

Effects of Detoxification methods (ShatKriya) on mental health

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Received: 25.01.2023 Revised: 05.02.2023

Abstract

The Sanskrit of modern cleansing words in the concept of the internal body is shatkriya (Hathyoga pradeepika). Shatkriya is a complete technique that cleans the body internally as well externally. There are six different kinds of kriyas and each one has a particular purifying purpose. The kriya technique and its subclassification are mentioned in both Gheranda Samhita and the Hatha Yoga Pradipika. However, this theoretical scientific study has outlined the physiological repercussion of every type of shatkriya given in Hatha yogic texts. In this study, the author has attempted to incorporate the observed findings and unpublished observations made after applying each kriya technique because using kriya as therapies have a dearth of evidence-based findings.

Keywords: Hath-Yogic-Shat-Kriyas, physiological health, Yoga.

Introduction

The body has three senses of humor: Pitta(bile), Vata (air), and Kapha (phlegm). They are referred to as Tridoshas in Ayurveda and Yoga. These three senses of humor in the body ought to be in a balanced state. Disorders or disability result from an imbalance in either of the humor and dosha imbalance needs to be corrected before beginning the practice of pranayama. From a physiological perspective, it is necessary to make an effort to eliminate the excess body fat, gastric juice, and mucus that clogs the respiratory tracts. These routines are also thought to have a renewing and rejuvenating effect on the organs of different systems. There are six purifying techniques found in Hatha Yoga that are created expressly to accomplish this, they

are Shatkarmas or Kriyas. "Shatkarma" is made up of the two terms "shat," which means six, and "karma," which means deed. Six purification practices in Hatha Yoga, starting from the forehead to the anus, are well known. Although these techniques have distinct sequencing in Hatha Yoga, we describe Kapalbhati A first and Moola Shodhana last to make them easier to remember. The Shatkarmas are extremely potent practices that can never be discovered from reading a book or being instructed by a novice. To instruct them, one must possess the necessary information and abilities. The Shatkarmas are referred to as the secret practices since they require special instruction on how to perform them, how to teach them, how frequently to perform them depending on

individual needs, etc. A skilled, experienced teacher is needed to teach these practices. The practitioner's vital capacity is specifically increased by the Shatkarmas. They were never intended to be used simply for therapy, but also for illness prevention, achieving health and harmony, and preventing the onset of old age. Additionally, it harmonizes the body and the psyche and gets the aspirant ready for more rigorous exercises. It is inevitable that via these practices, the mind will become free from turbulence and disturbances and therefore be better able to concentrate and move toward Dhyana as they bring about smooth and faultless functioning in the physiological system (meditation).

Effects of Hath-Yogic-Kriyas on the physiology of the body

Before discussing Kriya's physiological aspects, it is important to understand how the isotonic solutions affect body physiology. Three types of solutions, hypotonic, hypertonic, and isotonic been classified according to their tonicities. While the isotonic solution has the necessary amount of solutes in it, the hypertonic solution has more, the hypotonic solution has fewer solutes in the solvent. When practicing Kriya, we occasionally drink hypotonic solution, which induces exosmosis and causes the biological membrane to contract, whereas hypertonic solution causes endosmosis and causes the cells to swell outward [1]. There is predicted cell damage in both situations. The result is zero water flow between the two solutions, i.e., solution in the gut and cell, even though water is flowing both ways, whenever an isotonic solution is exposed across the cell membrane and when the solution travels in the gut. To support biological functioning, some cells

in biology need to be kept in an isotonic solution. Because it generates a flushing effect for improved cleaning, isotonic fluid is always recommended during practice to ensure maximal cleansing in the food pipe.

Kapalbhati

Two syllables are combined to form the word "kapalbhati,"[2]. The Hindi words for shining are Kapal and bhati. Therefore, this exercise can be predicted to result in the frontal lobe functioning at its best. This is broken down into three categories: Vatkarma (breathing), which involves exhaling through both nostrils as we do during the practice of Kapalbhati, Vyutkarma (reversed), which involves exhaling through the mouth and inhaling through the nostrils, and Sheetkarma (cooling), which involves doing both. For both Vyutkarma and Sheetkarma activities, using water instead of air is advocated in numerous sources. The frontal lobe, known in Hatha Yoga as Kapala, can be activated using any of the three Kapalbhati techniques. Even though we are aware that the brain has a special blood supply, practicing Kapalbhati induces an excess elimination of carbon dioxide and builds up oxygen in the brain's peripheral tissue.

The forebrain's optimal metabolism, also known as the "shining of the brain" in Hatha Yoga slang, is brought on by an increased oxygen supply.

Trataka

Hatha Yoga[2] literature does not have the proper definition of "Trataka," but they do describe a technique for focused gaze on a certain object. There are two varieties of trataka: Antaranga (internal) and Bahiranga (external). We frequently use Bahiranga trataka since it is practical for us to arrange an object outside. Internal Trataka entails staring at the chakras and the internal flame that is visualized

between the eyebrows while the eyes are closed. Make the light from the candle flame travel via the retinohypothalamic tract when doing Bahiranga trataka to activate the suprachiasmatic nucleus. Additionally, it is thought that this nucleus controls circadian rhythm. As a result, any issues connected to this nucleus, such as sleeplessness, can be readily eliminated.

