Dhauti : A Physiological Healer in Human Physiological System

Aqil Rasool and Sanjay Verma

1Student, Directorate of Sports & Physical Education Department University of Jammu. Jammu and Kashmir UT, India
2Lecturer, Directorate of Sports & Physical Education Department University of Jammu. Jammu and Kashmir UT, India

Abstract
The purpose of this study is to explain how dhauti kriya help in the cleaning of passages in the body and purification of different physiological systems. This review focuses on the role of dhauti kriya in removing accumulated mucus and its role in curing diseases. All the information that is given in this article is gathered from different websites, journal articles and other internet sources. This article reveals about the benefits of dhauti kriya to the different physiological functioning of body, especially to the alimentary canal and in maintaining a good health. In addition, focuses on the problems caused due to the accumulation of mucus and other material in the passages of body. Dhauti kriya play a very effective role in the purification and maintaining a good health and its functioning.

Keywords: Dhauti, Agni, Jatharagni, bowel health

Introduction
The Sanskrit word yoga is gotten from the sanskrit root yuj "to connect, join, yoke". The word yoga is related with English "yoke". (Basavaraddi, 2015)

There are four significant texts of Hatha Yoga custom viz. Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita and Hatharatnavali. Among them Gheranda samhita and Hatha Yoga Pradipika portray the refinement of the body, concerning six variations of the purging systems (Saraswati, 2012)

The Sanskrit word “shatkriya” is a combination of two words “shat” and “kriya” where shat means “six” and kriya means “Actions” therefore these six techniques are called “shatkriya” and also called “shodhnakriya” Shatkarma are the six purifying strategies that structure the main part of hatha yoga. To sanitize the psyche, it is important for the body overall to go through a course of supreme cleansing. Hatha yoga is otherwise called the study of cleaning, one kind of filtration as well as six sorts. The body must be cleaned in six distinctive manners for six unique pollutants. At the point when you clear the body of these contaminations, the nadis work and the energy blocks are delivered. Then, at that point the energies move like wave frequencies all through the channels inside
the actual construction, moving straight up to the mind. Therefore, we think about hatha yoga as the primer act of tantra, raja yoga, kundalini yoga and kriya yoga (Mukhtibodhanand, 1985).

The main objective of Shatkriya is to balance the three humours (tridosha) in the body, mucus (kapha), bile (pitta) and wind (vata) (Mukhtibodhanand, 1985).

### The Six Cleansing Techniques are as Follows:

1. Dhauti
2. Basti
3. Neti
4. Tratka
5. Nauli
6. Kapalbhati

**Dhauti**

Dhauti is the process of gradually swallowing muslin surgical cloth (7 m x 8 cm) soaked in salt water and then taking it out slowly. (Sharma & Shukla, 1988)

A demanding meaning of dhauti is inward purging. Four critical kinds of dhauti kriya as portrayed in the Gheranda Samhita viz. antar (inside), danta (teeth), hrid (cardiovascular) and moola shodhana purging of moola i.e. rear-end or anus) (Mukhtibodhanand, 1985) (Saraswati, 2012).

**Antar dhauti** is further classified into:

- Vatsara (ex: plavini), Varisara (ex: sankhaprakshalana), Vanisara (agnisara), and Bahiskrita (rectal cleansing). During the act of Vatsara, stomach brimming with air is swallowed and held for a more drawn out term which assists a yogi with float on water; during Varisara, the entire gut from mouth to rear-end is purified by drinking adequate measure of water and this is one of the practices that produce flushing impact of water in digestive tract and accordingly become effective in killing the old tacky pooed mater followed on the outside of the small and internal organs. Vanalisara is one of the practices that produce fire which means improving the gastric emission including pancreas endocrine and exocrine capacities. It is constantly exhorted for diabetics as endocrine capacity including the discharge of insulin gets improved. Bahiskrita implies driving out and this training is very hard for the two Yogis and heavenly creatures, yet it is said that the rectum is pushed out through the rear-end for purifying. The methodology and and functions of this practice are quite hard to clarify. (patra, 2017). It is the principal refinement of shatkriya. It is also called gestro-esophageal track purifying it tidy the stomach related track up to stomach clear out unnecessary bile, bodily fluid and make digestive track clean and healthy (google scholar).

### Physiological Effects of Antra Dhauti and its Types

There is no such scientific study conducted related to the Antra dhauti and its types but according to some expert's procedure and benefits of its types are as follows:

1. **Vatsara dhauti**
   a) Cleanses the body
   b) Destroy all diseases
   c) Enhance the agni (metabolism and digestion) (Raghuram & Manasa, easyayurveda, 2018)

2. **Varisara dhauti also known as Shankha Prakshalana**
   a) Purify body
   b) On consistent practice it gives "devadeha" a heavenly or Godly body sparkle. (Raghuram & Manasa, easyayurveda, 2018)
3. Vahnisara dhauti
   a) Cure all udaramayas (diseases of gut-related disorder and abdominal disorder)
   b) Enhance jatharagni (digestive fire capacity to digest food, metabolism)
   c) Give massage to stomach nerve strengthen muscles and stimulate the associated nerves. It enhances functioning of internal organ.

