

Open in app ↗



Search



Day 08 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, Yogic Shat Karma



Saatvik Life · Following

3 min read · May 8, 2023



Listen



Share

... More

Summary

- Prayer
- Yogic Sukshma & Sthula Vyayama Practice
- Yogic Shat Karma
- Types of Yogic Shat Karma
- Closing Prayer
- What's Next?

Prayer

As per our daily routine, we started today's session by preparing ourselves for prayer by sitting in the “Sukhasana” pose and the “Gyan” mudra.

We chant “OM” 3 times, followed by prayers which are:

gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ .
guruḥ sākṣāt parabrahma tasmai śrī gurave namaḥ ..

Yogic Sukshma & Sthula Vyayama Practice

I stand up in an alert position before starting Yogic Sukshma Vyayama practices

As a part of today's yoga practice, we practiced 7 yogic sukshma vyayama and 2 yogic sthula vyayama which are mentioned in the previous articles.

Yogic Shat Karma

“Shat” is a Sanskrit word representing a numeric term as “Six” and “Karma” means “action” or “procedure”. Yogic Shat Karma means a combination of six actions, which are performed primarily for purification and cleansing practices of specific bodily organs in Yoga.



Courtesy: <https://beinks.com/>

Types of Yogic Shat Karma

Yogic Shat Karma is as follows:

- Dhauti
- Basti
- Neti
- Trataka
- Nauli

- Kapalabhati

Above these six actions in Hatha Yoga are called purification practices.

Let's discuss all yogic shat karma in detail.

Dhauti Kriya

Dhauti karma is the first procedure described in Yogic Shat Karma. “**Dhauti**” is a Sanskrit word that means “**Washing**” or “**Cleansing**”. In Gherand a Samhita four types of Dhauti have been described, which are:

- Antar Dhauti
- Danta Dhauti
- Hrid Dhauti
- Moolshodhan

In Hatha Yoga Pardipika Vastra Dhauti and Gajkarni have been mentioned under the Dhauti Karma.

In the upcoming article, we will discuss all types of Dhauti along with the procedure.

Basti Kriya

“**Basti**” Kriya means the “**Enema**” (cleansing of intestines through the anal route). In ancient times, Yogis stood in the river or the pond at the level of the navel and used to pull the water into the intestines through the anus and then removed the water from the anus again.

The best time to perform this practice is early in the morning with an empty stomach.

Neti Kriya

“**Neti**” means cleansing of the nose and its surrounding area. It also improves eyesight and helps in treating disorders of the nose. It is of 2 types:

- Jal Neti
- Sutra Neti

In the upcoming article, we will discuss all types of Dhauti along with the procedure.

Trataka Kriya

Looking intently with a blinkless gaze at a small point until tears are shed is known as Trataka Kirya.

Trataka is practiced to activate unknown powers of the mind. Trataka kriya is an extremely powerful sadhana.

This kriya should be done regularly to get benefits.

It helps in developing concentration. It strengthens the eye muscles.

Nauli Kriya

It is the yogic exercise where the turning of the abdominal muscles take place. This kriya should be learned by all Yogis.

Its practice should be done in the early morning, before meals, and an empty stomach.

It massages all the abdominal organs and keeps them healthy. It removes constipation and strengthens the digestive system.

Kapalabhati Kriya

The meaning of the “**Kapal**” is “**Forehead**” and “**Bhati**” is “**Shine**”, e.g. kriya that cleans and shines the forehead is called “**Kapalabhati**”.

Its practice can be done on an empty stomach.

It purifies the lungs and blood by increasing the amount of oxygen in the body. It calms down the mind.

Regular practice helps in reducing weight and detoxifies all the systems of the body.

This is not suitable for heart and high blood pressure patients.

Do not practice it in the summer for a long time.

Relaxation

After intensive yogic practice, we perform the “Shavasana” yoga poses to relax our body and mind.

Closing Prayer

We end today’s session by chanting “OM”.

What’s Next?

In the next article, we will discuss more about the yoga asana types.

Stay Healthy. Eat Healthy. Live Longer.

