



YOGIC CLEANSING PRACTICES -3

The sequence of cleansing practices continues with one of most important process known as **Dhauti**.

As the health of a person greatly depends on the effective functioning of the digestive system, this practice cleans the digestive tract and makes it efficiently working. The common types of Dhauti practices are being discussed here:

VAMANA DHAUTI / KUNJALA

Vamana means to vomit out. This practice is also known as Kunjala which is derived from Kunjara which means elephant. Just as an elephant sucks the water through his trunk and brings it out, thus keeping his body free from all ailments, in the same way one can keep one's body healthy for long.

Technique of Practicing KUNJALA

1. Sit in Kagasana (the Crow Posture) and place the hands on the knees.
2. Drink 4-5 glasses of luke warm water or as per one's own capacity continuously.
3. Now get up with the feet together and bend forward. Place the left hand on the stomach. Insert the index and the middle fingers (if required) in the throat to stimulate the upper digestive tract. The expulsion of water will start.
4. Once the water starts coming out, remove the fingers from the mouth until water continues to flow out in a constant stream. When the water ceases, repeat the process again. Continue the process till you feel that no more water is left out stomach

Precautions for practicing Kunjala

1. The water to be taken should be luke warm, neither very hot, nor very cold
2. Particular care should be taken to maintain the half-bent posture.
3. Do not drink water in a standing posture.
4. If the regurgitating water tastes sour or bitter, take another glass of water and vomit it.

5. Expert guidance is advised for doing this.
6. Those who have heart ailments or high blood pressure should not do this without expert guidance. Others can do this on regular basis and thereafter, once a week or so, followed with Jalaneti.



Benefits of KUNJALA

1. This practice cleanses both the upper digestive tract and the respiratory system.
2. Improves the functioning of stomach, thus enhances digestion.
3. The powerful contraction during Kunjal improves the muscle tone and blood circulation in the entire abdominal area and raises the internal body temperature.

FUTURE EVENT

- **WORKSHOP – Yoga for Obesity** on **20-05-15 (Wednesday), 5 – 7:30 pm** at ICC Yoga Hall. Open to all. Please bring your yoga mat with you.

IMPORTANT INSTRUCTIONS FOR KUNJAL

1. It should be learnt and practised under a qualified teacher.
2. Person with any health problems should consult the teacher first.
3. Such purificatory procedures are being taught & practised at ICC.

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