

MPCC-103: YOGIC SCIENCE

UNIT 2 – Methods of Yoga:

2.1 Meaning, types and techniques of Kriya.

❖ **Kriya:** Kriya is the cleansing techniques of digestive tract or gastrointestinal tract in Yoga.

Kriya or Shatkarma is the six cleansing techniques, should be practiced before pranayama. In **Hatha Yoga** there are six particular practices which were specifically designed for this purpose. They are called shatkarma. Shat is 'six,' karma is 'action.' These techniques regulate the production of the three different energies (doshas). These shatkarma which effect purification of the body are secret. They have manifold, wondrous results and are held in high esteem by eminent yogis.

Dhauti, Basti, Neti, Trataka, Nauli and Kapalbhati; these are known as Shatkarma or the six cleansing processes. **Hatha yoga** is famous for these six cleansing techniques. Although only six in number, but each has a variety of practices.

1. **Dhauti:** Dhauti is divided into four parts. According to the **Gherand Samhita** they are called a. **Antar** (internal) **Dhauti**, b. **Danta** (teeth) **Dhauti**, c. **Hrid** (cardiac) **Dhauti** and d. **Moola Shodhana** (rectal cleaning).

a. Antar dhauti is divided into four practices:

- i. **Vatsara dhauti**, expelling air through the anus,
- ii. **Varisara dhauti**, evacuating a large quantity of water through the bowels,
- iii. **Vahnisara dhauti**, rapid expansion/contraction of the abdomen,
- iv. **Bahiskrita dhauti**, washing the rectum in the hands.

b. Danta (teeth) **Dhauti** includes i. Jihva (tongue), ii. Karna (ear), iii. Kapalrandhra (frontal sinuses),
iv. Chakshu (eyes)

c. Hrid dhauti is divided into three practices:

- i. **Danda dhauti**, inserting a soft banana stem into the stomach,
- ii. **Vastra dhauti**, swallowing a long thin strip of cloth,
- iii. **Vaman dhauti**, regurgitating the contents of the stomach.

d. Moola Shodhana: The last practice of dhauti, **moola shodhana** can be performed in two ways. It is done either by inserting a **turmeric root or the middle finger** into the anus.

2. **Basti:** The second karma, **basti** is divided into two parts: **jala (water) basti and sthala (dry) basti.**

- i. In **Jala basti** you suck water into the large intestine through the anus and then expel it.
- ii. In **Sthala basti** you suck air into the large intestine.

3. **Neti:** The third karma, **neti**, has four practices:

- i. **Jala (water) neti**, passing warm saline water through the nose,
- ii. **Sutra (thread) neti**, passing a soft thread through the nose,
- iii. **Ghrita (ghee) neti**, passing clarified butter through the nose,
- iv. **Dugdha (milk) neti**, passing milk through the nose.

4. **Trataka:** The fourth karma is **Trataka**, which is steady and continuous gazing at a point of concentration. It has two practices: antar (internal) and bahir (external) trataka.

5. **Nauli:** The fifth karma is **Nauli**, in which you isolate and churn the abdominal muscles. It has three practices. When the muscles are isolated to the right it is **Dakshina Nauli**, to the left, **Vama Nauli** and in the middle it is **Madhyama Nauli.**

6. **Kapalbhati:** The last karma is **Kapalbhati**, which has three practices:

- i. **Vatkrama Kapalbhati**, which is similar to bhasrika pranayama,
- ii. **Vyutkrama Kapalbhati**, sucking water in through the nose and expelling it through the mouth,
- iii. **Sheetkrama Kapalbhati**, sucking water in through the nose.

These six fundamental cleansing techniques are the most important aspects of hatha Yoga and are the original Hatha Yoga. However, today Asana and Pranayama are more widely known and few people are now proficient in the Shatkarma.

• **3.1 Effects of Kriya on various systems of human body:**

1. **Effects on Digestive System:**

- i. Kriya cleanses the colon removing toxins and strengthens the digestive systems and increases the immunity. (Basti)
- ii. To cure sinusitis. (Neti)
- iii. It increases the efficiency of nasal passages. (Neti)
- iv. Increase the efficiency of pancreas, so best practise to prevent and overcome from diabetes. (Nouli)
- v. Stimulates the metabolic rate (Kapalbhati)
- vi. Massage on inner organs and toning digestive system (Kapalbhati)
- vii. Removal of intestinal wind (Kapalbhati)
- viii. Removes acidity from stomach (Dhouti)
- ix. Remove Constipation Problem (Nouli)

2. **Effects on Respiratory System:**

- i. Increases the lungs capacity, makes the lungs strong, expanding lungs and increasing efficiency, (Kapal Bhati)
- ii. It makes the breathing easier, which leads to improved intake of O₂ and removal of CO₂. (Jala Neti)
- iii. Reduces the respiratory disorders like asthma, bronchitis, Tuberculosis. (Kapal Bhati)
- iv. Eliminates phlegm Removes throat disorders and inflammations (Kapal Bhati)

3. **Effects on Muscular System:**

- i. Kaphalabhati relaxes the facial muscles and nerves.
- ii. Nouli activates all organs of the abdominal region, makes abdominal muscles stronger, so very good to maintain health.

4. **Effects on Nervous System:**

- i. It is also effective in removing stress and fatigue. (Trataka)
- ii. Trataka is good to increase and memory power in Children.
- iii. Stimulating, toning, balancing, strengthening and soothing effects on the Nervous System; Brain centers will be toned, so they can work close to the optimum capacity.

5. **Effects on Cardiovascular System:**

- i. Connection between breath and heartbeat,
- ii. Purification of blood: extra supply of oxygen, removing carbon dioxide and toxins.

6. **Others Effects on Human body:**

- i. Trataka helps in strengthening the retina muscles which helps in curing eye problems.
- ii. Kapal bhati helps to prevent aging process.
- iii. In some extent trataka helpful to overcome from postural problems.
- iv. Spiritually, Trataka practice awakens the ajna chakra.
- v. Jala neti is the best method to preventing and eliminating colds.
- vi. If one practise jala neti with kaphala bhati he can overcome from sinus problem within a month.
- vii. Jala neti helps overcome migraine problems, depression, tension, etc.
- viii. Nauli practise prevents sexual deficiency.
- ix. Helps to increase general vitality of the body.

➤ **Reference:**

Swami Muktibodhananda and Swami Satyananda Saraswati,(1985) “Hatha Yoga Pradipika”, Published by Bihar School of Yoga First edition 1985, ISBN: 81-85787-38-7, Page:185-223. Website: www.yogavision.net

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