

PURIFICATION OF BODY AND SKIN THROUGH *KUNJAL (JALA DHAUTI)* AND *NETI KRIYA*

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ABSTRACT:

Beauty is just not a pill. Everyone wants beauty because it enhances the personality and confidence of a person. The literal meaning of kriya is cleansing of body. Through Shatkarma (Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhata) person keeps body healthy and toxin free. Every practices of Shatkriya are described in Hatha Yoga Pradipika. According to Ayurveda the accumulation of Tridosha (Vata, Pitta, Kapha) affect the lusture and tone of skin. Shatkarma is like a small part of Panchkarma but it not required highly infrastructure so men can easily perform these procedure. Simple procedures are done in Shatakarma which reduces the meda and shleshma from the body. In Kunjal kriya internal cleansing are done. Kunjalcleans the stomach and intestine and increases the blood supply of stomach and cures the stomach diseases and also enhances the Digestive Power. In Neti Kriya person release the Kapha dosha from nasal tract and it prevent all type of Nasal, Eye and Ear Problem. So these types of Shatkarma helps to improve health by cures the diseases and keep the body toxin free and maintain the beauty.

INTRODUCTION:

Beauty is the quality which gives pleasure to senses, it comes from inside. Oxford Dictionary defines beauty as “a combination of qualities, such as shape, color or form that pleases the aesthetic senses, especially the sight”. In India the demand of cosmetic products are increasing continuously .According to Indian Cosmetic Sector Analysis(2009-2012) the Indian cosmetics industry is expected to witness fast growth rate in the coming year[1]but still there is many side effect occur due to cosmetic product. So people want a safest remedy to keep the beauty. *Ayurveda* is a holistic science and known for a safest treatment in world. *Ayurveda* emphasizes on external and internal beauty .Health promotion, beauty management and healing in *Ayurveda* depend on *Agni* (Digestive fire) and freeing the body from *Ama*(metabolic toxins). In modern era

every person running after life’s goal. Hence, does not have time to think about healthy life style. So every person wants beauty and stays healthy by easiest method. Now days there are abundant use of junk and fast food. By the use of junk food many stomach problem like acidity, stomach ache, indigestion etc. are occur. After long time indigestion the accumulation of toxins get started in the body. These toxins damage all nearly organ and systems. Toxins damages DNA, which increase the rate of aging and degeneration [2]. Aging cause’s dullness of skin, uneven skin tone, wrinkles around eyes and greying of hair. If all these sign appear early in age person feels embarrassed and losing confidence. In *Shatakarma* procedure person keeps body and skin healthy by easiest method. In *Kunjal (Jala dhauti)* purification of upper digestive tract and in *Neti Kriya* purification of nose, throat and eye to be done.

YOGA REVIEW

The *Shatkarma* or the six purification techniques described in *Hatha Yoga Pradipika*[3] and *Gherand Samhita*[4] are designed to keep the body healthy. 'Shat' means six and 'Karma' means method or technique to do. *Shatkarmas* are considered preparatory steps for higher practices of *pranayama* and *meditation*. The ancient *aacharya* recognized the importance of a healthy body for all activities. *Shatkarmas* can make the body clean and strong, free of diseases, remove toxins and improve concentration. It can also improve the flow of *Prana* (Oxygen) into the organs.

Kunjla Kriya-This is a technique for cleaning the digestive tract from the stomach to mouth. It involves drinking warm, salty water until the stomach is full and then voluntarily expelling it through the mouth. *Kunjla Kriya* is a simple practice and all that is vomited is salty water containing impurities from the stomach.

Synonyms [5] The practice is known by various names. When the vomiting is induced by tickling the back of the throat it is called *Kunjla Kriya* or *Vaman Dhauti*. Both *kunjla* and *vaman* mean "vomiting" and *kriya* means "practice" and *dhauti* means "wash". The word *kunjla* is one of the synonyms of elephant as per different classics like *Shabd Kalpadrum*, *Amarkosh*, *Sanskrit Hindi kosh* etc. When the water is expelled by muscular contraction of the abdomen, it is called *kunjara kriya* or *gaja karma*. Both the words *kunjara* and *gaja* mean "elephant". The word *karma* in this context means the same as *kriya*, namely practice or action.

