

Aug. 17, 09 (Mon)

Shat-karmas (six cleansing processes)

In HP it is explained before Pranayama in second chapter.

2/21

Those having an excess of fat or phlegm must practice the six purificatory processes first (i.e. before attempting the Kumbhaka). Those in whom the three humours(dosas) are in a state of equilibrium need not practice them.

Dosa-Vatta, Pitta, Kapha

2/22

Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati—these are said to be the six purificatory processes.

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These six cherished processes, which purify the body and yield wonderful results, are held in high esteem by the foremost of the Yogis.

2/24 Dhauti

One should swallow slowly, as advised by the guru, a wet (piece of) cloth four fingers (three inches) in breadth and fifteen cubits long, and then draw it out.

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As a result of performing Dhauti, asthma, diseases of the spleen and the skin and the twenty varieties of disease caused by excess of phlegm undoubtedly cured.

2/26 Gajakarani

Getting control over the group of sphincter (concerned) as a result of practicing step by step, Yogis raise the Apana Vayu to the throat and vomit the food lying in the stomach.

Sphincter—group of nadi

2/27 Basti

Inserting a tube into the anus; and adopting the Utkatasana pose in water coming upto the navel; one should wash (the interior) by contracting (and relaxing after the tube is removed)

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As a result of practicing Basti all diseases are cured like disorders of the

spleen and other glands and dropsy originating from other disorders of Vata, Pitta(yellow bile), Kapha (phlegm)

2/29

Practice of Jalabasti invigorates the Dhatus, the senses, internal organs and gives a sense of well being. It bestows luster, stimulates digestion and completely destroys all the accumulated diseases.

Dhatus—rasa(juice), rukta(blood), maans (flesh), med (fat), asthi (bone), majja(bone marrow), virya (semen)

2/30 Neti

Introducing through the nose a smooth nine inches long piece of thread, one should pull it out through the mouth. This is neti as declared by the accomplished Yogis.

Cf. This is Sutra-neti

2/31

Neti cleanses the frontal sinuses, bestows perfect vision, and soon destroys the multitude of diseases of the region above the shoulders.

Cf. E,N.T.

2/32 Trataka

Keeping the eyes steady, one should attentively stare at a small object until tears come out. This is called Trataka by the teachers of Yogas.

2/33 Trataka, which cures eye diseases and wards off sloth etc., should be valued and preserved with effort as one does a casket of gold.

2/34 Nauli

With shoulders bent forward one should rotate the abdomen right and left with the speed a fast-rotating whirlpool. This is called Nauli by the accomplished Yogis.

cf. This Kriya is sometimes called Lauliki.

Left---vama, right---daksina, rotating---bhramar

2/35 Nauli, the crown of Hatha practices intensifies weak (gastric) heat, restores (good) digestion etc., invariably brings a feeling of well-being and completely destroys all disorders and diseases.

2/36 Kapalabhati

Rapid performance of Recaka (exhalation) and Puraka (inhalation) like the bellows of a blacksmith is Kapalabhati, well-known as the destroyer of disorders caused by phlegm.