

4.2.2b

**List/ Records of therapeutic/ clinical services catered by
the unit**



डा० महावीर अग्रवाल
प्रति - कुलपति
पतंजलि विश्वविद्यालय, हरिद्वार





YOG-SHATKARAM CLINIC & RESEARCH CENTRE

Shankha Prakshalan

Kunjara Kriya

Jal Neti

Sutra Neti

Trataka

Yog-Nidra

Six
Special Yogic
Purification
Activities
of
SHATKARMA



डा० महावीर अग्रवाल
प्रति - कुलपति
पतंजलि विश्वविद्यालय, हरिद्वार

With the blessings of PP Swami Ramdev Ji and guidance of PP Acharya Balkrishna Ji, Patanjali Yogpeeth is scaling new heights in the field of health and medical sciences through Yog and Ayurveda Therapy based on ancient Rishi tradition for the welfare of the masses. An important part of this institution is Shatkarma Clinic and Research Centre which is open for all. Shatkarma has originally been described in Hathyogic texts as follows

धौतिर्वस्तिस्तथा नेतिः लौलिकी त्राटकं तथा।

कपालभातिश्चैतानि षट्कर्माणि समाचरेत्॥

- घेरण्ड संहिता॥१२॥

The above mentioned classical Shatkarma has been simplified by PP Swami Ji and PP Acharya Ji for the prevention and cure of diseases of common people. Therefore, following six simplified techniques of Shatkarma are practiced by the patients under the observation of trained yogacharyas in Shatkarma Clinic and Research Centre.

1. *Śhaṅkha Prakṣhālan*
2. *Kuñjara Kriyā*
3. *Jal Neti*
4. *Sūtra Neti*
5. *Trāṭaka*
6. *Yog-nidrā*

Aims and Objectives of Shatkarma:

The teachings of Shatkarma were taught by the Rishis to their disciples for the purpose of purification in the process of initiation into RajYoga. These practices transform human body and make it disease-free, long living, healthy, strong and shiny.

षट्कर्म निर्गतस्थौल्यः कफदोषमलाधिकः।
प्राणायामं ततः कुर्यादनायासेन सिध्यति॥

These procedures of Shatkarma, while cleaning the physical body, play a vital role in the purification of subtle body. Twenty types of Kapha diseases, all Vata diseases, Pitta diseases, Skin problems, Digestive problems, Heart and Kidney problems can be cured by practicing these techniques.



Brief Introduction of Shatkarma Treatment:

Simplified Six techniques of shatkarma in Shatkarma Clinic & Research Centre:



1. ***Jal Neti*** – This practice purifies the brain by removing cold, sinusitis and Nasal polyps and eradicates all the Kapha related diseases as well. In this process nasal passages are cleansed with lukewarm saline water, by which diseases like migraine, eye problems, insomnia, stress and depression etc. can be removed.



2. ***Sutra Neti*** – This technique is very beneficial in chronic cold, cough and asthma. Nasal passages and ears are cleaned with a catheter or string of cotton threads called sutra neti which removes all ENT disorders.

3. ***Kunjar Kriya*** – This technique, which cleans the stomach, is used to remove the aggravated Doshas (specially Kapha and Pitta) from stomach and whole body through the way of mouth with the help of water.

4. ***Shankh Prakshalana*** - The shape of our elementary canal is like that of a conch. To wash the conch-shaped canal is called Shankh Prakshalana (literally meaning 'washing of the conch') or Vaarisaar Kriya. This technique is capable of eliminating fatal chronic diseases. All digestive disorders, obesity, diabetes, high B.P., sexual disorders etc. can be cured by the practice of this technique. Researches have shown that practicing this technique alone can cure the 50 percent part of a disease and the rest 50 percent is treated by Yogasanas and Pranayamas. We all have a 32 feet long intestine in our abdominal cavity which, if not cleaned properly, accumulates the layers of toxins on its thin walls. Owing to that accumulation, the process of absorption of juices and excretion of stool does not happen properly which results in symptoms like dyspepsia, indigestion, gas & acid reflux etc. and indicates the arrival



of earlier mentioned fatal diseases. Shankha Prakshalana cleans the whole elementary canal & gives us a disease-free and healthy body.

5. **Trataka** – Diseases like eyesight weakness, lack of concentration, insomnia & epilepsy can be cured easily by this technique. Concentration on the wick of a 'desi ghee diya' is practiced which helps in removing the problems of the patients.

6. **Yoga Nidra** – Yog Nidra is a guided meditation which increases the alfa waves in the brain. This process is very effective in the cure of diseases like stress, high B.P., heart problems and insomnia. A healthy mind is the primary necessity for a healthy body. This process cures the diseases with the coordination of body, mind & breathing.

