



Vatskar Dhouti Kriya

Vatskar Dhouti kriya solves all digestive problems, including chronic excess acidity. Many other diseases, such as the common cold, flu, start with an upset digestive and excretory system. Kriya enhances overall health.

Pose: Sit in Easy Pose with hands on the knees. Make a beak of the mouth and drink as much air as you can into the stomach using short, continuous sips, as if you were swallowing. Pull in and hold. Roll the stomach to the left, when the breath has been held in for half its maximum time, reverse the direction to the right. Continue rolling the stomach as long as possible with Neck Lock applied. When the breath can be held in no longer, straighten the spine and exhale slowly (not powerfully) through the mouth.

Time: In total 3 cycles.

Then drink 2 liters of water and avoid hot, spicy food for the rest of the day.

