UNIT 11 - SHATKARMA I

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11.1 LEARNING OBJECTIVES

By the end of the chapter, you will be able to know:

1. the meaning and concept of shatkarma
2. the technique of neti (catheter), agnisar, kapalbhati (vatkrama) practices
3. the benefits of neti (catheter), agnisar, kapalbhati (vatkrama)
4. the precautions to be followed before the practices

11.2INTRODUCTION OF SHATKARMA

Shatkarmas, meaning "six actions" in Sanskrit, are a set of six yogic cleansing techniques used in Hatha Yoga to purify the body and prepare it for advanced practices like asanas, pranayama, and meditation.

The Six Shatkarmas:

- **Neti:** Cleansing of the nasal passages.
- **Dhauti:** Cleansing of the digestive tract.
- **Basti:** Cleansing of the colon.
- **Nauli:** Abdominal massage and cleansing.
- **Kapalbhati:** Breathwork technique for cleansing the respiratory system.
- **Trataka:** Eye gazing for mental focus and concentration

Neti: Neti, a yogic cleansing technique, primarily involves nasal purification and comes in two main types:

- Jala Neti (using a saline solution)
- Sutra Neti (using a string or catheter).

Jala Neti (Saline Nasal Irrigation):

This is the most common and simplest form of Neti, where a saline solution is used to rinse the nasal passages, helping to clear congestion and impurities.

Procedure of Jala Neti:

A neti pot or a similar device is used to pour the saline solution into one nostril, allowing it to flow out the other nostril.

Benefits:

It cleanses the nasal passages, relieves congestion, and can help with sinus problems and allergies.

Sutra Neti (Rubber or Catheter Neti):

This technique involves using a thin, soft string or catheter to gently massage and cleanse the nasal passages.

Procedure:

The string or catheter is carefully inserted into the nostril and gently moved to massage and clean the nasal passages.

Benefits: Can be more effective at removing deeper blockages and mucus compared to Jala Neti, and can help with severe nasal or sinus issues.

Other types of Neti:

- Dugdha Neti: Involves using milk to cleanse the nasal passages.
- Ghrita Neti: Involves using ghee to cleanse the nasal passages.

Dhauti

Dhauti is a Yogic cleansing practice, and is classified into four main types:

- Antar (Internal)
- Danta (teeth)
- Hrid (Cardiac/chest) and
- Moola Shodhana (rectal cleansing

Antar Dhauti (Internal Cleansing):

This focuses on cleansing the digestive tract, specifically the esophagus and the Stomach.There are three types of Antar Dhauti, these include:

  - Vamana Dhauti (Kunjal Kriya): This involves voluntary vomiting to cleanse the stomach.
  - Vastra Dhauti: This method uses a long cloth to clean the esophagus and stomach.
  - Danda Dhauti: This involves swallowing a soft, long strip of cloth to clean the esophagus and stomach.
- **Danta Dhauti (**Teeth Cleansing):This focuses on cleaning the teeth and mouth.
- **Dantamula Dhauti:** Cleansing the roots of teeth, gums, and teeth.
- **Jihwa Mula Dhauti (**Jihwa Shodhana): Cleansing the root of the tongue or the tongue itself.
- **Karna Dhauti:** Ear cleansing.
- **Kapala Randhra Dhauti:** Cleansing the depression in the forehead near the nasal bridge.
- **Hrid Dhauti (**Cardiac/Chest Cleansing): This focuses on cleansing the heart and surrounding areas, including the esophagus and stomach.

- **Moola Shodhana (**Rectal Cleansing): This involves cleansing the rectum and lower intestines.

Concept of Shatkarmas:

Shatkarmas are considered preliminary purifications that remove "gross impurities" and balance the body's three humors (Kapha, Pitta, and Vata).

Utilization:

These techniques cleanse specific areas of the body, including the nasal passages, digestive tract, and eyes, promoting overall health and well-being.

Order in Hatha Yogic Practices:

Shatkarmas are typically practiced before asanas and pranayama to prepare the body for these more advanced practices.

Relevance of Shatkarmas:

Shatkarmas are relevant because they help to remove blockages and toxins from the body, allowing for better energy flow (Prana) and a more receptive state for spiritual practices.

Aims of Shatkarma practice:

- **Purification:** Cleanses the body and removes accumulated toxins.
- **Balancing:** Helps to balance the three doshas (Kapha, Pitta, and Vata).
- **Preparation:** Prepares the body for asanas, pranayama, and meditation.
- **Improved Function:** Enhances digestion, respiration, and overall bodily function.

11.3 MEANING AND DEFINITION OF SHATKARMA

Shatkarma is a set of six yogic cleansing techniques that are used to purify the body and mind. The word ‘Shatkarma’ comes from the Sanskrit words ‘Shat’ (Six) and ‘Karma’ means (action).Shatkarma is a set of yogic purifications of the body. It is a part of Hathayoga Sadhana or practice. Their purpose is to remove

impurities or toxins accumulated in the body and are clinical in nature. It cures diseases and prepare the body for asanas and pranayama.