Requirements [6]: 2-3 lt. Lukewarm Saline water, *Tamra patra*

Prerequisites [7]: Done in early morning, after evacuation of bowel [Empty Stomach]

Process of Kunjla Kriya [8]

1. Take prepare warm water and water should be just lukewarm and not hot.
2. Drink one glass of the salt water first to see your comfort level. Then go ahead with the

second glass. In this manner, drink the entire saline water (1 to 1 ½ liters) very quickly.

3. Drink one more glass of water after full the stomach
4. Next step is to vomit out the entire water.
5. Bend over a washbasin or sink to vomit out the water. To aid in the vomiting, insert two fingers (index and middle) into your throat. Tickle the root of the tongue with your fingers. This will cause a vomiting reflux and the water is thrown out. This will happen in spurts.
6. Continue the process till all the water that you drank is vomited out.

Benefits:

1. This practice cleans the digestive tract of any undigested food particles lingering in the stomach and esophagus. This undigested food can eventually enter the body as toxins.
2. *Kunjla kriya* prevents the formation of toxins, toxin free skin are glowing and lustrous.
3. Cleaning the stomach also removes gas, acidity and indigestion.
4. It removes extra mucus from the food pipe or esophagus.
5. It helps to relieve asthma, bronchitis and other respiratory problems.
6. It can alleviate sore throat and coughs.
7. According to *Ayurveda* it removes the problems created by 'Pita Dosha' like acidity and gas.
8. Enhances the color and complexion

The *Kunjla kriya* is fairly easy to practice and can be done even by beginners. Those with specific medical conditions like asthma, stomach ulcer etc. should seek the help from qualified yoga instructors before attempting it.

Neti Kriya: In *Hathayoga pradipika* and *Gherand Samhita* *Neti Kriya* is described. In *samhitas* 2 type of *Neti Kriya*:

(1) *Jala Neti*

(2) *Sutra Neti*

Sutra Neti is little difficult and can't do without Guidance so in this paper only *Jala Neti* described because it easy to perform and this paper emphasizes only *Kunjla* and *JalaNeti Kriya*. *Neti* reduced the *Kapha Dosh* from upper respiratory tract. It improves vision and asthma like respiratory problem. In India there an estimated 15-20 million asthmatics persons [9]. This type of disease become severe in later stage and there is not much benefit of using antibiotic routinely. There is also seen adverse effect of using antibiotic [10].

Hence there is a need for low-cost, effective treatment to improve the quality of health.

Procedure: Pre-requisite: Jala Neti Patra

Lukewarm water

Salt-1 pinch

1. Mix the 1 pinch salt in 1lt. water
2. Sit on Ground with knee bend and tilt mouth towards neti patra
3. Place the nozzle of pot in Right nostril and tilt the neck right side
4. Open the mouth for breathing and flow the water from rt. nostril to lt. nostril
5. Do the same procedure from both nostrils
6. Finally flushed out the water from nostrils doing standing *Kapal Bhati kriya*

Benefit: [11, 12]

1. Maintain the nasal hygiene by removing dirt and bacteria from nose.
2. It is very effective for asthma like problem.
3. It reduces the tinnitus and middle ear infection.
4. Help to relieve stress and bring clarity of mind and body. So it enhances the beauty of skin.
5. It improve the vision

Contraindication [13]: Nasal Polyp, Nasal Bleeding, DNS (Deviated Nasal Septum), Epistaxis

DISCUSSION:

Ayurveda is a science of life, it teaches us to how to live and stay healthy. Yogic science also follow this principle.

In *Ayurveda* disease is originated from imbalances of *Vata*, *Pitta* and *Kapha Dosh*. In modern era everyone stay healthy and looking beautiful by using of natural procedure and remedies. So *Jala neti* and *kunjla kriya* may be helpful to fulfill the desire the people especially for purification of stomach and nasal tract. By relieving the stomach problem person stay energetic and cheerful.

By the *shodhan* of *kapha dosha* mind stay calm and cool. Thus every person should do the *Jala Neti* and *Kunjla Kriya* once in a week.

CONCLUSION:

After review the different Samhitas and Text books a fruitful conclusion may be done that in modern era people using unhealthy life style and victim of many diseases So that The *Kujla Kriya* and *Neti* must be helpful to prevent and cure the diseases. Purification of body plays an important role in behavior, learning and stay healthy. A person should follow these procedures to prevent the disease like asthma, Gastritis and enhance the beauty by removing the toxin from body. That's why in this paper we are talking about simple and easy process to stay healthy.

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