

A COMPARATIVE STUDY OF SHATKARMA ACORDING TO GHERANDA SAMHITA AND HATHA YOGA PRADIPIKA

Niharika Paresbhai Gaglani¹, Dr. Nehal Dave²

ABSTRACT

Mental stress, unhealthy life style choices, excessive eating and poor physical activity leads to many Decease. while yoga is the holistic Approach to purify the body as well as mind. hath yoga is also known as science of purification. according to Hatha Yoga Pradipika.⁴ ha and Tha is mixture of two Bija mantra.⁴ it has been written in hatha yoga that ha indicate Prana ,The vital forces and Tha indicate mind, the Meantal energy.so hatha yoga means the union of the Pranic and mental Forces.⁴ saga Greranda has Visulized yoga in form of energy though which life is shortcomings can be eradicated because through its force the whole Personality ,the body ,mind ,intellect, thoughts ,emotions and behaviour ,can be brought under control, Modrate and balanced possibly there no other science in the world which works for the development of the body, mind and consciousness in such integrated manner. among the various components yoga used the most popular are Shatkarma, Asanas, Pranayama etc.

Keywords: Gherand Samhita, Hathpradipika, Shatkarma, Body purification, Mind and body purification, Yoga

PURPOSE

- To Understand Shatkriya in proper manner.
- To understand difference between HP an GS regarding Shatkarma
- To know benefits of Shatkriya
- To know process of Shatkriya

RESEARCH METHODOLOGY

This is a comparative study. It employs analytical techniques to obtain results as it contrasts two works of ancient literature – Gherand Samhita and Hathha Yoga Pradipika from a particular Shatkriya topic to find similarities and differences regarding the topic.

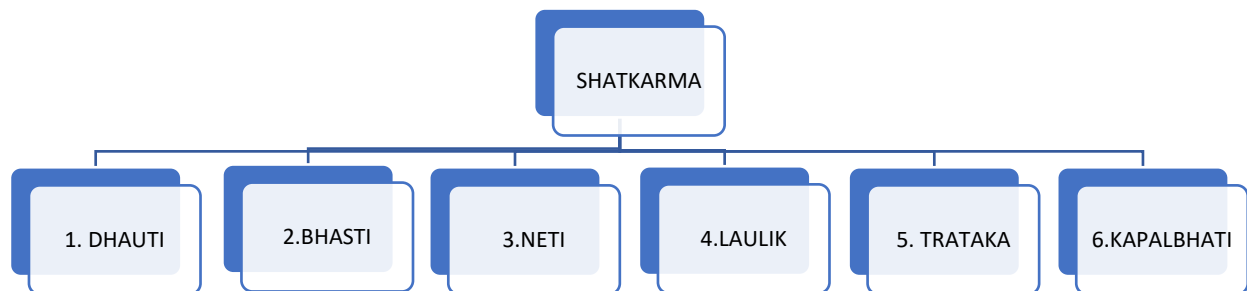
INTRODUCTION

Detoxify the physical body, eliminate toxins from the body in order to balance the Tridoshas, and induce healing capability in order to progress to higher practises of pranayama and meditation.

The Shatkarmas establish a balance of Ida and Pingala, the two primary flows of Prana, resulting in a balanced physical and mental state. The Shatkarmas help balance the three bodily diseases, Vata, Pitta, and Kapha. Any imbalance in these three illnesses, according to Ayurveda and hatha yoga, causes sickness. The Shatkarmas are also used before pranayama and other higher-level yoga practises to help the body become disorder-free.

The traditional reference is given in Hath yoga Paradipika [ch 2 v 21 and 22] and in Gheranda Samhita and also given the techniques of Shatkarmas. hath yoga Shatkarmas mentioned in Hath Yoga Pradipika and Gheranda Samhita but techniques and sequence are different. The Shatkarmas techniques include Dhauti, Basti, Neti, Lauliki, Tratak, Kapalbhati.

impurities in the body induce diseases, which are the underlying cause of any illness. So, Shatkarma make body strong and healthy by cleansing the subtle channels as well as remove accumulated wastes/ toxins in the body.