Pre-cautions for Shat Karma Therapy:

1. The techniques used in this therapy are very sensitive, therefore it should be done under the observation of an eligible yoga therapist.
2. Physically weak patients and pregnant women should practice only the limited techniques of Shatkarma.
3. After doing Shatkarma, the patients should follow the prescribed diet only, for few days.
4. One should take rest after Shatkarma and avoid stress and hard work.
5. Proper hygiene should be strictly taken care of, during and after the Shat Karma practice.



Patanjali Yogpeeth

SHATKARAM CLINIC & RESEARCH CENTRE

Special Treatment Packages

Polypus, Chronic Cold	Jal Neti, Sūtra Neti, Kuñjara Kriyā, Steam, Acupressure, Yog-nidrā, Trāṭaka, Nasyam, Lep Chest & Throat
Asthma, Allergic Bronchitis	Jal Neti, Sūtra Neti, Kuñjara Kriyā, Steam, Acupressure, Yog-nidrā, Trāṭaka, Nasyam, Lep Chest & Throat
Acidity, Constipation, Digestive Disorders	Acupressure, Yog-nidrā, Kuñjara Kriyā, Śhaṅkha Prakṣhālan, Trāṭaka, Back & Stomach Massage, Anima, Mitti-Patti
Headache, Migraine, Heaviness	Jal Neti, Sūtra Neti, Acupressure, Yog-nidrā, Trāṭaka, Steam, Nasyam, Mitti-Patti
Eye Disorder, Eyesight, Weakness	Jal Neti, Sūtra Neti, Trāṭaka Acupressure, Nasyam, Steam
Ear and Throat Problems	Jal Neti, Sūtra Neti, Acupressure, Steam

Other Packages

S. No.	Treatment	Fee
1.	Jal Neti	180/-
2.	Sutra Neti	120/-
3.	Kunjar Kriya	240/-
4.	Shankhprakshalan	600/-
5.	Steam	60/-
6.	Acupressure	120/-
7.	Yog-nidra	300/-
8.	Tratak	60/-
9.	Nasyam	120/-
10.	Back & Stomach Massage	150/-
11.	Anima	150/-
12.	Lep Chest & Throat	250/-
13.	Hot and Cold Pack	100/-
14.	Hot Foot and Hand Bath	150/-
15.	Mitti-Patti	@



**Mental Disorders,
Stress, Insomnia,
Depression,**

**Kuñjara Kriyā , Jal Neti,
Sūtra Neti, Trāṭaka, Yog-nidrā,
Steam, Nasyam, Mitti-Patti**

**Female problems
related to
Menstruation**

**Kuñjara Kriyā , Śhaṅkha Praṅśhālan,
Jal Neti, Acupressure, Trāṭaka ,
Yog-nidrā, Anima, Mitti-Patti**

**Neurological
Disorder**

**Jal Neti, Sūtra Neti, Kuñjara Kriyā ,
Acupressure, Trāṭaka, Yog-nidrā,
Steam, Nasyam, Mitti-Patti**

Skin Problems

**Jal Neti, Sūtra Neti, Kuñjara Kriyā ,
Śhaṅkha Praṅśhālan, Trāṭaka
Yog-nidrā, Anima, Acupressure,
Mitti-Patti**

Obesity, Diabetes

**Jal Neti, Sūtra Neti, Kuñjara Kriyā ,
Śhaṅkha Praṅśhālan, Trāṭaka
Yog-nidrā, Anima, Acupressure,
Hot Foot and Hand Bath**

**Arthritis, Gout,
Joints Pain**

**Jal Neti, Sūtra Neti, Kuñjara Kriyā ,
Śhaṅkha Praṅśhālan, Yog-nidrā
Acupressure, Trāṭaka, Anima**

Heart Disease

**Jal Neti, Sūtra Neti, Trāṭaka,
Yog-nidrā, Acupressure**

Wheat Allergy

**Jal Neti, Sūtra Neti, Kuñjara Kriyā ,
Śhaṅkha Praṅśhālan, Trāṭaka ,
Yog-nidrā, Acupressure,
Mitti-Patti, Anima**

Pancreatitis

**Jal Neti, Kuñjara Kriyā ,
Śhaṅkha Praṅśhālan, Trāṭaka,
Acupressure, Yog-nidrā, Anima,
Hot and Cold Pack, Mitti-Patti**

**Patanjali Ayurved Hospital
Patanjali Yogpeeth-I**

Delhi-Haridwar National Highway,
Near Bahadrad, Haridwar-249405 (Uttarakhand)
Tel. : 01334-240008, 244107, 246737

E-mail : divyayoga@divyayoga.com, patient.care@divyayoga.com
Web : divyayoga.com