11.4 AIMS AND OBJECTIVE OF SHATKARMA

The primary aim of Shatkarma is to cleanse the body by removing toxins and impurities, thereby balancing the three doshas (Kapha, Pitta, and Vata) in the body, ultimately achieving physical and mental purification through six specific yogic cleansing techniques, preparing the body for deeper practices like pranayama and meditation; essentially promoting overall health and well-being by harmonizing the flow of Prana within the body.

11.5 MISCONCEPTION ABOUT SHATKARMA

A misconception about Shatkarma is also that it is quick fix for all health problems and can be practiced aggressively without proper guidance, potentially leading to harm; while Shatkarma is a powerful cleansing technique, it should be practiced carefully under the supervision of qualified Yoga teacher to avoid negative effects and ensure proper technique, especially with practices like Basti, Dhauti and Nauli.

11.6 SUTRA NETI (NASAL CLEANSING WITH THREAD)

INTRODUCTION

Neti is a nasal cleansing technique that involves using a rubber catheter as part of the yogic system of cleansing techniques.This practice involves passing a length of cotton thread through the nose. Traditionally, a specially prepared cotton thread, sutra, was used. Several strands were tightly wrapped together and dipped in melted beeswax. The width was about 4mm and the length 36 to 40 cm. Nowadays, however, the practice is more conveniently performed by using a thin, rubber catheter lubricated with melted ghee, butter, edible oil or one’s own saliva, so that it slides easily through the nasal passage.

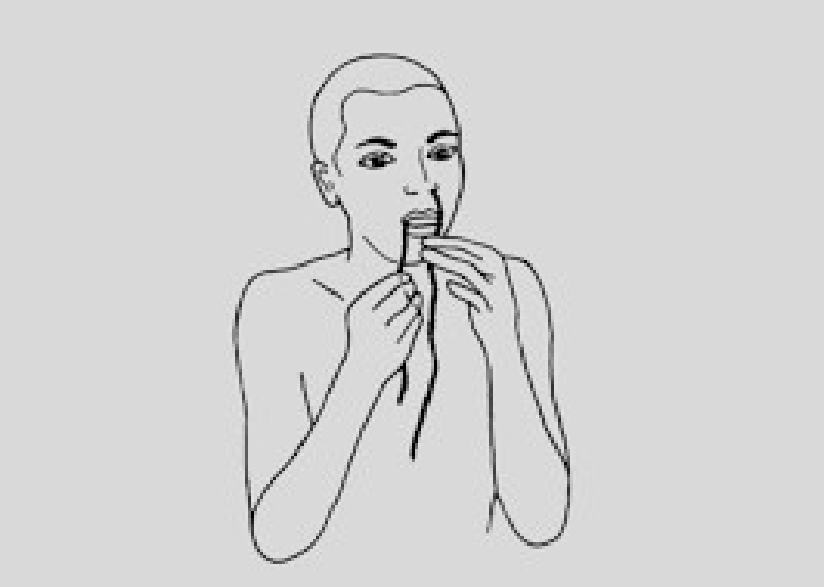


Figure1: Sutra Neti

PROCEDURE:

- Get a catheter lubricated with oil or ghee,
- Stand with legs apart, bend slightly forward
- Inhale and exhale through mouth
- Gently insert the narrow end of the catheter or waxed end of the thread into whichever nostril is flowing more freely.
- As the thread is inserted, twist it so that it enters the nostril easily. Always keep the tip pointing downwards towards the base of the nose. Never push the catheter straight up because the nasal cavity is behind the nose, not at the top of the nose.
- When the thread reaches the back of the throat, insert index finger and thumb, or the middle and index fingers, into the mouth.
- Pull the catheter or thread gently and slowly out through the mouth, leaving a few inches of thread hanging out of the nostril.
- Hold each end of the sutra or catheter with the fingers. Very slowly and gently pull it backward and forward, no more than 15 times on the first attempt.
- Slowly and gently remove it through the mouth.
- Practice the same from another nostril

  Breathing: Breathing is performed through the mouth.

Duration: The practice takes about 10 minutes.

Awareness: Physical- On relaxing the body and moving the catheter or thread smoothly and slowly.

PRECAUTIONS:

- Do not use force under any circumstances**.** The interior of the nose is very delicate, and any undue force could cause damage. After persistent attempts, if the thread or catheter does not pass through the nose, consult a competent teacher.
- It is best not to try sutra neti until jala neti has been perfected.