¹ M.Sc. in Yoga, Sem – 2, Year 2023, Lakulish Yoga University, Ahmedabad - 380060

² Assi. Pro. Lakulish Yoga University – nehalca08@gmail.com, <https://vidwan.inflibnet.ac.in/profile/340490>



1.VATSAR DHAUTI

Sitting any meditative posture back should be straight open the mouth, shaping the lips like a crow's beak. Inhale through the mouth and fill the abdominal as much as possible. Relax the body and rotate the air into the abdominal. Then after exhalation by the both nostril. But in Hath yoga pradipika exhalation by the anus. [GS 15-16 , HYP 24]

2.VARISARA DHAUTI

Vari means water sara means element and dhauti means washing. Varisara dhauti is known as shankhprakashana. sip two glass lukewarm salty water quickly and then next five asanas are performed dynamically eight times each, in this sequence: Tadasana, Tiryak Tadasana, Kati chakrasana, Tiryak bhujangasana and Udarakarshanasana. do not rest between two asanas. repeat the process three times and then go to the toilet.

In ordinary cases excreted first the liquid waste. Next, yellow coloured water comes out, which expels pitta. continue drink until clear water is expelled. [GS 17,18 HYP 24]

Advantages

- Constipation, acid reflux, and other digestive issues are all relieved by the Shankhprakashana Kriya. The liver and other digestive glands and organs are often toned by it. Diabetes mellitus, hypoglycemia, obesity, high blood cholesterol, and high lipid levels have all been treated with it. Allergies and immunological issues are reduced as a result of the immune system being strengthened. It aids in the reduction of arthritic and chronic inflammatory symptoms. Reduced mucus provides relief for sinusitis, persistent colds, and asthma. It cleanses the blood and treats skin conditions including acne, boils, and eczema. • Treats gynaecological issues as well as acidity, indigestion, gas, constipation, and other symptoms caused by the accumulation of toxic waste in the body cells. The entire digestive tract is cleansed and toned. The entire body is cleaned.

Anatomy of Varisara Dhauti/Shankhprakashana

Our food channel has four valves. One of these is the Lower Esophageal Sphincter/Valve.

2. The valve or pyloric sphincter
3. Ileocecal valve
4. The Ball or anal valve.

The intricacy of the digestive tract and its susceptibility to daily stresses are frequent reasons for flow restrictions in the body. They stop performing naturally, become ineffective, and over time, the system begins to break down. This results in auto-toxemia, a condition in which the body starts to poison itself with its own wastes. common causes for digestion. The practise of shankhprakashana restores the valves' functionality and purges all pollutants from the circulation.

3.VAHNISARA DHAUTI

The terms "fire" are vahni and agni. "Essence" is sar. The area around the navel is home to "the essence of fire." sometimes referred to as agnisara kriya, involves manipulating the body's "fire." .

Technique 1

Sit Vajrasana ,Bhadrasana , Siddhasana ,Padmasana do not practice in Sukhasana because essential to knee touch into the ground. Back should be straight. Place the hand on the knee. and relax the body.

In traditional method practice is performed into the external retention and Jalandhar bandh. When Breath out the though the nose remain air into the lungs. But when breath out the air from the mouth mouth and contracts the abdomen, however, the diaphragm in between the abdomen and the lungs moves up and expels the air as fully as possible. The diaphragm should be utilised to evacuate the air, and the breath should then be held outside with no additional air taken in.

Technique 2

Stand with the feet shoulder width apart. place both palm into the knee and arm should be straight. bend the knee slightly. and look forward to abdomen. Back should be straight as much as possible. Open the mouth and extend the tongue. Then contract and expand the abdomen while breathing in and out.³

But in Hath yoga Pradipika not given the specific methods. [GS 19-20,HYP 24]



Advantages

1. Agni sara kriya helps into the mental health because Agni sara kriya activates the nervous system therefore when performing this kriya moderately will remove depression for three or four hours.
2. Agni sara kriya also help in digestive system in both removing and preventing disease.

