

## Poorna Shankhaprakshalana

### Student information sheet – Pre Practice

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**FULL (Poorna) SHANKHAPRAKSHALANA** is a complete salt-water wash-out of the entire digestive system. In the full practice, the protective mucus lining of the gut is removed and it is therefore **VERY IMPORTANT that you adhere to the restricted diet after the practice** – no meat, fish or eggs for one month and a strict vegetarian/non-dairy, cooked food diet for the first week to 10 days. Smoking, alcohol and recreational drugs should be avoided for at least one month. Full details of the recommended diet will be given on the day of the practice, but please check your diary and **ensure that you can be in complete control of your diet for at least the first week after the practice.**

The special diet only applies if you are doing the full practice. If you are practicing laghoo then there are no restrictions on diet.

The practice involves drinking warm saline water and practicing a specific series of asana to move the water through the digestive system. It is very beneficial for the digestive system, and creates a cleansing effect through the associated organs. It helps to reduce excess mucus in the body and on an energetic level is a purifying and balancing practice. It is therefore most beneficial for dedicated practitioners of yoga.

Kunjali is the regurgitation of salt water and is very good for hyper acidity, asthma and respiratory conditions, migraine and for releasing blocked emotional energy.

Neti is the washing of the nostrils, widely acknowledged now to help manage allergies, hay fever, sinus problems and headaches.

#### **One week before the practice**

Read this information sheet and make sure you're familiar with the 5 asana, kunjali and neti. Buy in suitable food for the diet after the practice including plain white rice, mung dal (not the same as yellow split peas as they are harder), ghee (clarified butter – homemade is much better), root and green leafy vegetables, herbal (non-fruit) teas, porridge oats, pearl barley etc.

As far as possible, reduce your intake of tea, coffee, alcohol, dairy products, sugar, meat, fish and eggs. This will make the restrictive diet after the practice easier to stick with and lessen any withdrawal symptoms from tea and coffee in particular.

Make sure that you do not have any commitments on the day of the practice and for at least one day after.

#### **Contraindications**

There are some specific contraindications for this practice. Please refer to the application form and the health questionnaire.

If you have any of the following conditions then shankhaprakshalana should **not** be done: Heart conditions, kidney problems, high blood pressure, peptic or duodenal ulcer, hernia, if you are pregnant or breast feeding or if you have had abdominal surgery in the last 6 months. (if in the last 2 years then please discuss this with the supervisor of the day **in advance**)

If you are unsure of anything please contact the centre or the supervisor in advance to discuss it.

#### **One day before the practice**

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

#### **On the day**

**You must not eat or drink anything on the day of the practice before you arrive at the venue.**

Do not do your regular practice before you attend, let the practice be your sadhana for the day!

If possible do not have a bowel movement – this is only to encourage the quickening of the practice, it is by no means essential! Don't hold it in!

Please arrive on time.

### **Things to bring with you**

You may find it useful to bring a change of clothing (you'll get quite hot on the day), a blanket to keep warm afterwards, a yoga mat for the asana. Bring a container to take away some khicheri for the evening. Bring a neti pot if you have one.

Wear loose, comfortable clothing. Sweatpants with a drawstring are good as they allow for a lot of expansion around the waist and can be dropped quickly!

### **After the practice - that evening**

After completion you will rest for 45 minutes in silence and then eat a hearty bowl of khicheri. You must not drink anything until at least 2 hours after eating the khicheri.

On the evening of the practice you must eat plain khicheri: 1 cup of rice, ½ cup of mung dal, boiled till very soft in water, till the texture is like a very thick soup. Add a generous tablespoon of ghee (clarified butter) to serve. Do not add anything else (NO salt, NO spices etc).

Do not sleep after the practice until your normal bed time.

### **The first week after the practice**

It is strongly recommended that you have a very quiet day or two arranged in advance with minimal social interaction. Sensitivity is increased and you will benefit from avoiding crowded and noisy places. Also be prepared for some symptoms of detoxification after the practice, tiredness and headaches are not uncommon.

### **Yoga practice (Sadhana)**

For 2-3 days after the practice, do not do any strenuous asana or other practices; it's good to do Pawamuktasana series 1, nadi shodhana, yoga nidra, mala japa, tratak, antar mouna and other meditation techniques. Gradually introduce gentle asana (marjari asana, vajrasana, tadasana, tiryaka tadasana etc) - nothing at all strenuous in the first week.

You are advised not to do kunjla, nauli, uddiyana bandha, kapalbhati, bhastrika or any other strong abdominal practices for at least one week.

### **Diet**

For at least the first week after the practice you must follow the special diet (see separate sheet).

***YOU MUST NOT FAST AFTER SHANKHAPRAKSHALANA***

### **The next month**

### **Yoga practice (Sadhana)**

Don't be in a rush to resume surya namaskar and other dynamic practices - listen to your body. This is a really good time to practice yoga nidra and meditation when the body is light and pure.

### **Diet**

Ideally for the month following the practice you should stick to permitted foods. If this is not possible, then *gradually* reintroduce other foods after the first week. You may find that your craving for sweet, salty and spicy foods is not as much as it used to be.

Remain mindful of the ongoing and lasting effects of this practice and how you respond on all levels over time.

### **The Venue**

104 College Road, Dulwich, London, SE21 7HW

By car: To avoid paying £1 toll, enter College Road via Kingswood Drive or Fountain Road, there is space to park on the road outside the house.

By Train: Sydenham Hill Station is closest (5 minute walk). It is on the mainline from Victoria. The College Road exit is a fair climb up steps and a hill.

By bus: the 450 runs nearby – ask to be put off at Kingswood Drive/College Road junction, No.104 is a 3 minute walk downhill from there. The number 3 bus will bring you to the junction of Dulwich Wood Park and College Road, it is a 10 minute walk from here.