Neti

There is no clear definition of neti in Sanskrit, but according to our understanding, neti is the process of cleaning the nasal canal. Additional categories for the Neti ritual include Jala (water), Sutra (catheter), Dugdha (milk), and Ghrita (ghee). The other three Neti techniques require a Neti pot, while Sutra Neti only needs a cotton thread dipped in wax or ghee. All four Neti techniques aid in clearing the nasal passages, which in turn ensures that the frontal, ethmoid, maxillary, and sphenoid sinuses are also cleared. The sinuses are permeable and can hold air because of this. Sinusitis is just one of several difficulties brought on by the accumulation of water in the sinuses. However, an experimental understanding of the sinus drainage process is necessary.

Dhauti

Internal purification is the literal definition of Dhauti[3]. It is divided into four categories: internal (Anata Dhauti), dental (Danta), cardiac (Hrid), and moola shodhana (purification of the anus). Additional categories for Antar dhauti include; Vatsara, Varisara, Vahnisara, Agni Sara and Bahiskrita are the first five. Vatsara is also known as plavini (rectal cleansing). Varisara is the second technique of Antar dhauti which produces a flushing effect of water in the intestine and is therefore successful in eliminating the old sticky defecated mater adhered on

the surface of the small and large intestines. Vatsara is the practice of swallowing a stomach full of air and holding it for a longer period, which helps a yogi to float on water. One of the techniques that create fire is Vahnisara, which means it improves the endocrine and exocrine functioning of the pancreas as well as gastric secretion. Vahnisara is usually advisable for diabetics since it improves endocrine function, particularly the release of insulin. It is believed that the rectum is forced out through the anus for cleansing during the practice of Bahiskrita, which means driving out. The practice is challenging for both Yogis and Celestial beings. It's difficult to explain how these techniques work and what they dose.

As the name implies, danta dhauti involves cleaning the frontal sinuses, Jihva (the tongue), Karna (the ear), and Chakshu in addition to the teeth (eyes). Every day before brushing, jihva practitioners milk their tongues with their thumb and index finger from both hands, which encourages the production of high-quality speech and appropriate mastication. Karna entails pouring sesame oil into the ear, drawing it out, and doing this to keep them healthy. Cleaning the upper back of the palate, kapalrandhra is a technique that is specifically beneficial for sinusitis. Additionally, Chakshu is cleansed by either using an eye pot or washing with medicated water. Some yoga practitioners practice by concentrating on the rising sun, which is not any brighter. This specific technique is beneficial for enhancing vision. All of these guarantee healthy eyes, tongue, and sinuses.

Three further subcategories of *hrid dhauti* are **vastra** (cloth), **Danda** (stick), and **Vaman** (water vomiting).

Vastra Dhauti includes eating a cotton rag to help the upper digestive tract eliminate extra mucus (GIT).

To perform danda dhauti, a banana stem must be inserted, which aids the aspirant in clearing up excessive gastrointestinal mucosa formation.

Vaman Dhauti entails drinking Luke's isotonic solution and vomiting them out, ensuring the health of upper GIT functioning. By activating the vagus nerve, the exercise facilitates the GIT's activities of opening the sphincter, preventing excessive stomach secretions, promoting peristalsis, etc. A delicate turmeric root is utilized for Mool shodhana after being peeled out. Due to turmeric's antiseptic properties, this root is employed. This is one of the methods used to treat issues like hemorrhoids, piles, and fistulas. Additionally, by maintaining a healthy rectum, this exercise helps to stop the transmission of bacteria to the stomach and other areas of the body.

Nauli

Nauli is the Sanskrit word for an abdominal massage[3]. To practice, the rectus abdominal muscles must be isolated. when we isolate these muscles, their names are Dakshine Nauli on the right, Vama Nauli on the Left, And Madhyam Nauli on the Middle. This specific practice of nauli kriya supports the pancreas, endocrine, and exocrine processes as well as gastric juice discharges. Nauli increases the negative pressure inside the abdominal cavity,

which improves the blood flow to the peripheral area of the stomach.

Basti

Basti is known as 'Yogic enema' in the common language. [3] Basti is further divided into two types as; Jala Basti(water) and Sthala Basti(dry). With the practice of Basti Kriya, our large intestine is cleaned properly. In this practice, an anti-pressure is induced in between the abdominal cavity which results in induced loose motions that clean up the large intestine. On other hand, another way is a straw or same-like things are inserted into the anus to create motion and make the intestine clean. During Sthala, instead of water, the air is sucked into the large intestine and cleanses the large intestine by producing the positive pressure of air in the said parts and expels out the fecal matter by pushing the whole amount of air through the anus. Both Jala and Sthala ensure a healthy intestine.

Conclusion

It is concluded that the effect of Shatkarma techniques can be summed up in one word – purification of the internal body. As the result of the Shatkarma practice when the different systems of the body have been purified, the overall energy can flow through the body freely. As one's awareness grows, so does their ability to work, think, digest, taste, feel, and experience things. It is not surprising that yogis have attained perfection, are aware of the true limitations of human potential, and hold Shatkarma in the highest regard.

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