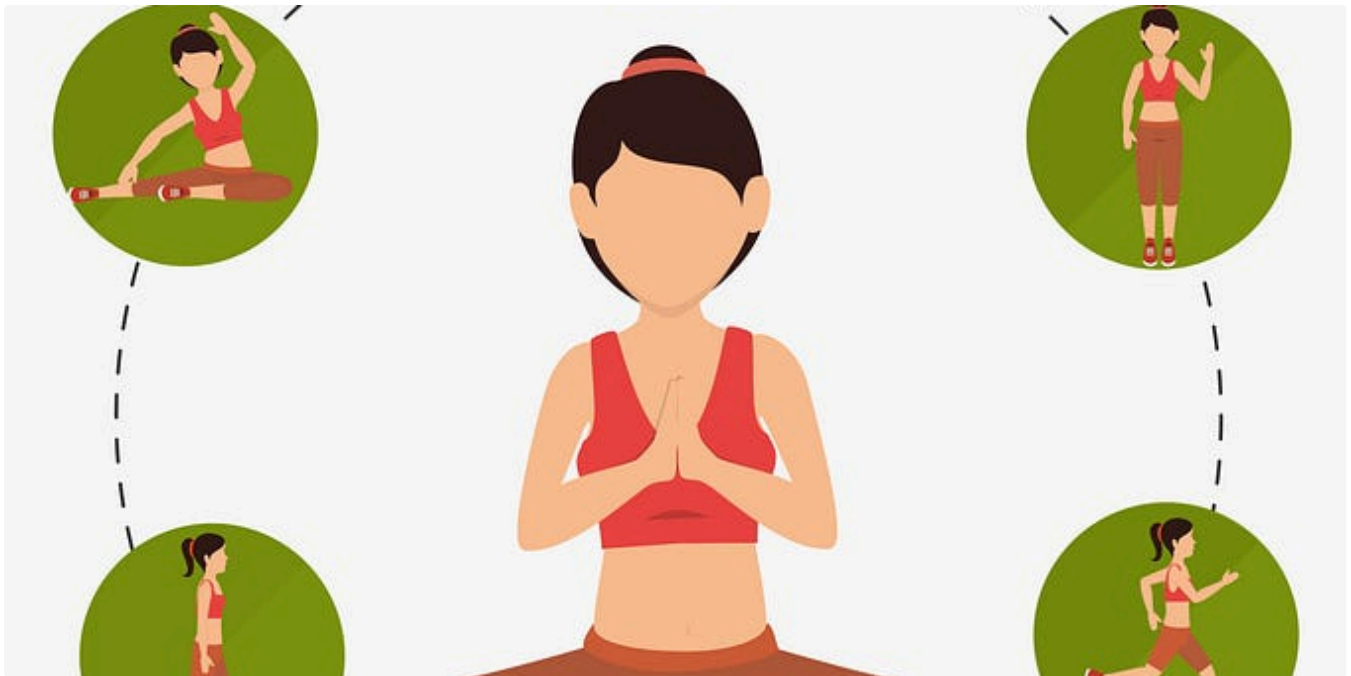
[Yoga](#)[Yoga Benefits](#)[Yogic Cleansing](#)[Yogic Breathing](#)[Healthy Lifestyle](#)[Following](#)