4. BAHISKRITA DHAUTI

Technique 1

Doing the kaki mudra and take the air through the mouth fill the abdomen as much as possible retain the air one and half hour and circulate in the abdominal exhalation through the anus. It's called Bahiskrita dhauti .

Technique 2

After complete the first stage in your best way then doing second stage of the technique involve the water upto the navel through the aswini vajroli mudra. And When water enters, it is retained and then expelled so that any waste product in the bowel and around the anus is removed. And then after , a little ghee or oil is taken on a finger and applied around the anus. The entire process takes place in the water.³ [GS 21-24,HYP 24]

DANTA DHAUTI [GS 25,HYP 24]

1. DANTAMoola DHAUTI (cleaning the teeth)

With the help of Khadira plant Rub or massage the roots of the teeth.³ but in Hatha Yoga Pradipika advice to use special stick, usually neem or Babool.⁴ [GS 26-27, HYP 24]

2. JIHVA DHAUTI OR JIHAVA SODHANA

clean the tongue by inserting the index, middle and ring fingers into the throat and rub over the tongue from the root removing the mucus.and then after apply the butter into the tongue. Perform dohan kriya.³ But in Hath yoga Pradipika tongue cleaning rubbing with first finger and thumb in downward motion and squeezing.⁴ [GS 28 -31 ,HYP 24]

3. KARNARANDHRA DHAUTI (cleaning the ears)

Clean both ears with the index and ring fingers. If you doing daily, nada or inner sound may be heard.³ But in Hath Yoga Pradipika cleaning the ears with the middle finger and nothing smaller.⁴ [GS 32 , HYP 24]

4. CHAKSHU DHAUTI – bathing the eyes with tepid, saline water or urine. Only given in Hatha Yoga Pradipika.⁴ [HYP 24]

HRID DHAUTI (cleaning the heddart region) [GS 34]

There are three forms of Hrid Dhauti: using a stick, water, and cloth. Hrid means heart, dhauti means cleanliness.

1. DANDA DHAUTI (cleaning with a stick)

The stem of the banana tree, turmeric stem or sugarcane stem insert into the chest through the mouth and withdraw slowly from to the chest Kapha, pitta and mucus should be evacuated through the mouth.³ Not given specific technique in Hath Yoga Pradipika.⁴ [GS 36-37,HYP 24]

2. VAMAN DHAUTI (cleaning by regurgitation)

After eating drink water up to the throat and, after doing the upwards for a moment, expel the water by vomiting. Kapha and pitta disorders are removed. Its called kunjara kriya.

But when doing kriya in empty stomach it is called Vyaghra Kriya.

a glass or two of salty water and then tickle the back of the throat with the first two fingers to induce vomiting.After doing the kriya you eaten light food like a sweet milk rice pudding .⁴ [GS 38-39,HYP 24]

- 3.VASTRA DHAUTI (cleansing with cloth)



Using a clean cotton cloth, immerse yourself in warm water. Before beginning the kriya, immerse yourself in warm water. Enter the kriya by kneeling with both heels flat on the ground and buttocks off the ground or resting on a block or something of similar height. Relax your entire body, and don't fold your clothes. Then begin eating the fabric. When you've swallowed two-thirds of the fabric, get up and practise nauli with the last few inches. Then do vama Dakshina and madhayama nauli. Allow the cloth to stay in the body for no more than 20 minutes. The stomach may be cleaned in five to ten minutes. Sitting in a squatting position and slowly take the cloth out. Same in Hath Yoga Pradipika.^{3,4} [**GS 40-41, HYP 24**]

Effects of dhauti on respiratory system

A study was carried out to evaluate the impact of kunjala kriya on healthy volunteers' lung functioning. The scientists discovered that the practise contributed to improved vagal tone and pulmonary functioning. These results were based on an increase in forced inspiratory volume and slow vital capacity, as well as a decrease in expiratory reserve volume and respiratory rate. The results also point to potential improvements in lung emptying, lower airway resistance, and respiratory muscle endurance, all of which may be related to restrictive lung illnesses.⁵

