

Swasthya Sankalpam

JALA DHAUTI

The Ancient Stomach
Cleaning Technique

Dhauti means washing and is also called **Udara Shuddhi** (stomach cleansing) in yoga science. These kriyas are meant to cleanse the stomach and improve overall health.

1. Jala Vaman Dhauti Kriya (Kunjal Kriya / Gajakarni)

This technique, inspired by elephants' self-cleaning behavior, involves drinking and expelling saline water to cleanse the stomach.

Process:

1. Preparation of Water:

- Heat water to lukewarm temperature.
- Add a small amount of salt and filter the water.

2. Drinking Water:

- Squat on your feet and drink the saline water gradually until the stomach feels full (around 8–10 glasses).
- Stand up and drink an additional half to one glass.

3. Body Movements:

- Move your waist forward and backward, side to side, and rotate clockwise and anticlockwise (3–4 times).
- These movements help mix stomach wastes, gases, and acids with the water.

4. Inducing Vomiting:

- Bend forward over a wash basin.
- Press your stomach lightly with your left hand.
- Insert two trimmed fingers from your right hand into your mouth and tickle the inner tongue.
- Vomit the water out forcefully, bringing along stomach waste.

5. Repeat:

- Continue until most or all water is expelled.
- Any remaining water will exit the body via stool or urine.

Precautions:

- **Finger Care:** Trim nails to avoid injuring the soft palate, which could cause bleeding.
- **High BP:** Use lime juice instead of salt.
- **Avoid:** People with ulcers, heart issues, severe stomach disorders, or pregnant women should not attempt this kriya.
- **Post-Kriya:**
 - Consume **Arogyamritam** or warm milk.
 - Rest is essential.

Foods to Avoid and Foods to Consume After Jala Vaman Dhauti Kriya

Foods to Avoid (Do Not Take):

1. Spicy Foods:

- Chili powder, black pepper, mustard, or masalas.
- Dishes with heavy spice content (e.g., curries with garam masala).

2. Fried Foods:

- Deep-fried snacks like pakoras, samosas, puris, chips, and fries.

3. Non-Vegetarian Foods:

- Meat (chicken, mutton, beef, etc.), fish, and eggs.

4. Acidic and Sour Foods:

- Pickles, tamarind, lemons, oranges, and vinegar-based foods.

5. Oily or Greasy Foods:

- Rich gravies with cream or butter, heavily sautéed vegetables.

6. Processed and Junk Foods:

- Packaged snacks, fast food, and aerated drinks.

7. Alcohol and Caffeine:

- Coffee, tea (except mild herbal teas), and alcoholic beverages.

Foods to Take (Recommended):

1. Immediately After Kriya:

- **Warm Milk:** Soothes the stomach and provides instant nourishment.
- **Arogyamritam:** A mild herbal drink for recovery.

2. Main Meals:

- **Lightly Cooked Rice Dishes:**
 - Khichdi (rice and lentils cooked together with minimal spices).
 - Plain rice with ghee or butter.
- **Steamed Vegetables:**
 - Carrot, beans, pumpkin, or bottle gourd (lightly salted).
- **Simple Dal or Lentil Soups:**
 - Lightly cooked moong dal with minimal seasoning.
- **Soft Rotis:**
 - With ghee and a simple vegetable curry.

3. Snacks:

- **Fruits:**
 - Bananas, apples, papayas (avoid citrus fruits like oranges).
- **Plain Yogurt or Buttermilk:**
 - For probiotics and a soothing effect.

4. Hydration:

- Warm water or mild herbal teas (e.g., ginger, tulsi, or chamomile).

Signs During Practice:

- Saline water may turn red due to the acids released, not due to blood.

Not Blood: The reddish color is not blood. It is caused by the release of gastric acids and other impurities from the stomach.

Normal Reaction: This color change is a natural outcome of the cleansing process and indicates that the stomach is being effectively cleared of acidic residues and toxins.

Precaution: If you see bright red blood in the vomit (not just a tint), stop the practice immediately and consult a Yoga instructor or medical professional.

The red-tinted water is generally a harmless byproduct of the kriya, signaling its effectiveness in removing stomach waste.

Benefits:

- Cleanses the stomach.
- Relieves gastric trouble, constipation, indigestion, acidity, and burning sensation.
- Reduces headaches.
- Helps in gradual weight loss.
- Prevents jaundice with regular practice.
- Alleviates breathing problems.

Frequency:

- Perform at least once a week.

By integrating this practice into your routine, you can achieve improved digestive health and overall well-being.