Written by Saatvik Life

8 Followers

A Journey to stay healthy and live longer

More from Saatvik Life

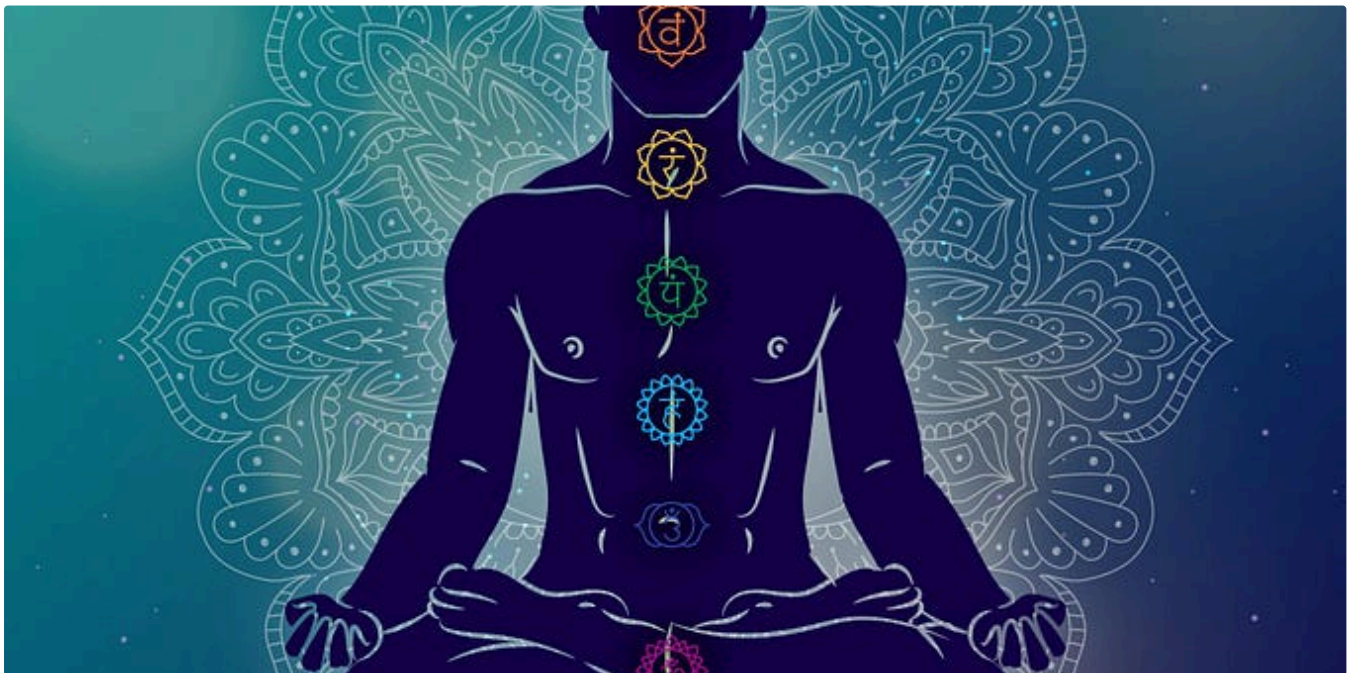


 Saatvik Life

Day 06 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, Yogic Sthula Vyayama...

Learned about Yogic Sthula Vyayama — how to do it and what are their benefits...

4 min read · May 6, 2023



 Saatvik Life

Day 03 of 30 Days of Yogic Journey — Yogic Sukshma Vyayama Practice and Their Benefits, Types of...

Practice yogic sukshma vyayama as well as understand its benefits. Also, learned about the types of bodies in yoga.

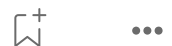
3 min read · May 3, 2023

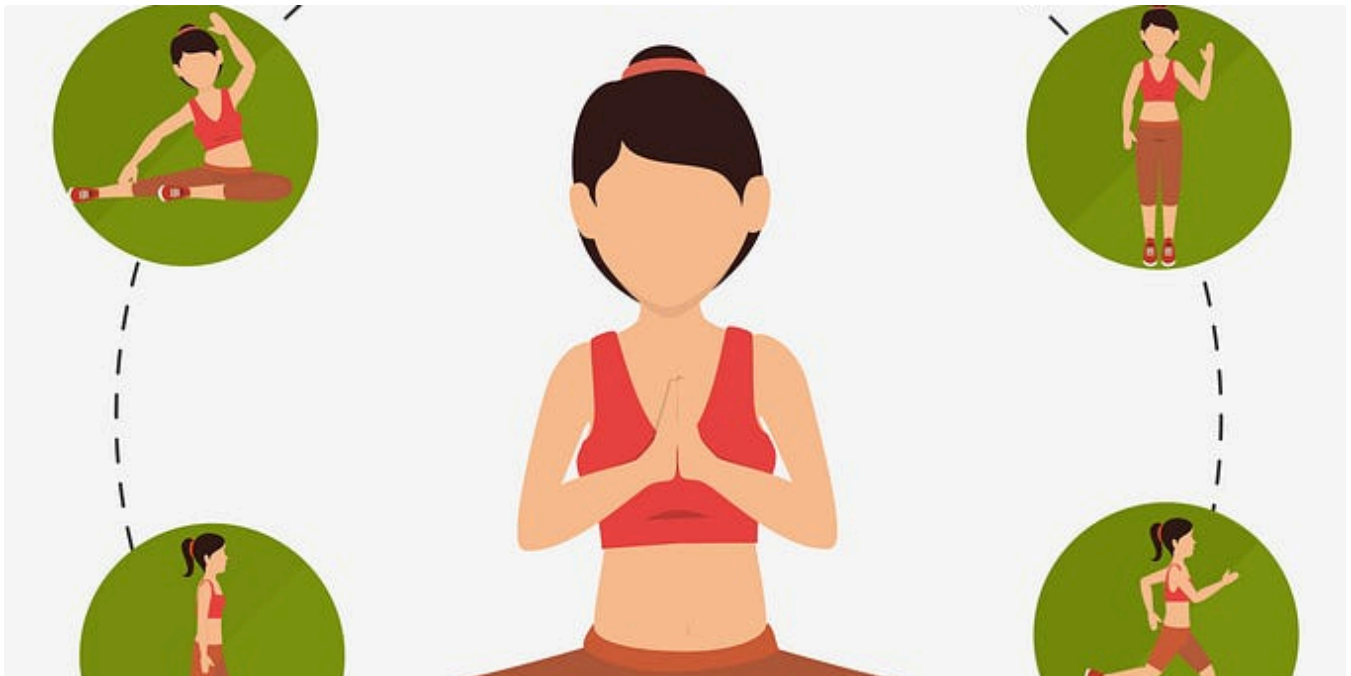


Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma...