4. Bahiskrita
   a) Useful for person having constipation and indigestion
   b) Promote health and long life (Yog Sadhna Ashram, 2010)

Hrid Dhauti

The word 'Hrid' signifies 'heart' or the chest region, and these practices are worried about cleaning or purifying this region of the body. The Hrid Dhauti techniques partitioned into three Danda Dhauti, Vaman Dhauti and Vastra Dhauti. Danda Dhauti is the strategy for cleaning the throat, the food pipe, from the mouth to the stomach, by inserting an specially prepared stem. The stick is typically the delicate center of a banana tree stem, being about a large portion of an inch in a width and two feet in length. The stem is painstakingly embedded down the throat until its finish arrives at the stomach. At that point it is gradually eliminated. It removes bodily fluid, mucus, corrosiveness and general impurities from the throat. (Kumar & Joshi, 2021)

It is the process of to clean ones stomach with warm water to get rid of excess bile and phlegm. This process is called Gajakarni and gunjal kriya. Gajakarni is describes as to vomit the things in the stomach by moving apana upward. (Google Scholar) In vastra dhauti, the professional swallows a delicate cotton material of around 2 m length and 4 cm width and eliminates something similar. It helps in diminishing disorders of the stomach related structure like clogging, biliousness, indigestion, diligent gastritis, reflux acts. It even helps with diminishing additional organ afflictions of stomach related structures like lethargic liver, languid pancreas, urinary removal, renal grievances, and dyspeptic condition. Indirectly it supports the heart and respiratory framework like hack, asthma, tonsillitis and teeth issues. It even advantages in joint inflammation, diabetes, and extricating of weight. (Yogeshwar, 1992)

Hrid dhauti balances pachaka-pitta, kledaka-kapha and saman-vata in stomach. It additionally keeps from heartburn. Furthermore, assists with performing asana and pranayama thus, that body become free and light. Also, when kapha dosha eliminated, an individual can without much of a stretch liberated from sicknesses and can perform asana and pranayama well (Kumar & Joshi, 2021)

Physiological Effects of Hirid Dhauti

Dhauti has an effect on bowel health too; bowel health is related with the solid working of different frameworks like the cardiac system, sensory system, and so on. The capacity of the gastrointestinal (GI) plot little affects cardiovascular wellbeing. Nonetheless, as of late arising proof proposes that GI capacity may assume a larger part in cardiovascular health. (Agouridis, Elissaf, & Milionis, 2011)

Physiological Effects of Vaman Dhauti on Type 2 Diabetes, Migraine, Tridosha and Other Diseases.

An examination showed that vaman dhauti practice (emetic treatment) caused a checked decrease in fasting and postprandial glucose levels. It is accepted to expand glucose take-up, limit insulin obstruction, and advance the capacity of insulin by lessening levels of circling free unsaturated fats in the body. (Raveendran, Deshpandae, & Joshi, 2018)

Research studies across the globe have shown that frequency and intensity of migraine attack could be decreased with yoga and acupuncture (AT). Nonetheless, there is no obvious proof to help that Yamana Dhauti which means “vomit” (VD) and needle therapy mediations are valuable for the drawn-out treatment of migraine.
Besides, the drawn-out impacts of acupuncture examine are deficient in migraine. For this situation report, the outcomes propose that needle therapy is valuable to decrease the intense indications of headache and the conceivable recurrence of headache assaults. Nonetheless, VD has demonstrated to be useful in diminishing the recurrence of headache assaults throughout some stretch of time and at last prompts the total discontinuance of headache (Halappa, 2019).

The study have also indicates that dhauti also effect on the tridosha, as it is measured by Nadi Tarangini. The imbalance in tridoshas decreased in control as well as experimental group. The decrease in control group is 4.28% whereas that in experimental group is 29%. This indicates that the practice of vaman dhauti reduces the imbalances and makes the person move towards better. (Wenyi, Gudappati, & Kumar, 2019)

Researches have also shown there is no question that hack, asthma, development of the spleen, infection and, twenty sorts of illnesses brought into the world of mucus vanish by the act of Dhauti Karma. (Bernard, 1958)

An investigation was conducted to see the effect of kunjalkriya on pulmonary system the author concluded with that voluntary induced vomiting i.e. kunjal kriya in yogic purging method, when practiced routinely is required to be a procedure to improve the perseverance of the respiratory muscles and reduction the airway route obstruction. These findings likewise show the chance of utilizing the practice of ViV (voluntary induced vomiting) in the administration of motion infection and prohibitive pulmonary disorders like bronchitis and bronchial asthma. (Balkrishna, Nanjundaiah, & Manjunath, 2018)

**Danta Dhauti**

Danta-dhauti, or Teeth Purification. Danta-Dhauti is of five sorts; washing of the teeth, of the foundation of the tongue, of the mouth of every one of the two Eustachian tubes and of the front facing sinuses (Bernard, 1958)

Danta mula dhauti :Danta implies Teeth and 'Mula' signifies Root. This Dhauti kriya comprises cleaning the foundation of teeth which guarantees a long existence of teeth. The most effective method to Do: In this Dhauti, the base of tooth scoured utilizing acacia pitch or clean earth. It scrubs and eliminates any impurities. (Ashish, 2019)

**Physiological Effects of Danta Dhauti**

There is no such scientific evidence of benefit or physiological effects of danta dhauti some experts in this field had explained some benefits of danta dhauti.