Effect of dhauti in chronic low back pain

40 in-patients were randomly allocated to laghushankhaprakshalana and a back pain yoga special method on particular days in a self-controlled trial. Assessments were carried out before to and just after the sessions. The Oswestry Disability Index was used to measure pain and disability. Spieldberger's State and Trait Anxiety Inventory was used to measure state anxiety, while Leighton type and calliper type goniometers were used to measure spinal flexibility and straight leg raising tests, respectively. Although the patients benefited from both Yoga sessions, the amount of the improvement was greater after the laghushankhaprakshalana session. Thus, it has been discovered that laghushankhaprakshalana practise lessens pain, incapacity, and anxiety.⁵

MOOLA SHODHANA (anal cleansing)

The squatting position opens up the anus and the thighs apply pressure on the stomach, which helps transport the excrement downwards. Insert the turmeric stick gently into the anus. Keep the turmeric stick inside for two to three minutes. The stem is removed and discarded after two or three minutes. This technique cleanses the anal area. If the anus is injured during practise, or if one has unpleasant piles, the turmeric root functions as an antibacterial and aids in the healing process. Only available in Geheran Samhita.

Insert your middle finger inside your rectum and rotate it clockwise and then anticlockwise. Make sure your nails are clean and cut,³ [**GS 42-44 , HYP 24**]

BASTI (yogic enema)

there are two types of basti, jala and sthala,

JALA BASTI (water Basti)

Adopt utkatasana while sitting in water up to the navel, then compress and extend the anal area. This is called jala basti. This method eliminates wind diseases, urinary and digestive issues, and makes the body lovely like that of Kamadeva, the deity of love. in pradipika hath yoga Sitting in utkatasana with the navel in water, put a tube into the anus and constrict it. This water washing is known as basti karma. [**GS 46-47 , HYP 26-27**]

2. STHALA BASTI (dry Basti)

Sthala basti is done while lying on one's back. Assume vipareeta karani mudra, but with your back to the floor at a 60-degree angle. Then, draw your knees down to your chest. Push the sphincter muscles out and in, allowing air to enter the intestine. This is not an easy practise, and jala basti must first be accomplished. Sthala basti can also be done while executing ashwini mudra in pashinee mudra or paschimottanasana. Uddiyana may also be necessary at first. Because it is difficult to suck in air when in paschimottanasana due to the strain on the anus, it is recommended to begin in an inverted asana.

[**GS 48-49 , HYP 38**]



Advantages

Elimination of basti dravya under nervous control The autonomic nerve system is stimulated when Basti dravya enters the colon due to intestinal wall distension. Middles in the spinal cord, brain stem, and hypothalamus trigger the autonomic nervous system. Furthermore, parts of the cerebral cortex, notably the limbic cortex, can send signals to lower areas, influencing autonomic function. This implies that unconscious sensory information from a visceral organ can be conveyed to the brain stem, autonomic ganglia, or hypothalamus, where it can activate unconscious reflex reactions, which are then sent back to the visceral organ to govern its activity. In this manner, signals from the stomach are received by the spinal cord, brain stem, hypothalamus, and cerebral cortex, activating the parasympathetic nervous system and creating the muscarinic effect, which relaxes the entire body. The parasympathetic tone is dominant as long as the Basti is present in the body, causing the body to feel peaceful and relaxed. 8

Neti

1.JALA NETI (nasal cleansing with water)

Standing upright , sprade feet shoulder bit distance beend the knee slightly place the hands on the thighs. It's called Utkatasana. The position is the half sitting and half squatting so that anus easily open and contract coordinate with the breathing. [GS 50 -51, HYP 29-30]

2.SUTRA NETI (nasal cleansing with thread)

Both the heels into the ground . let's wider part distance between the leg .and tilt the head slightly and insert catheter or sutra left nostril. When using the sutra make sure deep into the ghee overnight. Thread don't use forcefully just gently insert sutra into the nose. Put the first two fingers inside the mouth and draw the thread out via the mouth when it reaches the back of the throat. Pull the thread back and forth thirty to fifty times slowly and softly. But in geharan Samhita first use right nostril.^{3,4} [GS 50-51 , HYP 29-30]

