International Journal of Alternative and Complementary Medicine

Available at www.saap.org.in

ISSN: 2583-1305

Effect of *kunjla kriya* along with ayurveda diet on obese volunteer - a case report

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Received: 09 Jan 2022 Revised: 17 Jan 2022 Accepted: 15 Feb 2022

Abstract

A 30 years female obese volunteer came to OPD of *swasthavritta*, All India institute of Ayurveda, New Delhi with chief complaint of Irregular Bowel Movements, Hyper acidity, weight gain over period of one year. After clinical evaluation *Kunjla kriya* & Ayurveda diet was prescribed and significant effect was seen. For first seven days process of *kunjla* was done under supervision, and after that it was done on her own at home. Follow up was taken every week till forty days. As a result of this management symptoms like irregular bowel movements, Hyper acidity were reduced. Significant reduction in the weight gain was also observed.

Keywords: *kunjla kriya*, Ahara & Agni.

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DOI: <https://doi.org/10.46797/ijacm.v3i1.287>

Produced and Published by
[South Asian Academic Publications](http://SouthAsianAcademicPublications.com)

Introduction

Yoga is an art and science of right living. It is an universally recognized fact that *Yoga* provides a holistic approach to health and well-being. The principles of *Yoga* help us as an individual to achieve higher aims of life. It regulates ones thought pattern, character and behavior which reflect into our attitude and personality. *Yoga* with its immense wisdom leads all human beings to excel in every aspect of life. However, *Yoga* is a science that deals with health of the body and harmony of mind. *Hatha Yoga* uses varied cleansing techniques (*Shatkarma*), bodily postures (*Asanas*), and breathing techniques (*Pranayama*) combined with meditation (*Dhyana*). These techniques together help achieve a sound, healthy body and clear mind.

Yoga has been shown to benefit, variety of conditions. Practitioners have experienced improvement in symptoms from asthma, backaches, menopause symptoms, multiple sclerosis, and carpal tunnel syndrome. The mental aspect of *yoga* helps to regulate and clarify the mind which ultimately improves self-esteem and positive attitude. Yogic science emphasizes seven means (*Sapta Sadhana*) like *Sodhana*, *Drdhata*, *Sathirya*, *Dharya*, *Laghava*, *Pratyaksha* & *Nirlipt*. Among these seven means *Shatkarma* is essential for *Sodhana*, *Asana* for *Drdhata*, *Mudra* for *Sthirya*, *Pratyahara* for *Dharya*, *Pranayama* for *Laguta*, *Dhyana* for *Pratyaksha*, and *Samadhi* for *Nirlipta* [1,2].

Hatha Yoga, as described in the *Yoga Upanishads*, describes *Shatkarmas* (*Dhauti*, *Basti*, *Neti*, *Trataka*, *Lauliki*, *Kapalbhati*). 'Shat' means 'six' and *karma* means 'action'; the *Shatkarmas* consist of six 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 [3]. The *Shatkarmas* are also used to balance the three *doshas* or humors in the body: *kapha*, *pitta*, and *vata*. According to *Ayurveda* and *Hatha Yoga*, an imbalance in the *doshas* will result in illness. *Shatkarma* practices are also used before *Pranayama* and other higher *yoga* practices. It helps to

purify the body from toxins and to ensure safe and successful progression along the spiritual path. These powerful techniques never be learned from books or taught by inexperienced people. According to the *Hatha Yoga* tradition, only those instructed by a *guru* may teach others. It is essential to be personally instructed as to how and when to perform the *Shatkarmas*, according to individual limitations and needs.

Kunjal Kriya

The *Kunjal kriya* is one of *Shatkarma* technique for cleansing the digestive tract (from the stomach to the mouth). It incorporates ingestion of saline lukewarm water to the extent possible i.e. up to the throat and then intentionally throwing up the water from the stomach, through the mouth. It is not a very complicated practice and the ejected water is saline and acidic which contains the impurities from the whole digestive tract starting from the stomach. It is one of the best procedures to alleviate the *Kapha* and *Pitta Dosha* abnormalities and it is also expected to stimulate *Vishuddhi* and *Manipura Chakra* [4].

