

Shankaprakshalana - The Intestinal Wash

Internal Salt Water Bathing

As it is necessary to bathe the outside of our bodies, so it is with the inside. This method will cleanse the entire digestive tract from esophagus to the anus.

DIRECTIONS: Prepare a liter of lukewarm water and add two teaspoons of un-iodized sea salt. Do not use ordinary iodized salt as it will not work properly. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach. The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in about one hour. Several eliminations will likely occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system.

If the salt water does not work the first time, try adding a little more or a little less salt until the proper balance is found; or possibly take extra water with or without salt. This often increases the activity.

Remember, it can do no harm at any time. The colon needs a good washing, but do it the natural way - the salt water way. It is advisable to take the herb laxative tea at night to loosen, then the salt water in the morning to wash it out.

Shankaprakshalana

In the yogic tradition, this technique is known as intestinal washing. In addition to drinking the salted water, 5 stretching exercises are practiced to encourage the washing of the digestive organ. (note in this version 3 liters of water are prepared; use the same salt ratio – 2 tsp/L)

First thing in the morning, (on a day when you do not have to be going out for several hours), before eating or drinking anything, prepare 3 liters of saline warm (body temperature) clean and fresh water, according to the instructed recipe. The water does not have to be boiled, but if you suspect it may be impure, then it should be boiled then cooled. Drink two cups of the water and then practice each of a set of 5 special asanas, 8 times each. Then drink two more cups of the water and again repeat the asanas. Repeat this once more, drinking water and doing the postures.

Around this time you may feel like going to the toilet. You may get an urge earlier than the end of the third round, in which case, do not ignore it, but go and sit on the toilet until relieved. You should then return and complete the third round before finishing off.

Sometimes, on the first few attempts, the flow of the water may not cause the urge by the end of the third round. On such occasions, it is better to continue on, drinking a few more cups and doing the exercises until enough pressure has built up for you to "burst forth". If 7 or 8 cups doesn't get things moving, repeat all the exercises again, one more time, or take a good brisk walk. In any event, do should not have to go past 10 cups of water and 5 or 6 rounds of exercises.

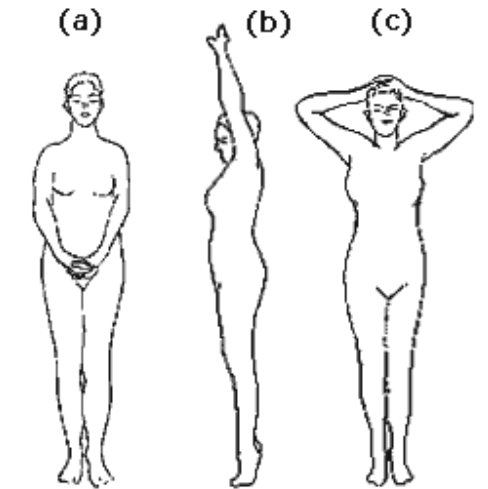
All of the water will not be evacuated initially, but in the course of the next few hours, it should all pass through the rectum, leaving the intestines and bowels clear of all matter. For this reason, stay nearby to a toilet for the morning.

Wait at least half an hour after completing the drinking and exercising before eating anything. There are no dietary restrictions for this short intestinal wash.

The 5 Specific Yoga Asanas for Shankaparakshalana

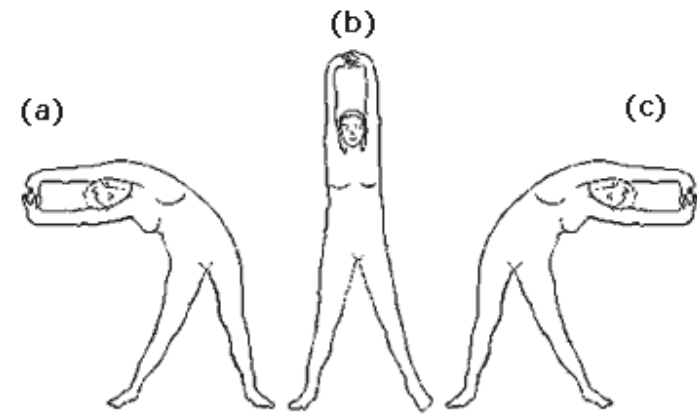
1 - Tadasana (The Heavenly Stretch Pose)

This is a slightly different variation of Tadasana to that usually taught. It is not done slowly with concentration on balance but much faster to assist water movement through the abdominal organs.



