



Shankaprakshalana

Shankaprakshalana is the master yogic cleanse which washes the intestines, creating the conditions for multiple health benefits and the foundations of a fresh new lifestyle.

The practice

The practice must be performed under expert guidance and should be started as early morning as possible on an empty stomach. It is best performed in spring and autumn time – never winter as the coolness of winter can seep into the body. It may be practised maximum twice a year.

You drink a large glass of the warm salt water and do 5 specific asanas (postures). Then you go to the toilet and continue this process until the stool turns cloudy yellow and eventually almost clear.

Then yoga nidra should be done to give the body complete rest. You should not sleep during yoga nidra or the hours following the practice to avoid the body becoming cool or getting a headache.

After yoga nidra consume a large portion of kicheri in order to fill the stomach as much as possible to prevent cramping.

Complete rest should be taken on the day of the practice and ideally the following day. Avoid talking as much as possible and avoid watching television, using the internet, or reading. Just rest.

Benefits

Sharpness of mind, increased focus and concentration, feeling lighter, improved digestion, improved assimilation of nutrients, increased strength, increased immunity, amongst others.

Particularly beneficial for people suffering from IBS, constipation, bloated abdomen, indigestion, heaviness of stomach, chronic fatigue, depression, anxiety, and many other ailments.

Contraindications

Heart conditions, kidney problems, high blood pressure, peptic or duodenal ulcer, hernia, if you are pregnant or breast feeding, on your period or if you have had abdominal surgery in the last 6 months. Also do not practise if you have the flu or are recovering from an illness and feel very weak as the practice requires strength.

Diet

Eat light, easy to digest food the day before the practice. Have a light meal in the evening, around 6pm - soup is ideal.

For the 2 days following the practice only kicheri (moong dhal, rice, ghee, one teaspoon of turmeric and one teaspoon of cumin) should be consumed. Water and herbal tea may be consumed no earlier than one hour after each meal.

Meat, fish, eggs, alcohol are not to be consumed for 40 days.

No dairy, spicy foods, raw salads, citrus fruits or juices, processed foods, coffee, black or green tea, soft drinks, sugar, cigarettes, or any cold drinks or food for one week.