PHYSIOLOGICAL EFFECTS OF SUTRA NETI:

- Sutra Neti provides a physical cleansing action by directly scrubbing the nasal lining.
- This practice is particularly effective for people suffering from chronic nasal congestion, sinusitis, or blockages caused by mucus. It also helps to desensitize the nasal passages, making them less reactive to allergens such as pollen or dust.
- Sutra Neti works by clearing out physical obstructions, such as mucus, from the nasal passages. It stimulates the mucous membranes lining the nasal cavity, enhancing their function and promoting a healthy respiratory system.
- The nasal passages are lined with small hair-like structures called **cilia**, which trap dust, bacteria, and other particles. Regular practice of Sutra Neti helps maintain these natural defenses, ensuring they function at an optimal level.
- Sutra Neti indirectly stimulates the Vagus nerve, which helps in calming the nervous system. It also enhances the flow of Prana through the Ida and Pingala Nadis, the two primary energy channels that govern balance between the left and right hemispheres of the brain.

BENEFITS OF SUTRA NETI

1. **Enhanced Respiratory Function**: Regular practice clears nasal blockages, improves airflow, and strengthens the respiratory system.
2. **Sinus Relief**: It is highly effective in reducing the symptoms of sinusitis and chronic nasal congestion.
3. **Improved Mental Clarity**: By enhancing the flow of Prana, Sutra Neti aids in improving concentration, mental clarity, and focus.
4. **Allergy Relief**: The practice desensitizes the nasal passages, making them less reactive to allergens.
5. **Balancing the Nadis**: Sutra Neti helps in balancing the energy flow in Ida and Pingala, leading to better emotional stability and mental equilibrium.
6. **Stress Reduction**: By stimulating the Vagus nerve, Sutra Neti calms the mind and reduces stress.
7. Reduces anxiety and depression.
8. Improves vision
9. Reduces snoring and helps manage cases of sleep apnea.

CONTRA-INDICATION

1. **Acute Sinus Infections**: If you are suffering from an active sinus infection, it's better to avoid Sutra Neti, as it may aggravate the condition.
2. **Severe Nasal Blockages**: For people with completely blocked nasal passages, forcing the sutra through could cause injury.
3. **Nasal Polyps or Deviation**: If you have nasal polyps or a deviated septum, it's advisable to consult a medical professional before attempting this practice.
4. **During Illness**: Avoid the practice if you are unwell or suffering from a fever, severe cold, or flu.
5. **Pregnancy**: Pregnant women should avoid performing Sutra Neti unless guided by an experienced teacher, as it could cause unnecessary discomfort.

6. Those people who suffer from chronic bleeding in the nose should not do sutra neti.

11.7 AGNISAR KRIYA

INTRODUCTION

'Agni' in Sanskrit, means 'fire'; 'Sar' means 'essence', and Kriya means' action.' Agnisar Kriya is known as Vahnisara (fire) Dhauti (cleansing action) that enhances the digestive Fire . Agnisar Kriya is a yoga cleansing technique that is believed to clean energy at the Manipura (navel) Chakra as well as strengthen the abdominal muscles and improve digestion. The focus is to get the abdominal muscles functioning properly by "fanning" our digestive system – arousing the muscles to move and promote the best possible digestive process.

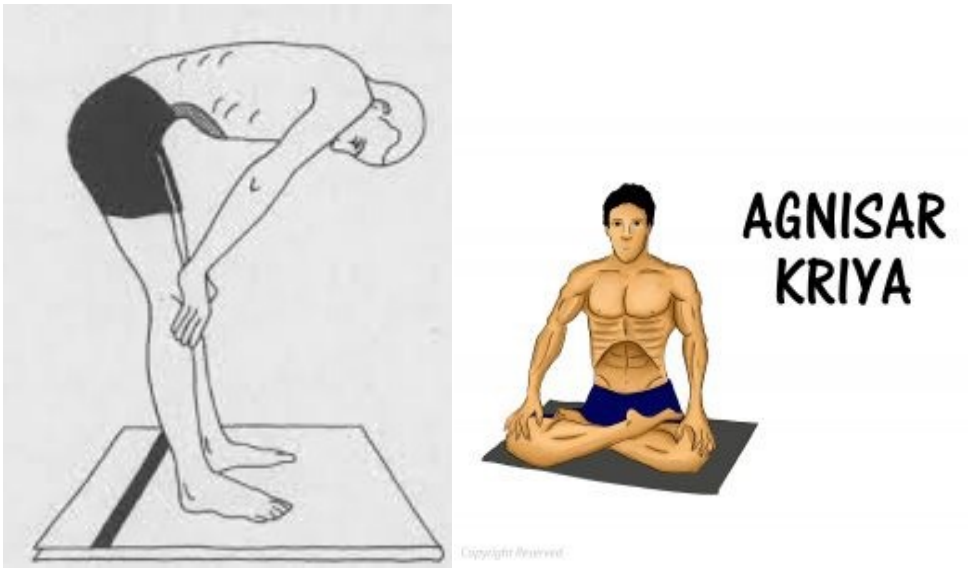


Figure2: Agnisar Kriya

PROCEDURE

- Stand on your mat with your feet about 12-16 inches apart. Keep your knees loose and bend them slightly.