IN HATH YOGA PARADIPIKA ANOTHER NETI ARE

Dugdha neti (milk neti) Instead of water you can use warm milk to practice⁴

Ghrita neti (ghee)warm ghee to practice ghrita neti.⁴ [HYP 29-30]

ADVANTAGES

- Neti cleansing of the head improves vision and lessens sickness that appears above the root of the neck. Foreign substances like dust and allergens are removed using a neti, which also improves nasal outflow by reducing mucus stasis. an increase in blood flow. good impact on memory and focus, as well as advantages for lowering anxiety and sadness
- Jal neti Enhance mental clarity and intellect. It enhances brain capacity while relieving stress. created a comprehensive yoga method that includes jala neti as a therapeutic aid for children with mental retardation. Their cognitive function, psychomotor coordination, IQ, and social behaviour all improved as a result. The indicates a crucial use of jala neti for enhancing mental clarity, intellect, and stress relief.
- The value of neti in treating allergic rhinitis. The most significant inhalation allergens include dust mites, pollen, mould, and animal dander. These enter the IgE antibodies via passing through the mucosa. Antigen-antibody interaction as a result causes the neighborhood's mast cells to respond. As was already mentioned, nose channel histamine and other inflammatory compounds can be removed with sinus rinsing. Additionally to removing the mucus brought on by an allergic response, it soothes irritable nasal passages. Additionally to removing the mucus brought on by an allergic response, it soothes irritable nasal passages. Nasal irrigation has been demonstrated in recent research to eliminate histamine, leukotrienes, and other inflammatory chemicals.

Precautions and adverse effects

- Water should just enter the nose. Even if water gets in the mouth or throat, it won't hurt you. Both too little and too much salt can cause discomfort and burning. Kapalabhati should be done after neti to dry the nostrils. A quick series of powerful exhalations and quiet inhalations is known as kapalabhati. After ten quick breaths, take a slow, deep breath in and out. This completes one kapalabhati round. up to three rounds of practise. When doing neti, one should seek professional advice if they have persistent bleeding or structural malformations of the nose. Avoid neti for those who



are prone to or currently have ear infections. In addition to those listed in the review articles, we noticed other moderate side effects including ear ache, coughing, etc.

Trataka

In Gheranda Samhita Trataka is fifth Shatkarma but in Hath Yoga Pradipika fourth shatkarma .

three types of trataka are acknowledged.

1. bahiranga trataka or bahir trataka, external trataka.
2. antar trataka or Antaranga trataka, inner or internal trataka.
3. Adho trataka

but in Hath Yoga Pradipika two types of trataka bahiranga or external trataka and the other is Antaranga or internal trataka.

1. BAHIRANGA OR EXTERNAL TRATAKA

A form-containing object or image is chosen. Everything in the universe, including the sun, moon, stars, trees, idols, and images of gurus can all be thought of as symbols. Such an object can be used to practise bahir Trataka, provided that one's mind unites with it while gazing at it continuously. Place a candle with the flame at eye level two to three feet in front of you when using the Hath Yoga Pradipika as an object. Sit comfortably in Siddhasana or a similar meditation position, and lay your hands on your knees in the jnana or chin mudra. Close your eyes, unwind your entire body, and become ready for any meditation practise.^{3,4} [GS 53-54 ,HYP 31-32]

2. ANTRA OR INTERNAL TRATAKA

the mind is at its most creative while the eyes are closed, or antar trataka. Trataka is done on an image that has been fixed in the chidakasha, the innermost part of the mind. This can be accomplished by selecting an internal or mental symbol. The symbol can be a yantra, a diagram made of geometric shapes, the sun, moon, one's own ishta, a chosen god, or the guru. Spend a few minutes to twenty practising^{3,4} [GS 53-54 , HYP 31-32]

3. ADHO TRATAKA

This concept written only in Gheranda Samhita not in Hath Yoga Pradipika.