Etymology of Kunjal

Etymologically the word '*Kunjal*' is derived from the Sanskrit word '*Kunjar*'. According to *Nirukta* (one of the six ancient *Vedangas*) "R" is converted to "L". The word *Kunjal* doesn't have a meaning of its own, whereas the word *Kunjar* is synonyms of Elephant, just as '*Gaja*', as per different classics like *Sabdakalpadrup*, *Amorkosh*, *Sanskriti hindi kosha*, etc. When the emit ion of warm saline water is induced by tickling sensation at the back of the throat, generates anti peristaltic movement it is called *Kunjal kriya* or *Vaman dhauti*. Both *Kunjal* & *Vaman* means 'Throwing Up or vomiting'; *Kriya* means Practice and *Dhauti* means Wash. It is also known as '*Vyaghra Kriya*' and '*Gajakarni*' in *Hathayoga Pradipika*. [5-8]

Kunjal Kriya- The Stomach Wash

The *Kunjal Kriya* cleanses the upper digestive tract (Pharynx, Esophagus, and Stomach) as well as respiratory system (Pharynx, Trachea and Bronchi).

It is a technique of back flushing the water inside the abdomen, just as *Jala Neti* does with the nose. It should be done every morning and one should be able to flush the stomach inside out through mouth, starting off with a clean & healthy digestive fire. to remove any remnant food and to replace th

as washing off the dead skin cells on the outside of the body every day while taking bath. Just as swimming, Of 40 days, omitting the 07 days of Menstruation cycle. As referred in *Hatha Yoga Pradipika*.

saunas and Scrubbing helps our skin to function or 'breath' better, same the flushing up of the stomach helps to remove and prevent diseases in this region caused by accumulation of toxic matter and general impurities. Salty water reduces the secretion of acid by the glands in the stomach, which enhances the stomach's digestive efficacy.

Process of Kunjal Kriya

Requirements

Luke warm water, Rock salt (*Saindhava Namak*), Jar and a glass.

Position

Kagasana with the elbows fixed on knee joint while drinking salty lukewarm water; 45-60 degree bend while performing *Kunjal*.

Time

It should be done before sunrise, after evacuation of natural urges and taking bath.

Procedure

In the morning, with empty stomach, first sit in *Kagasana* to lock your stomach and start drinking warm saline water. Use about one teaspoon of normal salt in one liter of water. If you are not used to drink large amount of water at one time and are doing *kunjal Kriya* for the first time, you can start with drinking 2-4 glasses (A normal practitioner will use 6 to 8 glasses and people who are used to of having a lot of water can also drinks 10 to 12 glass). For the first 2-4 days the subject was able to take 2-3 glasses of water only but gradually the water intake capacity of the subject was increased up to 8-9 glasses on completion of 40 days. One should drink as much water till you feel very full and generates a sensation to throw up or all that water will come out on its own through the mouth. Then stand up straight and lean your upper body (trunk & head) in the forward position, 45-60 degree. In this position open your mouth wide and insert two fingers (middle & index) as deep as you can and rub the root of the tongue forward and backward. The water will be expelled without any forceful efforts. When the water comes out, fingers should be removed immediately. After few minutes, the water stops gushing out, again place the fingers inside mouth and rub the tongue gently. Repeat the same process until all the water comes out of the abdomen.

Methodology

for this study and administrated with the classical *Kunjal kriya* for a period

Case history

A female, aged 30 years visited OPD of *Swasthavritta* of All India Institution of Ayurveda (AIIA), New Delhi with crucial complains of Irregular Bowel movements, Hyper acidity, flatulence, weight gain over a period of one year. The patient is a student professionally; she's not been taking adequate rest and was taking *Apathya Ahara*. She's been use to consum fast food, non-vegetarian diet, curd, cold drinks, coffee etc. on regular basis. The patient was obsess having BMI-26.4kg/m² and *Pitta-Kapha prakruti*.

Considering the patient's history and examination, she was advised for *Kunjla kriya* in the Yogic practice. The *Kunjla kriya* was advised for a period of 40 days regularly, with the exclusion of 07 days of Menstruation Cycle. For the first seven days the *Kunjla kriya* was done under supervision of the expert, and for the later weeks the practice was done by the subject on her own at her home. After the practice of *Kunjla kriya* it was advised to relax in *Shavasana* (Corpse pose) for 10 minutes. The subject was directed to take the prescribed *pathya*(wholesome diet) after 01 hour of practice. The following diet was recommended i.e *Dalia, Khichadi, simple roti, sabji (with less spices) etc* [9-13].

