

# The Six Cleansing Shat-Kriyas

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By Ganga White, Yoga Journal, Feb 1995, pages 44-51, retrieved from:

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## Nauli

Churning of the bells to stimulate organs and aid digestion and elimination

## Neti

Cleansing of the nasal passages with a special pot

## Vasti

Colon cleansings with a thin hollow bamboo tube inserted into the anus

## Variasar

Purification by drinking water, then doing asanas to move the water along until it is evacuated through the anus

## Tratakum

Gazing at a candle flame to increase concentration and to cleanse the eyes and emotions

## Kapalabhati

A breathing practice that cleans and tones the lungs

## Kunjala and gaja karnai

Drinking and regurgitating water to remove excess acid and or undigested foods

## Hrid Dhauti

Scraping of the tongue

## Danta Dhauti

Cleaning of the teeth