UNIT 12: SHAT KARMAS II

UNIT STRUCTURE

12.1 Learning objectives

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12.1 LEARNING OBJECTIVES

After going through the unit, you will be able to know:

- the conceptual knowledge of methods of practicing nauli, dandadhauti
- the techniques of nauli, dandadhauti
- will be able to practicennauli, dandadhauti
- understand the benefits and precautions of nauli, dandadhauti

12.2 INTRODUCTION

According to Hatha Yogatext, Shatkarmais the foremost practice for yoga sadhana. It is a process of purifying and reconditioning process. It is used for various cleansing processes.Dandadhauti is a process of cleansing Gastro intestinal tract upto stomach using water, catheter tube and muslin cloth. Nauli is the isolation and the manipulationof the abdominal recto muscles to stimulate the healthy functioning of the abdominal organs.

12.3 SHATKARMA

12.3.1 NAULI (LAULIKI) KRIYA

Nauli and Laulikiarethe fourth shatkarma practice. The word Lauliki is derived from the root 'lola' which means to roll or agitate. In this practice the abdomen is rotated and contracted so that all the abdominal organs and abdominal muscles are stimulated. The other name of lauliki is nauli kriya, the muscles are squeezed to the side of the abdomen. Lauliki is the best practice for massaging and activating the internal organs. It benefitsthe overall digestive system and all the organs related to the digestive system.Rotating the stomach with full speed on both sides (from right to left and from left to right) is called Laulikii.e.,Nauli Kriya. With its continuous practice, it destroys all the diseases of the seeker. Along with this, it increases the gastric fire located in the body. Due to the digestive system of the seeker becomingstrong.

Types of Nauli–

1. MadhyamaNauli–In madhyamanaulithe rectus abdominal muscles overlying the stomach and intestines are contracted so that the abdominal muscles come in the center.

Technique –

Stand with feet apart up to 3 feet.Lean forward and place bothhands on the knees

Exhale deeply so that the lungs feel empty. Contract the abdominal muscles, make an effort and bring all the abdominal muscles into the center of the abdomen. Release the contraction and come back to the normal position.

2. VamaNauli–Vamanauli, in which the abdominal muscles on the left side of the abdominal wall are isolated and contracted.

Technique –

After adopting a standing position, bend forward and place both hands on the knees.

Exhales completely and performsmadhyamanauli.Relax the abdominal muscles on the right side and contract the abdominal muscles on the left side.Remain for some time and then slowly come to the normal position.

3. DakshinaNauli– Dakshin nauli, in which the abdominal muscles on the right side of the abdominal wall are isolated and contracted.

Technique –

Adopt standing position, bend forward and placeboth handson the knees.

Exhales completely in madhyamanauli.Relax the abdominal muscles one the left side and contract the abdominal muscles on the right side.Remain for some time and then slowly come to the normal position.

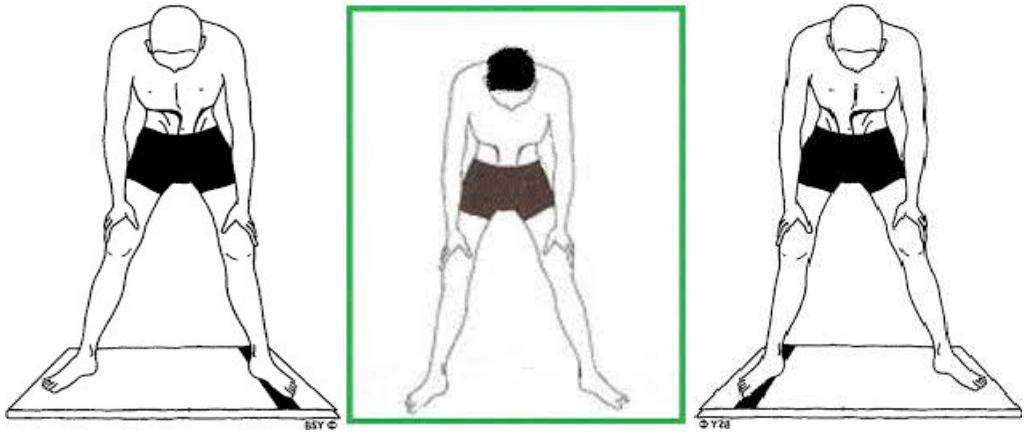


Fig: Vama, Madhyama, DakshinaNauli

Contra-indication:

Nauli should not practice by the people suffering from heart disease, Hypertension, Hernia, High blood pressure etc.

Benefits: Nauli kriya helps in akwakeningthe chakras, psychic centres. All the organs of the abdomen and stomach are massaged. Bowel function is improved and constipation reduced.

12.4 DandaDhauti–

Danda means stick, cleaning the stomach with stick**.** Yogis said that a stick made from sugarcane, the stem of banana tree, or a thin turmeric root can be used for cleaning the stomach and heart region**.** But in the modern method, instead of natural sticks, a rubber catheter is used**.**

Technique –

Take a stem of banana tree or sugarcane stem or a thin turmeric stem should be 10-12 cm long.Drink two glass of lukewarm and saline water.Slowly insert the stem of banana tree or sugarcane stem or a thin turmeric stem through the mouth. Slowly withdrawn from the middle chest.Kapha and pitta diseases shouldevaculated with the mouth.

Benefits: Removes Kapha and pitta doshas. This practice helps to destroy heartdiseases and improve the respiratory system.

CHECK YOUR PROGRESS:

Q.1 What do you mean by Nauli?

Q.2 What is the marterial of the stick used in Dandadhauti?

Q. 3 How does Nauli benefit digestion and the abdominal organs?

12.5 LET'S SUM UP

- `Nauli is practiced in the state of Uddiyana bandha. The abdomen along with viscera is pulled inwards towards the back or spine.
- Nauli kriya is the best practice for massaging the internal organs as a result it benefits the entire digestive system and overall health.
- Dandadhauti involves cleansing the stomach using catheter.
- By this process, all the phlegm, bile and other impurities are expelledfrom the mouth and every kind of heart diseases is cured.

12.6 FURTHER READINGS

- Saraswati. S.S.(2009). *Asana Pranayama Mudra Bandha,* Yoga Publications Trust, Mungar, Bihar, India.
- Muktibodhananda.S.(2016). *Hatha Yoga Pradipika,* Yoga Publications Trust, Mungar, Bihar, India.
- Saraswati. S.N.(2012). *Gherenda Samhita,* Yoga Publications Trust, Mungar, Bihar, India.

12:7 ANSWERS TO CHECK YOUR PROGRESS:

Ans to Q No 1: A method of massaging and strengthening the abdominal organs.

Ans to Q No2: A stick made from sugarcane, the stem of banana tree or a thin turmeric root.

Ans to Q No 3: Nauli enhances peristalsis movement, detoxifies the liver, pancreas and kidneys and helps in reducing constipation, indigestion and bloating. It also stimulates the Manipura Chakra, boosting metabolism.

12:8 MODEL QUESTION:

A. Very short Questions

Q1. Define Dandadhauti.

Q2. Write the benefits of Dandadhauti.

B. Short Questions (Answer in about 150 words)

Q1. Write a short note on Nauli.

Q.2 Write the techniques of practicing dandadhauti.

C. Long Questions (Answer in about 300-500 words)

Q1. Give a description of different types of Nauli kriya with technique, benefits and precautions.

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