

KUNJARA – THE YOGIC STOMACH WASH

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ABSTRACT: *KUNJARA or KUNJALA is a yogic technique by which large volume of water is vomited out in jets just as an elephant does through its trunk. The technique of performing this beneficial stomach wash is described.*

INTRODUCTION

No one can deny that the unclean and unhealthy stomach causes various diseases. Thus yoga has invented a good many practices and exercises for keeping this vital organ clean and strong. The yogic stomach wash, traditionally known as *kunjara*, *vamana* or *gajakarani* is the easiest and reliable process to keep the stomach ever in good condition.

Kunjara, also called *kunjala* these days because of the phonetic similarity means elephant and the Yogic process is so named, because in it the water is thrown out of the stomach in jets in the style an elephant sucks and expels the same through its trunk, keeping thereby its body free from ailments. The practice is also called *vamana* (Vomiting) for the simple reason that water is vomited in the process.

METHOD OF PERFORMANCE

Select a clean place which is neither windy nor enclosed. Some clothes specially at the chest region must be worn to deter any cold attack. Enough clean and well-filtered lukewarm water (about twelve to twenty glasses) should be kept ready in a big container, also a glass to sip the water.

Those who can easily have the vomiting reflex should use this lukewarm water as such. Others may use saline water even with lemon-juice for the purpose.

Sitting in *Kagasana* (Skt. *Kaka* – the Crow posture – that means squatting on the ground, with the thighs and calves joined together and elbows resting on the respective knees, and feet about a foot apart, the neck straight as in Fig.1 – manner in which Indians normally sit for defecation, urination etc), one may drink seven to nine glasses of water or enough till the stomach can contain no more, and the tendency for nausea is felt. In between the process, if one feels like vomiting; the *Jalandhar bandha* (the contraction of throat muscles with the chin on the chest) be practiced to check any earlier out-flow. While the internal pressure becomes intolerable, one should get up with the feet together, and leaning slightly forward – forming an angle of about 90 degrees as in Fig-2, should press his left hand against the abdomen to facilitate the emetic process. Then by joining the first three fingers of the right hand horizontally, insert them down the throat as deep as possible, tickling the uvula. This would start a vomiting reflex and the water will

gush out in jets. The process should be repeated till the last drop of water seems to be out. This would remove excess of unnecessary superfluous mucous, juices and secretions. Clean the hands and mouth and rest a while. One may take a small amount of milk, or fruit after the practice to avoid the drying of the throat.

BENEFITS

This yogic gastric autolavage provides the same benefits of fasting. Its continues practice would ward off diseases due to phlegm and bile. It cures pimples and boils, strengthens the heart and the respiratory system since these too are indirectly affected in this process. It checks constipation, biliousness, indigestion, cough, asthma, rickets, tonsillitis and teeth troubles, reflex acts on the liver, kidneys and the intestines very favorably to set right their malfunctioning. It aids in lessening obesity. The large drinking of water in this process

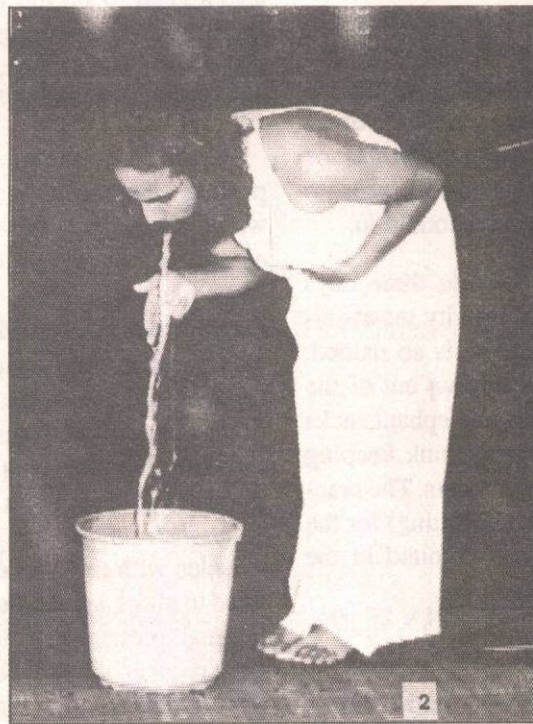
causes efficient urinary eliminations, thus checking renal complaints, eliminates the poisonous matters from the stomach and prevents their further accumulation. It is greatly helpful in chronic gastritis, torpid liver, sluggish pancreas and dyspeptic conditions. Those suffering from indigestion, ulcer, diabetes, arthritis and any cancerosity may do it fruitfully or even essentially. One is rendered free from drowsiness and sleepiness. The foul odor of one's breath and body remains no more, and it also relieves itching. Gastroptosis or the drooping of the stomach which occurs more often in women than in men can be easily avoided by practicing *kunjara*.

CAUTION

It will be safe to perform the stomach wash after the morning toilet with empty stomach, preferably under the guidance of some Yoga expert at least in the beginning.



Two Yoga sadhakas at Yogadham drinking ludewarm water of Kunjalakriya



The author demonstrates the final stage of Kunjara the water gushing out from stomach in Jets