- Place your hands on your knees and keep your elbows as straight as possible.
- Inhale deeply.
- Exhale completely, and eliminate as much air as possible from the lungs.
- While exhaling, suck in your abdominal muscles and pull your navel back towards your spine. This is Uddiyana Bandha (navel lock).
- Bring your chin to the chest to do Jalandhara Bandha (chin lock).
- Begin to soften the abdominal muscles when the exhale is complete. Without taking a breath, start to move your muscles in and out at a fast pace.
- It cannot be easy to keep a smooth pace initially, but this will get better with practice.
- Continue this movement for as long as you can hold before needing to breathe again. Make sure not to strain or over-exert yourself.
- When you need to inhale, loosen both the navel lock and the chin lock.
- While inhaling, come back to a standing position. Continue with a few natural breaths until the breathing gets back to normal.
- This is one round of Agnisar. You can practice 2 more times in beginning.
- If you ever feel tired, light-headed, or out of sorts in any way – stop the practice and relax.

OR

- Sit in bhadrasana with the big toes touching each other, or in Padmasana.
- Inhale deeply,
- Exhale, emptying the lungs as much as possible
- Lean forward slightly, straightening the elbows.
- Push down on the knees with the hands and perform Jalandhara bandha.
- Contract and expand the abdominal muscles rapidly for as long as it is possible to hold the breath outside comfortably.
- Do not strain.
- Release Jalandhara bandha
- When the head is upright, take a slow, deep breath in. This is one round.

- Relax until the breathing normalizes before commencing the next round.

AWARENESS: Physical- On the abdominal movement**.**

Spiritual- On Manipura Chakra

Benefits of Agnisar Kriya:

Digestive and Metabolic Benefits:

- Improved Digestion**:** Agnisar Kriya stimulates the digestive fire (Agni), which is believed to enhance digestion and metabolism.
- Detoxification**:** The practice helps to eliminate waste products from the body.
- Increased Metabolism**:** By stimulating the digestive system, Agnisar Kriya can boost metabolism.
- Relief from Digestive Issues**:** It can help alleviate problems like constipation, bloating, and gas.
- Strengthens Abdominal Muscles**:** The practice strengthens the abdominal muscles, which can improve core strength and stability.

Other Benefits:

- Increased Energy Levels**:** The activation of the digestive fire can lead to increased energy levels.
- Improved Nervous System Function**:** Agnisar Kriya may stimulate the nervous system, potentially reducing stress and anxiety.
- Enhanced Focus and Concentration**:** The practice can improve mental clarity and concentration.
- May Aid in Weight Management**:** By boosting metabolism and stimulating the digestive system, Agnisar Kriya may contribute to weight management.
- May Help Manage Diabetes**:** Some studies suggest that Agnisar Kriya may help in managing blood sugar levels, though it shouldn't be considered a replacement for medical treatment.
- Stimulates Internal Organs**:** The abdominal movements massage and stimulate the internal organs, potentially improving their function.

- May Improve Lung Function**:** The strong breathing involved in the practice can help clear the lungs of phlegm and coughs, potentially improving lung function.

Precautions.

- Anyone with high blood pressure, heart disease, glaucoma, hiatal hernia, acute duodenal or peptic ulcer, overactive thyroid, or chronic diarrhea should avoid doing this Kriya.
- It is best to practice on an empty stomach and should be avoided during pregnancy, menstruation, or after recent abdominal or spinal surgery.
- Do not practice Agnisar if you have nervous system, or respiratory ailments.
- During summer months, this practice should be performed with care as it may raise the body heat and blood pressure excessively.
- During this period, it should always be followed by a cooling pranayama such as sheetkari or sheetali or sadanta.

Contra-indications:

The following problems must avoid this practice:

1. Hypertension
2. Heart disease
3. Acute Duodenal or peptic ulcer
4. Over active Thyroid gland
5. Chronic diarrhea
6. In case of recent abdominal or spinal surgery.

11.8 KAPALBHATI (VATKRAMA)

INTRODUCTION

The word Kapal means ‘Cranium’ ‘forehead’ or frontal lobe of the brain’. Bhati means ‘light’ shining or ‘splendor’ and also ‘perception’ or knowledge. Kapalbhati means skull illumination. The Yogis claim that the practice of Kapalbhati cleanses one’s mind and boosts person’s appearancesKapalbhati,

also known as Vatkrama, is a breathing technique in yoga where you forcefully exhale by pulling your abdomen inwards, followed by a passive inhale.