- Help in keeping up and safeguarding the psychological well-being
- Make teeth stronger and betterminate dirt and impurities
- Keep the teeth mouth gums fresh and clean (Raghuram & Manasa, easyayurveda.com, 2018)

**Jhvasodhana or Tongue Dhauti**

I will currently tell the technique for purging the tongue. The prolongation of the tongue annihilates advanced age, demise and illness. Consolidate the three fingers known as the record, the center and the ring finger, put them into the throat, and rub well and clean the base of the tongue, and by washing it again toss out the mucus. Having along these lines washed it rub it with spread, and milk it over and over; then, at that point by holding the tip of the tongue with an iron instrument haul it out leisurely and gradually. Do this day by day with persistence before the rising and sunset. Thusly, the tongue becomes extended. (Bernard, 1958)

**Karna-dhauti**, or Ear-Cleaning: Clean the two holes of the ears by the index and the ring fingers. By practising it daily, the mystical sounds are heard. (Bernard, 1958)

**Kapalarandhra-dhauti**: Rub with the thumb of the right hand the downturn in the temple close to the scaffold of the nose. By the act of this Yoga, illnesses emerging from disturbances of indifferent humours are restored.
The vessels become sanitized and special insight is prompted. This ought to be rehearsed every day subsequent to arousing from rest, after dinners, and in the evening. (Bernard, 1958)

Physiological Effects of Jevashodhna
The scouring of the root of tongue prevents the aggregation of mucus which happen consistently, which is responsible for old breath, it keeps the throat disease under control and even assistance in shielding the teeth from cavity and other infection. It incredibly add the flawlessness of certain glands found in neck for example thyroid gland, parathyroid and thymus. (Rodriguez & Dr., Pure Yoga (Yogi Pranavandana), 1992)

Moola Shodhna
Moola Shodhana is one of the regions of Dhauti of Shatkarma in Hatha Yoga. Moola implies root and shodhana signifies 'purification'. Its strict importance is purging the base of the body. Hence, Moola Shodhana, also called Ganesh Kriya, refers to the cycle which decontaminates your anus and rectum. (Shammis Yogalya) Yogic clean his rectum he will experience issues with twist along these lines he should rehearse moola shodhana to his best with the assistance of one or the other stick of turmeric or centre finger cautiously wash the rectum with water this keep gastrointestinal issue under control and forestall the development of undigested matter it achieves the excellence and arouse the stomach related fire. (Mallinson, 2004)

Physiological Effects of Moola Shodna
A randomized controlled examination was done on 60 people 30 males and 30 females, exhibited helpful impacts of laghu shankha prakshalana in inside wellbeing. Thirty volunteers who got the intervention once in seven days for about a month shown better scores in the Cleveland constipation scale. The gathering showed no colossal change during the ensuing time frame. (Kiran, Sapkota, Shetty, & Honnegowda, 2019) Such practice destroy constipation indigestion and dyspepsia it increases the beauty and vitality of body and kindles the gastric fire. (Rodriguez & Ram, Pure Yoga (Yogi Pranavandana), 1992)

Precautions
- Practicing any of 6 Shatkarma needs expertise in that specific kriya, so it's required to have hypothetical just as viable information. Consequently, it's encouraged to an amateur to do these kriyas under the oversight of a specialist or guide. (Beinks, 2020)
- Unjustifiable pressing factor and pressure made in the muscular structure of genital system of female during monthly periods, during that period if a person perform dhauti it might cause hormonal irregularity. She shouldn't perform or practice dhauti after completion of cycle she can continue to practice. (Raghuram & Manasa, easyayurveda.com, 2018)
- Check the water for temperature; make sure it's neither too hot nor cold.
- People experiencing high or low blood pressure, breath or ulcers issue ought to keep away from this kriya.
- Make sure your fingernails are cut before you embed it on the throat, else it can hurt you.
- Try to toss out total water in vomit as much you had smashed else you may feel causticity. (Ashish, FITSRI, 2021)

Conclusion
According to yogic literature Dhauti kriya is an important shatkriya which play a pivotal role in cleansing the internal organs, managing other functions and glandular responses of our body. This review was done to bring to light the therapeutic efficacy of dhauti kriya we found that minimum studies were conducted and recorded in some journals like PubMed, Scopus, Google scholars, and some other online portals. From all these sources we get to know that Dhauti kriya is useful
for internal organ purification, bowel health, researcher has also seen that dhauti is effective in controlling some deep glands like thyroid, parathyroid, thymus and it also help in proper functioning of endocrine gland which control the type 2 diabetes. Extensive scientific work need to be done to identify the benefits of practising Danta dhauti, kapalarandhra dhauti and karma dhauti. Further examinations are expected to demonstrate the adequacy of this treatment and set up equivalent to a science-based, proof based practice.

Reference