



## Shankhprakashalana: A Yogic Karma For Purification

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*Ayurveda is a life science. Its fundamental concept and principles serve the humanity since long back. These are true and beneficial as such as before. The rule to live healthy and diseased free life is the prime Moto of Ayurveda. It has the rules and regulations are not only for him but for the sake of his family and society.*

*For a disease free life, yoga, a part of ayurveda, is implemented. Shankhprakashalana is a procedure to purify the digestive tract and maintain a healthy life because it is said that all the diseases are originated from GIT2.*

**Keywords:** Shankhprakashalana, Shodhana Karma, Yoga, Virechana.

### Introduction:

In this era of globalization, rapid industrialization, urbanization and fast life schedule people take meal without caring for time (proper schedule), type & nature (compatibility and suitability in light of nature of body, living place and season), quality and quantity (fresh or stale and rich or light); excessive alcohol, smoking and spicy food apart from subjecting the body to overstress, all these factors mainly causing the digestive problems. All metabolic disorders like obesity, gastritis, diabetes ect mainly started from changes in Agni Jaathraagni. Jathragni is the main Agni of the body and maintaining the all other agni like dhatwagni, and Bhutagnai. Before correction of Agni, we cannot correct the problem or diseases. The best method of the correction of any disease has two methods like Shodhana and Shamana Karma. Among these two method Shodhana karma is superior then Shamana Karma. Shodhana karma may be done by medicine or by natural way. The natural way like Shankhprakashalana (Shatkarma) is more convenient then medicated virechana karma of Ayurveda. Shankhprakashalana is anciently named as Varisar, division of Dhauti Karma of Gherand Samhita. Shankhprakashalana is mainly used for total cleaning of the body via cleaning of intestinal system, because intestinal system is the main system for physiological control. Natural way is most or easily accepted by body and it cleans the all Gastrointestinal system and Urinary system, in combination both system cleaning the whole body.

### Review:

Shankhprakashalana is a yogic technique for washing or cleaning of the entire gastrointestinal tract by removing the impurities or non-useful element with the help of Luke warm saline water and some selected asana.

### Nirukti

Shankhprakashalana consists of two words - Shankha & Prakshalana. Shankha means 'Conch' and Prakshalana means 'Washing out completely'.

### Present Technique

In this technique, the person drinks lukewarm saline water and performs the series of four simple asana (Urdhahastasana<sup>3</sup>, Katichakrasana<sup>4</sup>, Udarkarsanasana<sup>5</sup> and Tiriyaka bhujangasana<sup>6</sup>). Due to all these asana, water easily go down from stomach to rectum and clean the tract. All these steps are repeated until passing of clear water starts from anus.

### **Physiology of Shankhprakashana**

Along with the drinking of water, also do four asana, Urdhahastasana (Right & Left), Kati chakrasana (Right & Left), Tiryagbhujangasana (Right & Left) and Udakarsanasana (Right & Left).

First Asana is Urdhvahastasana creating the some strain and unfolding of extra fold of stomach and duodenum, due to this condition water can easily move downward with remnant matter of the intestine.

Then second asana is the Katichakrasana, some twisting of small intestine occurs. Due to twisting, mixing of water and matter of the intestine occurs easily. Saline lukewarm water easily penetrates the matter, when matter is mixed with the water it becomes soft and moves downward easily.

Third asana is Tiryagbhujangasana, due to this asana straightening and twisting of both the small and large intestines occurs at a time so further movement of water becomes easy.

Fourth and last asana is Udakarsanasana creating great pressure over cecum colon and rectum and then person feels motion. Repeat all process up to totals cleaning of intestine, i.e. passing of clear fluid.

Repeated process of all these four asana and drinking of lukewarm saline water, easily removes the waste material from the intestine and clean it totally.

### **Precautions<sup>7</sup>**

- It is to be done in the morning with empty stomach.
- Light and comfortable clothes should be worn during the practice.
- It should be practiced in a relaxed mood with no tension and under expert's guidance.
- It should not be done after fasting.
- Dinner should be taken by 8-9 pm on the previous day.
- Avoid milk and its product from previous day to next day.
- Avoid the bath after *Shankhprakashana* on the same day.
- Drink only warm water on the same day after the process.
- Avoid heavy, spicy, oily, cold and other prepared market packed food.
- Protect him from direct air, fan, and cooler / air-condition. [Do not go outside before evening.]

### **Indication of *Shankhprakashana***

- Acidity
- Inflamed oesophageal mucosa
- Gastritis
- Gas in the stomach
- Biliousness
- Nausea
- Food poisoning
- Auto-poisoning
- Indigestion
- Coughs

- Bronchial Asthma
- Bronchitis and Respiratory Aliments
- Headache (Both tension and migraine)

### **Advantages**

- Cleanses and tones up the entire intestinal tract.
- Removes the toxic waste accumulated product from the body cells, thus it relives acidity indigestion, flatulence, constipation etc.
- Also cures the gynecological problems.
- Relieves 20 types of *Prameha*.
- Cleans the whole body.

Intestine is the site of *Agni* and *Mandagni* is the main and root cause of any *Nija roga*. After cleaning of the intestine, every cell functions properly and removes the root of diseases.

### **Contraindications**

*Shankhaprakshalana* is contraindicated in these patients:

- Peptic ulcers or under special observation
- Heart disease
- Hypertension
- Pregnancy
- Other emergency conditions.

Shankhprakashalana helps in active digestion and stimulates the digestive power. It will increase the circulation in this area and assimilation of food in the gut, and therefore will raise the internal body temperature. It can help to remove indigestion, gas and acidity. It tones the abdominal muscles and other internal organs.

Time for Shankhprakashalana –

The Spring (Vasanta Ritu) and Autumn (Sharada Ritu) is the best time for Shankhprakashalana

### **Discussion:**

Shankhprakashalana work on gastrointestinal system directly. It is a mild form of Virechana Kriya which medicated process, where as Shankhprakashalana is non medicated and very simple process both are Shodhana Karma. All Shodhana Karma mainly removing the all accumulated waste material from intestine and from whole body.

Patients have Krura Kostha take more time for initiation of first Vega and have less number of Vega, whereas Madhyam and Mridu Kostha take less time have more number of Vega.

All Vidagdha Pitta is expelled out and sub siding the all symptoms, and associated with Apana and Prana Vayu, its main treatment is Madhur, Tikta and Kashaya Rasa, Snehana and Virechana. Shankhprakashalana as Virechana and intestine is also coated by ghee of Khichdi. Ghrit is the best Snahana for Pitta Dosha Samana.

### **Conclusion:**

Shankhprakashalana and virechana both appear as parallel processes, but have many differences. First and most important difference is that Shankhprakashalana is non medicated, short duration process whereas

virechana is medicated and a long duration process. Shankhprakashan has no pre phase and post phase complication.

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