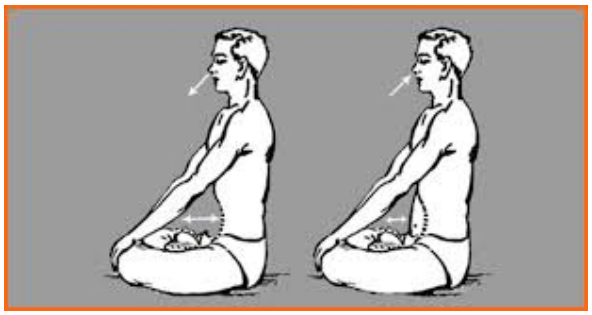


Figure 3: Kapalbhati

Technique:

1. Sit in any comfortable meditation asana such as sukhasana, vajrasana, or Padmasana.
2. The head and spine should be straight, with the hands resting on the knees in either chin or jnana mudra.
3. Close the eyes and relax the whole body.
4. Exhale through both nostrils with a forceful contraction of the abdominal muscles.
5. The following inhalation should take place passively by allowing the abdominal muscles to relax.
6. Inhalation should be spontaneous recoil, involving no effort.
7. After completing 10 rapid breaths in succession inhale and exhale deeply.
8. Allow the breath to return to normal.
9. This is one round.
10. Practice up to 5 rounds.

Breathing pattern:

1. Deep inhale, followed by a forceful exhalation while pulling the abdomen inwards, then a passive inhale as the belly relaxes.
2. The rapid breathing should be from the abdomen; the shoulders and face remain relaxed.

1. The number of breaths may be increased from the initial count of 10 up to 50, as the abdominal muscles become stronger.
2. Advanced practitioners can increase up to 60 or 100 breaths per round.

Focus on the abdomen: The main action is the forceful contraction of the abdominal muscles during exhalation

Benefits:

- **Detoxification:** Helps expel toxins from the body by stimulating internal organs.
- **Improved digestion:** Abdominal contractions massage the digestive system, aiding in digestion and reducing bloating.
- **Weight management:** Increases metabolic rate, potentially aiding in weight loss.
- **Stress relief:** Reduces stress and anxiety by stimulating the nervous system.
- **Mental clarity:** Improves focus and concentration
- **Respiratory health:** Strengthens lung capacity and improves breathing function
- **Improved blood circulation:** Promotes better blood flow throughout the body
- **Stronger core:** Tones and strengthens abdominal muscles
- It purifies the Nadis, and removes sensory distraction.
- It energizes the mind for mental work and removes sleepiness

Precautions:

- People with certain medical conditions like high blood pressure, hernia, pregnancy, or recent abdominal surgery should consult a doctor before practicing Kapalbhati.
- Kapalbhati should be performed on an empty stomach, 3 to 4 hours after meals. If practiced late at night, it can prevent sleep.
- If pain or dizziness are experienced, stop the practice and sit quietly for some time.

Contra-indications

1. Kapalbhati should not be practiced by those suffering from heart disease, high blood pressure, vertigo, epilepsy, stroke, hernia, or gastric ulcer.
2. It is not recommended during pregnancy.

11.9 LET US SUMP UP

- Shatkarma is a set of six Hatha yoga purification techniques that cleanse the body and mind.
- The word "Shatkarma" comes from the Sanskrit words shat means"six" and karma meaning "action".
- Shatkarma prepares the body for yoga practices like asana, pranayama, and meditation
- It helps balance the body's three humors: Kapha (wind), Pitta (bile), and Vata (mucus)
- It removes toxins and impurities from the body
- It helps improve physical and mental well-being
- Sutra Neti provides a physical cleansing action by directly scrubbing the nasal lining. This practice is particularly effective for people suffering from chronic nasal congestion, sinusitis, or blockages caused by mucus.
- It also helps to desensitize the nasal passages, making them less reactive to allergens such as pollen or dust.
- Agnisar Kriya is a yoga cleansing technique that is believed to clear the Manipura (navel) Chakra as well as strengthen the abdominal muscles and improve digestion.
- Kapalbhati is the practice that brings a state of light or clarity to the frontal region of the brain.

CHECK YOUR PROGRESS

A. Very short question

Q1. What is the meaning of Shatkarma?

Q2. What do you mean by Kapalbhati?

Q3. What is the meaning of Agnisar Kriya?

Q4. What are the contra indication of sutra neti?

B. Short question (words Limit 200)

Q1. Write the procedure of sutra neti?

Q2. Explain Agnisar Kriya and its precaution?

Q3. Write the benefits and its precaution of Kapalbhati Kriya?

C. Long Essay (Words Limit 500)

Q1. Elaborate the meaning of Shatkarma and explain about sutra neti in detail?

Q2. Explain about the techniques and its benefits and contraindication of Agnisar Kriya?

Q3. Explain in detail about the procedure and benefits and its precaution of Kapalbhati?

11.11 ANSWER TO CHECK YOUR PROGRESS

A. Answer 1: The word "Shatkarma" in yogic cleansing techniques refers to a set of six cleansing practices in Hatha Yoga, literally meaning "six actions" in Sanskrit, where "shat" means six and "karma" means action; these practices are designed to purify the body by removing toxins and prepare the body for deeper yoga practice.

Answer 2: The word Kapal means ‘Cranium’ ‘forehead’ or frontal lobe of the brain’. Bhati means ‘light’ or ‘splendor’ and also ‘perception’ or

knowledge.Kapalbhati means skull illumination. The Yogis claim that the practice of Kapalbhati cleanses one's mind and boosts person's appearances.

