

Shankhaprakshalana (Cleansing practices)

Shankhaprakshalana – cleansing practices has two forms:

- 1 beginners – commonly known as the short practice Laghoo Shankhaprakshalana
- 2 for those who have completed the short practice – full Shankhaprakshalana

On this weekend the full practice is offered to those who have previously completed the short practice either at the centre in Melbourne or at the Rocklyn Ashram.

As the full practice needs dietary and environmental control for at least 3 days after one must be prepared to extend their stay in the Ashram until after lunch on Wednesday 22nd.

About the Practices:

The five asanas (postures) which form the core of the practice activate intestinal peristalsis and enhance the cleansing process. When performed in the correct sequence they progressively open the pyloric valve at the outlet of the stomach, then the ileocaecal valve at the exit of the small intestine and finally the sphincter which forms the anus.

Postures:

Tadasana – acts mainly on the stomach and stretches the colon;

Tiryaka Tadasana – acts on the small intestine and colon;

Kati Chakrasana – massages the small intestine;

Tiryaka bhujangasana and udarakarshanasana squeeze and massage the caecum, sigmoid colon and rectum, and also stimulate the urge to defecate.

Neti – nasal cleaning

Kungul – stomach wash

Tratak – candle gazing meditation for concentration and mental clarity

Bhamari & Nadi Shodhana – Pranayama – breathing techniques for purification

Yoga Nidra – deep relaxation for body/mind

Benefits:

Physically, shankhaprakshalana alleviates digestive problems and tones the liver and other digestive organs and glands. It strengthens the immune system, reduces excessive mucus and purifies the blood.

Shankhaprakshalana recharges the entire pranic body, removes blockages from the nadis and purifies all the chakras. The harmony of the five pranas is restored and the energy level is raised.

Mentally:

It calms the mind and prepares the way for higher states of consciousness. Any sadhana (practices) performed after this cleansing practice gives manifold results.

Information from:

Asana, Pranayama, Mudra Bandha

Swami Satyananda Saraswati

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www.yogavic.com (the Asana, Pranayama, Mudra Bandha publication is available on the shop link)
yogarock@satyananda.net