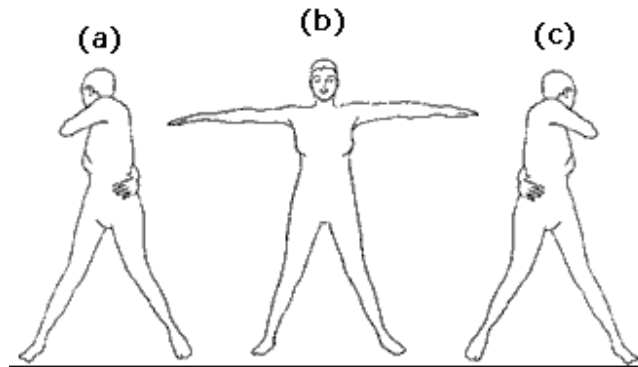
Stand with the feet together. Interlock the fingers and turn the palms downwards (a). Inhale as you raise the arms up over your head. Slowly rise up on your toes, stretching and lengthening the abdominal area (b). Hold the breath in whilst up in the tip toe stretch for just a few seconds, then exhale as you slowly come down again, resting the hands on the top of your head between rounds (c). Repeat (b) and (c) 7 more times on consecutive breaths with no rest between. All 8 rounds should take no more than about 40 - 60 seconds.

2 - Tiryaka Tadasana (Side Bending Stretch Pose)



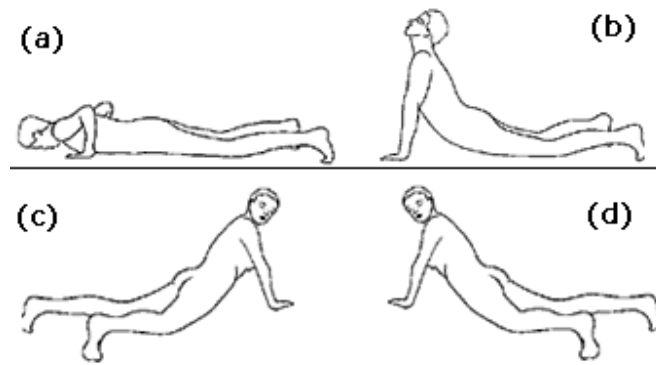
Stand with your feet a bit more than shoulder width apart. Interlock your fingers, turning the palms downwards. Inhale as you raise your arms up over your head (a). Exhale as you bend to the right side (b), then inhale as you straighten back up to the centre (a), then exhale as you bend over to the left side (c), then inhale as you straighten back up to the centre position (a). Repeat bending to right and left 7 more times without any break in the breathing. All 8 rounds should take no more than 60 seconds.

3 - Kati Chakrasana (Waist Rotating Pose)



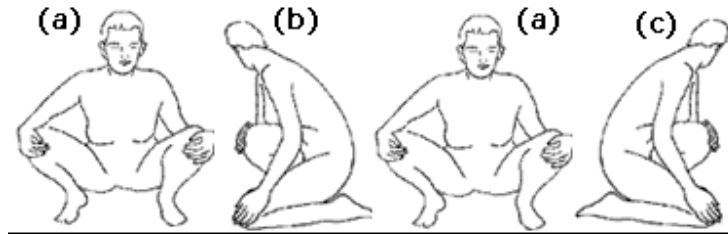
Stand with feet shoulder width apart. Inhale as you raise your arms level to shoulders (a). Keeping the feet flat on the floor, exhale as you twist the upper body to the right side, wrapping the right arm behind the waist and the left hand onto the right shoulder. Turn the head fully to the right to look behind (b). Inhale back to the centre position as in (a). Exhale as you twist to the opposite side (c). Return to the centre position (a). Do 7 more twists to each side, flinging the arm loosely and fast from side to side. All 8 rounds should take no more than 30 seconds.

4 - Tiryaka Bhujangasana (Twisting Cobra)



Lie on the floor on your stomach, forehead on the mat, hands placed under the shoulders, feet shoulder width apart. Have the toes curled under and the heels raised up (a). As you inhale, push up into the cobra pose (b). As you exhale, twist the upper body around to the right, turning the head to look over the shoulder at the left foot (c). Inhale as you come back to the centre position as in (b). Exhale as you twist the body around the left, looking over the left shoulder at the right foot (d). Repeat the right and left twists 7 more times without a break, on the last exhalation, coming down to the starting position (a). All 8 rounds should take no more than 60 seconds.

5 - Udarakarshanasana (The Abdominal Massage Pose)



Squat on both feet, place the hands on knees. Inhale at the centre position (a). Exhale as you twist the upper body and head around to the right, dropping the left knee onto the floor (b). Whilst twisting and holding for a few moments, push the right knee over the left thigh so as to exert a pressure into the lower abdomen. Inhale when coming back into the centre position same as in (a). Exhale as you twist to the left side, pushing the left knee and massaging into the groin area (c). Inhale back to the centre position. Do 7 more twists to each side without a rest. All 8 rounds should take no more than 60 seconds.