Answer 3: 'Agni' in Sanskrit, means 'fire'; SAR means 'essence', and Kriyameans'action.' Agnisar Kriya is known as Vahnisara (fire) Dhauti (cleansing action) or the digestive Fire.

Answer 4: Acute Sinus Infections, sever nasal bleeding, recent surgery of sinus, epilepsy,stroke etc.

B. Answer 1: A catheter is lubricated with oil or ghee,

- Stand with legs apart, bend slightly backward
- Inhale and exhale through mouth
- Gently insert the narrow end of the catheter or waxed end of the thread into whichever nostril is flowing more freely.
- As the thread is inserted, twist it so that it enters the nostril easily. Always keep the tip pointing downwards towards the base of the nose. Never push the catheter straight up because the nasal cavity is behind the nose, not at the top of the nose.
- When the thread reaches the back of the throat, insert index finger and thumb, or the middle and index fingers, into the mouth.
- Pull the catheter or thread gently and slowly out through the mouth, leaving a few inches of thread hanging out of the nostril.
- Hold each end of the sutra or catheter with the fingers. Very slowly and gently pull it backward and forward, no more than 15 times on the first attempt.
- Remove it slowly and gently through the mouth.
- Practice it for the same from the opposite side of the nostril
- Answer 2. 'Agni' in Sanskrit, means 'fire'; SAR means 'essence', and Kriya means' action.' Agnisar Kriya is known as Vahnisara (fire) Dhauti (cleansing action) or the digestive Fire or cleansing the essence of fire. Agnisar Kriya is a yoga cleansing technique that is believed to clear the Manipura (navel) Chakra as well as strengthen the abdominal muscles and improve digestion. The focus is to get the abdominal muscles functioning properly by "fanning" our digestive system – arousing the muscles to move and promote the best possible digestive process.

Precautions: Anyone with high blood pressure, heart disease, glaucoma, hiatal hernia acute duodenal or peptic ulcer, overactive thyroid, or chronic diarrhea should avoid doing this kriya.

- Best to practice on an empty stomach and avoid it during pregnancy, menstruation, or after recent abdominal or spinal surgery.
- Do not practice Agnisar if you have nervous system, or respiratory ailments.
- During summer months, this practice should be performed with care as it may raise the body heat and blood pressure excessively.
- During this period, it should always be followed by a cooling pranayama such as sheetkari or sheetali or sadanta.

Answer 3. BENEFITS:

- Detoxification: Helps expel toxins from the body by stimulating internal organs.
- Improved digestion: Abdominal contractions massage the digestive system, aiding in digestion and reducing bloating.
- Weight management: Increases metabolic rate, potentially aiding in weight loss.
- Stress relief: Reduces stress and anxiety by stimulating the nervous system.
- Mental clarity: Improves focus and concentration
- Respiratory health: Strengthens lung capacity and improves breathing function
- Improved blood circulation: Promotes better blood flow throughout the body
- Stronger core: Tones and strengthens abdominal muscles
- It purifies the Nadis and removes sensory distraction.
- It energizes the mind for mental work and removes sleepiness.

PRECAUTIONS:

- People with certain medical conditions like high blood pressure, hernia, pregnancy, or recent abdominal surgery should consult a doctor before practicing Kapalbhati.
- Kapalbhati should be performed on an empty stomach, 3 to 4 hours after meals. If practiced late at night, it can prevent sleep.
- If, stop pain or dizziness are experienced the practice and sit quietly for some time

C. Answer1: The word "Shatkarma" in yogic cleansing techniques refers to a set of six cleansing practices in Hatha Yoga, literally meaning "six actions" in Sanskrit, where "shat" means six and "karma" means action; these practices are designed to purify the body by removing toxins and prepare the body for deeper yoga practice.

Sutra neti

This practice involves passing a length of cotton thread through the nose. Traditionally, a specially prepared cotton thread, sutra, was used. Several strands were tightly wrapped together and dipped in melted beeswax. The width was about 4mm and the length 36 to 4 cm. Nowadays, however, the practice is more conveniently performed by using a thin, rubber catheter lubricated with melted ghee, butter, edible oil or one's own saliva, so that it slides easily through the nasal passage.

PROCEDURE:

- A catheter is lubricated with oil or ghee,
- Stand with legs apart, bend slightly backward
- Inhale and exhale through mouth
- Gently insert the narrow end of the catheter or waxed end of the thread into whichever nostril is flowing more freely.
- As the thread is inserted, twist it so that it enters the nostril easily. Always keep the tip pointing downwards towards the base of the nose. Never push

the catheter straight up because the nasal cavity is behind the nose, not at the top of the nose.

- When the thread reaches the back of the throat, insert index finger and thumb, or the middle and index fingers, into the mouth.
- Pull the catheter or thread gently and slowly out through the mouth, leaving a few inches of thread hanging out of the nostril.
- Hold each end of the sutra or catheter with the fingers. Very slowly and gently pull it backward and forward, no more than 15 times on the first attempt.
- Remove it slowly and gently through the mouth.
- Practice it for the same from the opposite side of the nostril

Breathing: Breathing is performed through the mouth.