Practise closing and opening your eyes as needed. Different eye locations have been researched and given names in trataka. Full eyesight, or Poornima Drishti, is referred to as open eyes. Another name for the full moon is Poornima. Eyes closed are referred to as ama Drishti. Pratipada Drishti is the term for half-opened eyes. Ama Drishti is employed in the inner trataka, Poornima Prishti in the exterior trataka, and Pratipada Drishti in the Adho trataka. The Adho trataka techniques Nasikagra Drishti, Nasikagra Mudra, and Shambhavi Mudra are also included in this category.³ [GS 53-54 ,HYP 31-32]

BENEFITS OF TRATAKA

The sensory nerves connect the optic nerves of the retina with the brain during the physiological fall of the trataka on the optic nerves. The brain has a number of centres that are connected to the optic nerves, which receive data from them and transmit signals to improve perception. The brain centres that are inactive for the average person are activated by perception. The effects of Trataka on the brain and Ajna chakra cure eye disease.

• Physiological variables such as EEG (Alpha), Heart Rate (HR), Respiration Rate (RR), Finger Pulse Volume (PTG), and Galvanic Skin Resistance (GSR) were measured before, during, and immediately following Tratak. The degree of relaxation, emotional stability, and pleasantness increased following Trataka. Variations in HR, RR, GSR, and PTG during and after Tratak revealed a shift in autonomic balance from sympathetic to parasympathetic predominance. Similarly, the Roop Tanmatra sadhana might help with attention.⁷

• Trataka's impact on autonomic processes Following two sessions on two distinct days, a research evaluated the immediate impact of trataka on heart rate variability (HRV) and breathing rate. The researchers discovered that trataka boosted vagal tone as seen by a drop in heart rate and breath rate, a rise in the high frequency component of HRV, and a decrease in the low frequency component. Following the control session, no differences were seen.⁵



NAULI

It is referred to as dakshina nauli when the rectus abdomini muscles are turned anticlockwise, from left to right. Vama nauli occurs when they are turned clockwise, from right to left. Madhyama nauli occurs when the muscles are contracted and the middle group of muscles protrudes. You must be able to correctly do uddiyana bandha before trying nauli. 3

Samhita Gherand Lauliki, from the Greek lola, which means "to roll" or "agitate," is the name given to it.4 the technique of bhamara nauli involves gradually rotating and contracting the abdominal muscles. This fourth version, often known as bhamara nauli or just nauli, combines the three prior techniques. It consists of gradually tightening the muscles in a clockwise motion (a circular rotation from right to left), followed by a reciprocal movement (a circular rotation from left to right). Depending on each person's capability, each rotation is performed 5 to 10 times.4

In our literature review, we were unable to locate any scientific studies on the practise of nauli because it is thought to be an advanced practise.5

[GS 52 ,HYP 33-34]

Kapalbhati (Bhalbhati)

The three varieties of kapalbhati are vatakrama, vyutkrama, and sheetkrama.

KAPALBHATI (VATAKRAMA) (air purification)

The left nostril, Ida Nadi, should be used to inhale and the right, Pingala Nadi, should be used to exhale. The breath is then taken in through the right nostril, Surya Nadi, and expelled through the left, Chandra Nadi. Breathing in and out should be quick; do not hold it. This method eliminates Kapha dosha. However, the Hath Yoga Pradipika uses both nostrils for inhaling. Shortly after the last exhalation, take a big breath in with your nose and let it out rapidly through your mouth while gently pursing your lips. Perform Jalandhara bandha, moola bandha, and Anduddiyana while doing Kumbhaka. Keep Kumbhaka and the bandhas in place for as long as you can, then tally the time. Release the moola bandha, Uddiyana, and Jalandhara in that order before inhaling.3,4

[GS 55-57,HYP 35 -37]

2. VYUTKRAMA KAPALBHATI (sinus cleansing)

Water is inhaled by the nose, held in the throat, and finally expelled through the mouth by Vyutkrama. Similar to jala neti, once the water has cleaned the nasal passages, the throat and pharynx—the region behind the nose and mouth— are also cleaned.3,4 [GS 58 ,HYP 35-36]

