels and avoid excessive urine.

5. Udarakarshanasana :



Udarakarshanasana

Sit erect on the ground bending the knees. Keep the palms on the knees. Lower the left knee to the ground, bend the trunk to the right side as much as possible and look back to the right side. Then come to the original position. Repeat this asana on the other side.

Repeat this asana eight times on both the sides.

Practising the above-mentioned five asanas in the order explained above, sphincter muscles gradually become loose with the result that the saline water drunk through the mouth flows to the anus carrying with it waste food and stool. Drink again two glassfuls of water and practise the above five asanas eight times.

Now go to the toilet. Do not force the stool to come out of the bowels. Keep the muscles of the abdomen relaxed. If the stool does not come out, wait for a minute and then come out of the toilet.

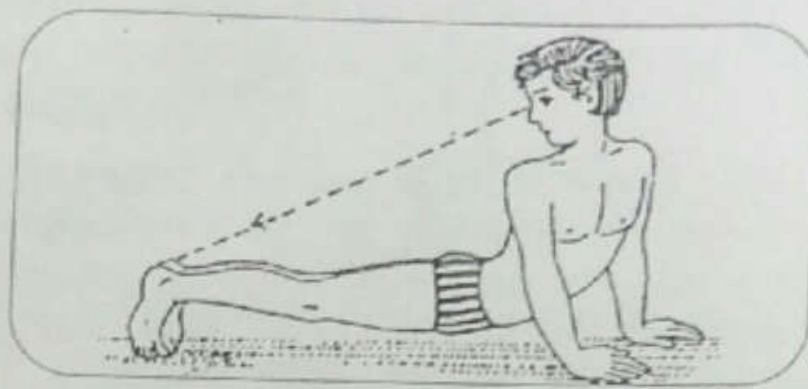
Drink two glassfuls of water again and practising the above-mentioned asanas eight times, go again to the toilet. Never use force for the stool to come out.

Continue this technique (kriva)—drink two glassfuls of

Stand, keeping a distance of two feet, between the feet. Raise both the arms on the sides of the body to the level of the shoulders. Turn the body by the waist to the right side, bring the left arm to the right shoulder and take the right arm to the back. Then bringing the body to its original position, turn it to the left side.

Repeat this asana eight times.

4. Tiryak Bhujangasana :

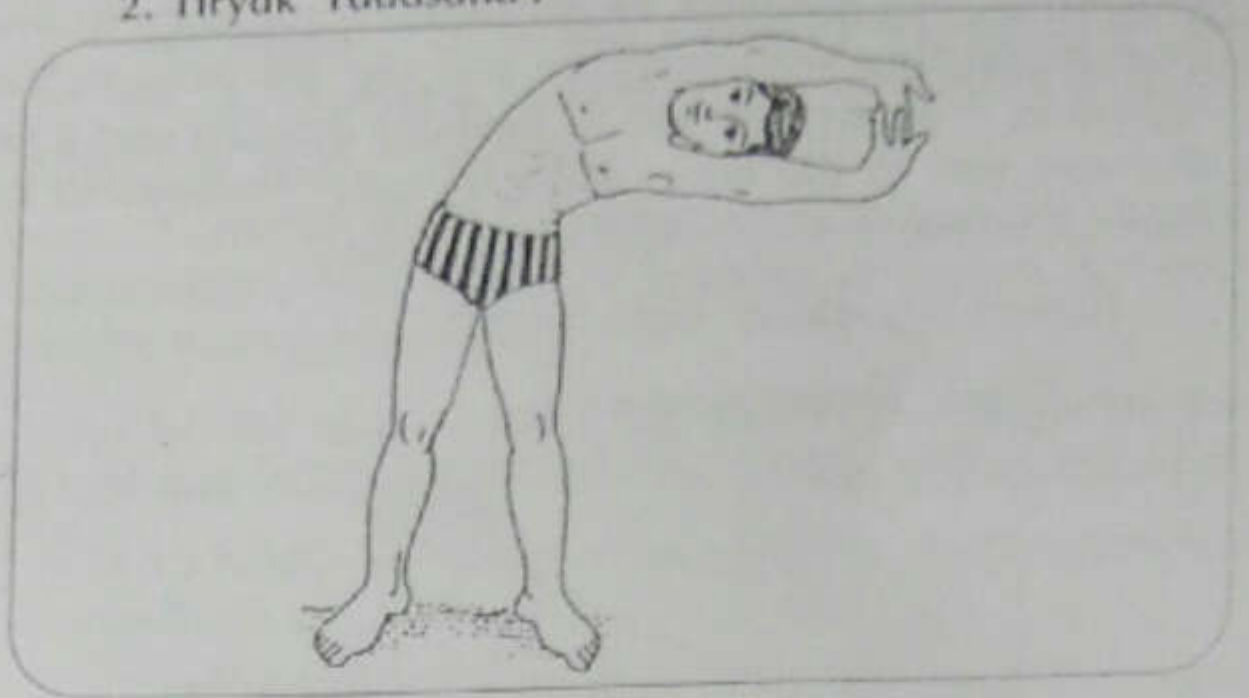


Tiryak Bhujangasana

Lie on the stomach on the ground. Place the palms on the ground beside the shoulders. Stretch the trunk and the head upside with the help of the muscles of the back. Try to minimize the weight on the arms. Now turning the head and the trunk to the right side, look at the heel of the left foot. Then turning the head and the trunk to the left side, look at the heel of the right foot. Then bring the body to its original position.

Repeat this asana eight times.

2. Tiryak Tadasana :



Tiryak Tadasana

First of all, hold the position of Tadasana. Keeping the heels raised from the ground, bend the body first to the right side and then to the left side. The body should be bent at the waist.

Repeat this asana eight times on each side.

3. Kati Chakrasana :