Learned guiding principles for yoga practitioners, practiced yogic sukshma vyayama. Also, learned how to begin and end yogic session...

4 min read · May 2, 2023





Saatvik Life

YogiDay 07 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, Yogic Diet and...

Explored yogic diet, its types, and benefits...

3 min read · May 7, 2023

[See all from Saatvik Life](#)

Recommended from Medium



 Sufyan Maan, M.Eng in ILLUMINATION

What Happens When You Start Reading Every Day

Think before you speak. Read before you think.— Fran Lebowitz

🌟 · 6 min read · Mar 12, 2024

 15.4K  302



 Karolina Kozmana

Common side effects of not drinking

By rejecting alcohol, you reject something very human, an extra limb that we have collectively grown to deal with reality and with each...

10 min read · Jan 22, 2024



32K



859



Lists



Living Well as a Neurodivergent Person

10 stories · 776 saves



Medium's Huge List of Publications Accepting Submissions

302 stories · 2669 saves



Wizdom App

You Become What You Focus On

The following quote is 2000 years old, but it seems to be relevant to today's world:

5 min read · Apr 11, 2024

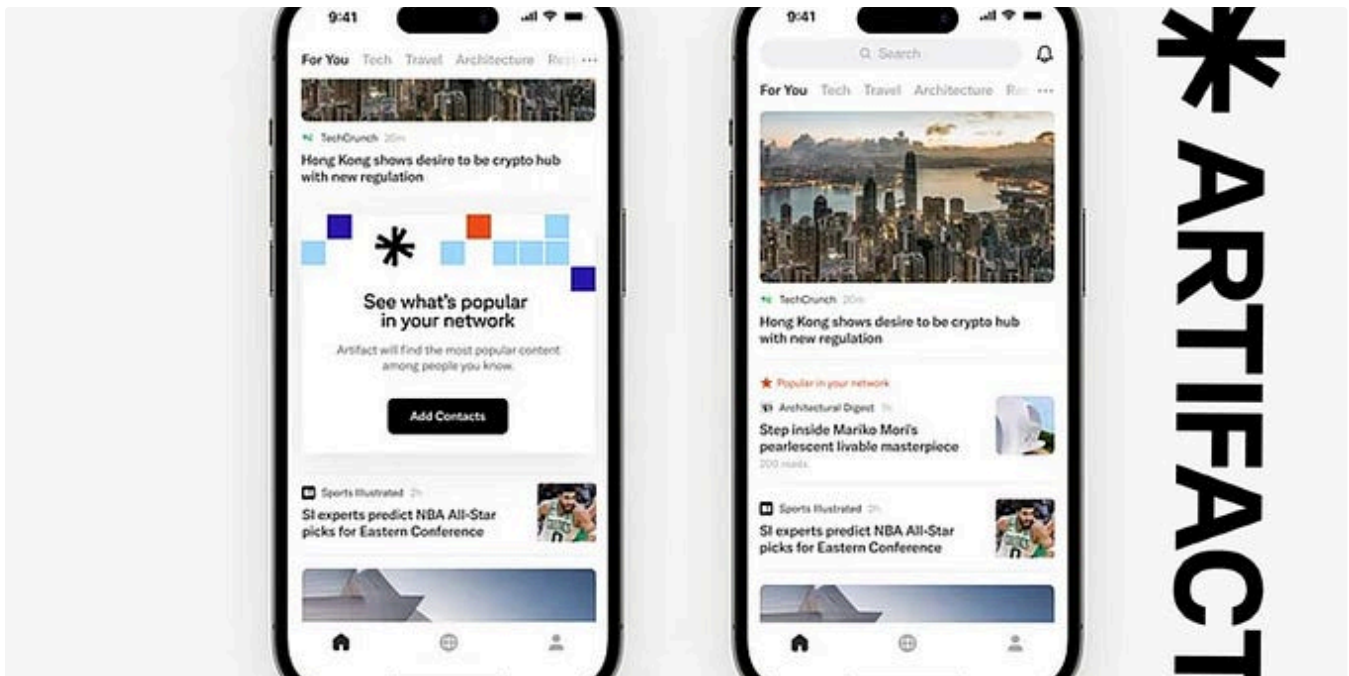


11.3K



204





 Gowtham Oleti

Apps I Use And Why You Should Too.

Let's skip past the usual suspects like YouTube, WhatsApp and Instagram. I want to share with you some less familiar apps that have become...

11 min read · Nov 14, 2023

 22K  424

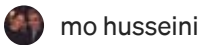


 Hazel Paradise

How I Create Passive Income With No Money

many ways to start a passive income today

5 min read · Mar 27, 2024



50 Completely True Things

This is a repost of a list of posts I made to Threads last fall.

5 min read · May 3, 2024



See more recommendations