3.SHEETKRAMA KAPALBHATI (mucus cleansing)

Hesitantly inhale water via the mouth, then let it out through the nose. The body becomes pure and clean, and the kapha dosha is expelled. Keep your body and mind at ease at all times.3,4 [GS 59-60 , HYP 35-36]

EFFECTS OF KAPALBHATI

Fat metabolism is accelerated by an increase in the autonomic nerve system, pineal gland, and hypothalamus, which control endocrine and metabolic processes. This eventually leads to an increase in basal metabolic rate, a decrease in fat storage, and weight loss. Kapalabhati is discovered to alter how body fat is distributed, hence reducing both hip and waist circumferences. Studies have also revealed that Kapalabhati practise results in weight loss that coincides with the loss of subcutaneous fat rather than visceral fat, demonstrating that there is a significant reduction in the waist-to-hip ratio.

Heart rate variability (HRV) with kapalbhati promote it throughout the surgery, while parasympathetic modulation is significantly stronger after the resting interval. A study found that reducing very low frequency (VLF), low frequency (LF), increasing high frequency (HF), and lowering the LF/HF ratio significantly reduced stress scores as well as HRV. After kapalbhati, this denotes improved parasympathetic regulation and decreased sympathetic heart drive.

RESULT

Hathha Pradipeeka has very basic description of Shatriya as this book is written for beginners' perspective. But in Gherand Samhita, all the Shatkriyas are described in detail and all the Kriyas have Upakriyas. So we can say that GS has more deeper information than HYP. Secondly, GS is describing mainly three things. First – Definition of the Kriya. Like – Some particular action is done by Yogi, it will be called this Kriya. Secondly, Process of the Kirya. Like – Yogi needs this thing and some posture to do particular Kriya and he can do by described process. Third one is result. Like



– If Yogi does Dhauti Kriya, what benefits we be there. Same thing is done in HYP, but there are no subtopic of Kriyas and not detailed results are described.
If Yogi combines the knowledge of both ancient work and try to do it in scientific way, so Shatkriya may give more perfect results.

REFERENCE

1. Dr. Priya Pathak, 2Dr. Ankush Jagota, 3Dr. Umesh Shukla, 4Rajika Gupta and 5Prof. T. C. Thakur (2020) VARISARA DHAUTI/ SHANKHAPRAKSHALANA [WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH](Review Article ISSN 2455-3301 Wjpmr)
2. Gheranda Samhita (GS), Editors- Swami Niranjanananda Saraswati (Saraswati S.N. Yoga Publications trust (2012))- commentary on the yoga teachings of maharshi Gheranda
3. Hatha yoga Pradipika (HYP) -Commentary by Swami Muktibodhananda (Under the Guidance of Swami Satyananda Saraswati) ISBN: 81-85787-38-7
4. B.R. Raghavendra, Apar Avinash Saoji (24 November 2020) Health and therapeutic benefits of Shatkarma: A narrative review of scientific studies <https://doi.org/10.1016/j.jaim.2020.11.008> (Journal of Ayurveda and Integrative Medicine)
5. S. Meera, M. Vandana Rani, Cijith Sreedhar, and Delvin T. Robin (2019) A review on the therapeutic effects of NetiKriya with special reference (PMCID: PMC7329727 /PMID: 30616871)
6. Dr. Indrani Trivedi (International Journal of Yogic, Human Movement and Sports Sciences 2017)Effect of yogic intervention on leadership capacity ISSN: 2456-4419.
7. Neha Rawat , Rakesh Roushan A CRITICAL APPRAISAL ON THE MECHANISM OF ACTION OF BASTI PROCEDURE OF AYURVEDA IN PERSPECTIVE OF MODERN PHYSIOLOGY (2020)(ISSN:2229–3566) www.ijrap.net
8. Apte, V. S. (1988). The student's Sanskrit-English dictionary: Containing appendices on Sanskrit prosody and important literary and geographical names in the ancient history of India. Motilal Banarsidass Publ.