

The Yogic Cleansing Practices

The yogic cleansing practices exert a beneficial influence on all dimensions of our health.

These simple, natural, ancient practices are a drug-free way of restoring the mucus / gastric acid balance in the stomach, encouraging the growth of favourable bacteria in the intestines, and clearing the nose and sinuses.

Too little or too much stomach acid – excess mucus – meagre or erratic eliminations – lots of refined sugary food – antibiotics – pollutants – not chewing properly – over-eating: these are some of the problems.

Emotional states can inhibit digestion, and disturb our eating patterns and food choices.

The condition of our stomach, liver and intestines is fundamental to our well-being.

The cleansing practices help to restore balance and harmony on all levels: body, mind and energy.

Neti (clearing the nasal passages & sinuses)

It is important to breathe through the nose, because hairs in our nostrils clean and moisten incoming air before it goes into the lungs. Nature designed the nose, not the mouth, for breathing.

All you will use for neti is a little warm, lightly salted water and a special pot.

Neti is beneficial for sinusitis or stuffy / blocked nose and head, allergies, headaches and hay-fever, and may enhance the sense of smell. It helps to prevent colds; is easy, relaxing and soothing.

This is a simple, straightforward practice for all.

Kunjal

Kunjal is drinking and then expelling warm water through the mouth, to get rid of mucus in the stomach and to dislodge mucus in the respiratory tract.

When enough water is taken in quickly on an empty stomach, expulsion is spontaneous and easy.

Kunjal encourages a healthy flow of gastric acid and is relaxing to the nervous system.

Kunjal is a natural and effective treatment for many digestive ills. It stimulates the digestive fire and is one of the practices for asthma.

Shanka Prakshalana short form (Laghoo)

Regular, plentiful bowel movements are essential to good health.

Laghoo is suitable for all. You will drink 6 glasses of lukewarm lightly salted water, and perform specific asanas to activate the bowels.

This practice relieves constipation, wind, gas, acidity and indigestion, and encourages health and vitality.

Shanka Prakshalana

This is the complete spring clean of the digestive system, and includes neti and kunjla.

Approximately 12 - 16 glasses of water are taken, interspersed with asanas to induce bowel movement.

Eventually you will pass almost clear water.

We will give you a special lunch of moong dall and rice with plenty ghee or butter, to refill and reline the stomach.

Shanka prakshalana is rejuvenating: it promotes general health and well-being, gets rid of excess mucus and stagnant accumulations in the intestines, and helps digestive problems such as irritable bowel syndrome, diarrhoea and diverticulitis.

Shanka prakshalana purifies the blood, and tones the liver and other digestive organs and glands. It strengthens the immune system and is good for arthritis, obesity, allergies, eczema, low energy and fatigue.

This practice balances the mind and emotions, releasing tension and tuning body and mind as one.

For 30 days afterwards you must follow a strictly vegetarian diet, and avoid smoking and alcohol. This gives the digestive system an opportunity to rest, heal and revitalize.