Duration: The practice takes about 10 minutes.

Awareness: Physical- On relaxing the body and moving the catheter or thread smoothly and slowly.

Spiritual: On Ajna chakra.

PRECAUTIONS:

Do not use force under any circumstances**.** The interior of the nose is very delicate and any undue force could cause damage. After persistent attempts, if the thread or catheter will not pass through the nose, consult a competent teacher. Make sure that the sutra is perfectly clean before inserting it into the nostril. It is best not to try sutra neti until jala neti has been perfected.

Physiological effects of sutra neti:

- Sutra Neti provides a physical cleansing action by directly scrubbing the nasal lining. This practice is particularly effective for people suffering from chronic nasal congestion, sinusitis, or blockages caused by mucus. It also helps to desensitize the nasal passages, making them less reactive to allergens such as pollen or dust.
- Sutra Neti works by clearing out physical obstructions, such as mucus, from the nasal passages. It stimulates the mucous membranes lining the nasal cavity, enhancing their function and promoting a healthy respiratory system. The nasal passages are lined with small hair-likestructures called cilia, which trap dust, bacteria, and other particles. Regular

practice of Sutra Neti helps maintain these natural defenses, ensuring they function at an optimal level.

- Sutra Neti indirectly stimulates the Vagus nerve, which helps in calming the nervous system. It also enhances the flow of Prana through the Ida and Pingala Nadis, the two primary energy channels that govern balance between the left and right hemispheres of the brain.

Benefits of sutra neti

- **Enhanced Respiratory Function**: Regular practice clears nasal blockages, improves airflow, and strengthens the respiratory system.
- **Sinus Relief**: It is highly effective in reducing the symptoms of sinusitis and chronic nasal congestion.
- **Improved Mental Clarity**: By enhancing the flow of Prana, Sutra Neti aids in improving concentration, mental clarity, and focus.
- **Allergy Relief**: The practice desensitizes the nasal passages, making them less reactive to allergens.
    - **Balancing the Nadis**: Sutra Neti helps in balancing the energy flow in Ida and Pingala, leading to better emotional stability and mental equilibrium.
    - **Stress Reduction**: By stimulating the Vagus nerve, Sutra Neti calms the mind and reduces stress.
    - Reducing anxiety and depression.
    - Improving vision
    - Reduce snoring and help manage cases of sleep apnea.

Contra-indication

- **Acute Sinus Infections**: If you are suffering from an active sinus infection, it's better to avoid Sutra Neti, as it may aggravate the condition.
- **Severe Nasal Blockages**: For people with completely blocked nasal passages, forcing the sutra through could cause injury.
- **Nasal Polyps or Deviation**: If you have nasal polyps or a deviated septum, it's advisable to consult a medical professional before attempting this practice.

- **During Illness**: Avoid the practice if you are unwell or suffering from fever, severe cold, or flu.
- **Pregnancy**: Pregnant women should avoid performing Sutra Neti unless guided by an experienced teacher, as it could cause unnecessary discomfort.
- Those people who suffer from chronic bleeding in the nose should not do sutra neti**.**

Answer 2. Agnisar Kriya techniques, benefits and contra indication

Techniques

- Sit in bhadrasana with the big toes touching, or in Padmasana.
- Inhale deeply,
- Exhale, emptying the lungs as much as possible
- Lean forward slightly, straightening the elbows.
- Push down on the knees with the hands and perform Jalandhara bandha.
- Contract and expand the abdominal muscles rapidly for as long as it is possible to hold the breath outside comfortably.
- Do not strain.
- Release Jalandhara bandha
- When the head is upright, take a slow, deep breath in. This is one round.
- Relax until the breathing normalizes before commencing the next round.

Awareness: Physical- On the abdominal movement**.**

Spiritual- On Manipura Chakra

Benefits of Agnisar Kriya

- **Improved digestion**: Agnisar Kriya increases body heat, which improves digestion and detoxification. It can also help relieve constipation.
- **Stronger immune system**: Agnisar Kriya can help strengthen the immune system.
- **Reduced belly fat**: Agnisar Kriya stretches the abdominal muscles, which can help burn belly fat.
- **Reduced stress**: Agnisar Kriya can help reduce stress.

