

In the early Upanishads Hatha Yoga was made up of the Shatkarmas and is very precise and systematic science. (Do not do unless sure of what doing).

Shat – six **Karma** – action

Shatkarmas consist of 6 groups of purification practices. The aim of Hatha yoga and, therefore, of the shatkarmas is to create harmony between the two major pranic flows, ida and pingala, thereby attaining physical and mental purification and balance.

DOSHAS

The Shatkarmas are also used to balance the three DOSHAS (or humours) in the body:

Kapha – Mucus

Pitta – Bile

Vata – wind

According to both Ayurveda and Hatha yoga, an imbalance in the doshas will result in illness.

1. **Neti:** A process of cleansing and purifying the nasal passages. ****
2. **Dhauti:** A series of cleansing techniques which are divided into three main groups: antar dhauti or internal cleansing, sirsha dhauti or head cleansing, and hrid dhauti or thoracic cleansing.
There are 4 practices:
 - a) Shankhaprakshalana (varisara dhauti)
 - b) Agnisar (vaahnisara dhauti)
 - c) Kunjal vaman (dhauti)
 - d) Vatsara dhauti
3. **Nauli** – A method of massaging and strengthening the abdominal organs. ****
4. **Basti** – Techniques for washing or toning the large intestine.
5. **Kalpabhati** – A breathing technique for purifying the frontal region of the brain.
6. **Trataka** – The practice of intense gazing at one point or object.