- **Improved metabolism**: Agnisar Kriya can boost the body's metabolism rate.
- **Better insulin secretion**: Agnisar Kriya massages the liver and pancreas, which can help regulate insulin secretion.
- **Activated solar plexus**: Agnisar Kriya activates the Manipura Chakra, or solar plexus, which can help boost energy and vitality.
- Curing sleepiness
- Curing lung disorders
- Slowing the aging process
- Massaging internal organs
- Increasing blood flow
- Stimulates appetite and improves digestion.
- Massages and strengthens the abdominal muscles.
- Relieves depression, dullness, and lethargy.
- Energizes the Manipura chakra.
- Increases blood circulation to abdominal muscles, tissues, organs, pelvic muscles.
- Stimulates digestion and metabolism, which allows maximum nutrition intake from food.
- Reduces gas in the stomach and aids with hyperacidity.
- Tones the abdomen walls.
- Kidneys, the small and large intestines are activated and cleansed.
- Agnisar Kriya stimulates the energy levels markedly. It alleviates depression, dullness and lethargy.

Precautions

- Anyone with high blood pressure, heart disease, glaucoma, hiatal hernia acute duodenal or peptic ulcer, overactive thyroid, or chronic diarrhea should avoid doing this kriya.
- Best to practice on an empty stomach and avoid it during pregnancy, menstruation, or after recent abdominal or spinal surgery.
- Do not practice Agnisar if you have nervous system, or respiratory ailments.
- During summer months, this practice should be performed with care as it may raise the body heat and blood pressure excessively.

- During this period, it should always be followed by a cooling pranayama such as sheetkari or sheetali or sadanta.

CONTRA-INDICATIONS:

- People suffering from hypertension
- Heart disease
- Acute Duodenal or peptic ulcer
- Over active Thyroid gland
- Chronic diarrhea
- Avoid if you have had recent abdominal or spinal surgery.

Answer 3: TECHNIQUE OF KAPALABHATI

1. Sit in any comfortable meditation asana such as sukhasana, vajrasana, Padmasana.
2. The head and spine should be straight with the hands resting on the knees in either chin or jnana mudra.
3. Close the eyes and relax the whole body.
4. Exhale through both nostrils with a forcefully contraction of the abdominal muscles.
5. The following inhalation should be take place passively by allowing the abdominal muscles to relax.
6. Inhalation should be a spontaneous recoil, involving no effort.
7. After completing 10 rapid breaths in succession, inhale and exhale deeply.
8. Allow the breath to return to normal.
9. This is one round.
10. Practice up to 5 rounds.

BENEFITS:

- **Detoxification:** Helps expel toxins from the body by stimulating internal organs.
- **Improved digestion:** Abdominal contractions massage the digestive system, aiding in digestion and reducing bloating.
- **Weight management:** Increases metabolic rate, potentially aiding in weight loss.

- **Stress relief:** Reduces stress and anxiety by stimulating the nervous system.
- **Mental clarity:** Improves focus and concentration
- **Respiratory health:** Strengthens lung capacity and improves breathing function
- **Improved blood circulation:** Promotes better blood flow throughout the body
- **Stronger core:** Tones and strengthens abdominal muscles
- **It purifies the Nadis, and removes sensory distraction.**
- It energizes the mind for mental work and removes sleepiness.

Precautions:

- People with certain medical conditions like high blood pressure, hernia, pregnancy, or recent abdominal surgery should consult a doctor before practicing Kapalbhati.
- Kapalbhati should be performed on an empty stomach, 3 to 4 hours after meals. If practiced late at night, it can prevent sleep.
- If pain or dizziness are experienced, stop the practice and sit quietly for some time**.**

11.12 FURTHER READING

- *Frawley, David. Neti: Healing Secrets of Yoga and Ayurveda. Twin Lakes, WI: Lotus Press.* ISBN 0-940985-85-3*.*
- *Jefferson, Warren (2005). The Neti Pot for Better Health. Summertown, Tennessee: Healthy Living Publications.* ISBN 978-1-57067-186-9*.*
- *Saraswati, Satyananda. Asana Pranayama Mudra Bandha. Munger, Bihar, India: Yoga Publications Trust.*
- Muktibodhananda, Swami. (1985). Hatha Yoga Pradipika. New Delhi India: Thomson PressIndia, for The Yoga Publications Trust.

11.11– MODEL QUESTION

A. Objective question

Q1. Sutra Neti is beneficial for sinusitis-True OR False

Q2.Kapalabhati should be avoided during

a) Hypertension, b) anxiety c) Depression d) common cold

Q3. What is the meaning of Shatkarma?

Q4. In Which of the conditions, Agnisar Kriya should not be advised to practice?

a) Pregnancy b) Menstrual cycle c) abdominal Surgery d) All of the above

Q5. Name the Shat Karma?

B. Very short note (Words Limit 150-200)

Q1. Explain the procedure of Agnisar Kriya?

Q2. Write the benefits of Sutra Neti?

Q3. What is the meaning of Kapalbhati? And write the contra indication of Kapalbhati?

C. Long Essay (Words Limit 300-500)

Q1. Explain the meaning and its types of Shatkarma? And write the procedure and benefits of Kapalbhati?

Q2. Elaborate the meaning and its procedure, benefits and Contra Indication of Agnisar Kriya?

Q3. Mention the procedure, benefits, precaution and its contra indication of Sutra Neti?

Q4. Explain the aims and objective and its misconception of Shat karma?

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