Table 1: Sample Menu

Breakfast(8am-9am)	Broken wheat porridge(veg. Dalia), Veg. Semolina(Veg. Upama),Veg.Veamicelli(Sewian), stuffed Chapati /Oatmeal Medium size Chapatti-2 Other food-one medium size katori(150gm)
Mid-morning(11am-12am)	Fruit/ coconut water/green juice (1/2 cup)
Lunch (1pm-1:30pm)	Plain Chapati/ Multigrain Chapati/ Moong dal Khichadi/ veg.+dal+salad Medium size Chapatti-3
Dinner(8pm-9pm)	Plain chapatti/ Khichadi/Dalia Medium size Chapatti-2 One medium size katori-150gm
Other Diet Instruction	<ul style="list-style-type: none"> • Use rock salt instead of normal salt • Eat only twice a day preferably • Finish your dinner by 8pm • Drink luke warm water regularly • Butter milk with roasted cumin seeds & Hingu • Have 1-2 tsf of Desi ghee regularly • Avoid fruits with meals, but can be taken in midmorning, lunch, evening • Eat seasonal fruits & vegetables • Avoid intake any fatty & sugary food

Table 2: *Pathya & Apathya Ahara*

Ahara Varga	Choose more often	Foods to avoid
Sukadhanya (cereals)	Godhuma (Wheat), Kodrava(Kodo millet), Jurna(Jowar), Yava(Barly), Nirvara(Wild rice)	White rice, flour, bread etc
Samidhanya (Pulses)	Mudga (green gram), Adhaki(Red gram), Masur(lentil)	Rajma, chana, udad dal etc. Dried & frozen pulses

Saka varga(vegetables & leafy vegetables)	Leafy veg.- Mulaka Patra(Radish leaf), Tanduliya(Amaranth), Sigru(Drumstickleaf),Methika(Fenugreek leaf) Vegetables- Alabu(Bottle gourd), Karavellaka(Bitter gourd), Vrntaka(Brinjal) , Patola(poined/ Snake gourd), tamato, Okra, Amla, Beetroots, Carrot.	Mustard leaf, Arbi, patato, Sweet Patato, Jackfruit etc.
Phala varga	Apple, pear, papaya, pomegranate, Guava, Lichi Dry fruits- pumpkin seed, Walnut, Almond(Soaked)	Mango , Banana, etc.
Jala varga	Luke warm water	Cold water, fridge water etc,
Taila varga	Mustard oil, Til oil, Ground nut oil	

Table 3: Evidence on forty days *Kunjla kriya* Effects

Weeks	Water Intake	Water Out Put	Weight	Vomiting Type	Waist Circumference	Blood Pressure	Pulse Rate
1 ST WEEK	1.5 Lit	800ml	63.3 kg	White& yellowish foamy vomiting	89CM	130/80mm Hg	74/min
2 ND WEEK	1.5 lit	1lit.	61.8 kg	Foamy & mucus	88CM	138/80mm Hg	80/min.
3 RD WEEK	1.8 lit.	1.4 lit.	61kg	Slightly projectile mucus	88CM	132/80mm Hg	80/min.
4 TH WEEK	2 lit.	1.7 lit	61kg	Slightly projectile whitish	85CM	130/80mm Hg	78/min.
5 TH WEEK	Gap due to Menstruation cycle						
6 TH WEEK	2lit.	1.7 lit	60.5kg	Clear watery Projectile vomiting	85CM	130/80mm Hg	80/min.
7 TH WEEK	2-2.5 lit	2lit.	60kg	Clear watery Projectile vomiting	80CM	130/80mm Hg	74/min.

Table 4: Effects on subjective parameter

Assessment parameter	Before treatment	After treatment
BMI(Body mass index)	26.4kg/m ²	25kg/m ²
weight	63.3 kg	60 kg
Waist circumference	89cm	80cm
Agnibala Assessment	Mandagni -9.09%, Vishamagni-	Mandagni -0%,

	54.54% Samagni-27.27% Tikshnagni -20%	Vishamagni-18.18% Samagni-72.72% Tikshnagni -10%
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- ❖ *Agnibala* Assessment Tool by Kishor Patwardhan (source: Development, Validation, and Verification of a Self-Assessment Tool to Estimate *Agnibala* (Digestive Strength))

Results

After 40days procedure of *Kunjla Kriya* the healthy volunteer had weight loss of 3kg, normal BMI and weight circumference also reduced.

Discussion

Probable mode of action-

Majority of disease are caused by weakening of *Agni* (*Mandagni*). It causes improper digestion, assimilation & excretion; which results *Ama*. *Ama* originated from stomach and mixed with *dhatu* spreads all over the body. Due to irregular & over consumption of *Aapthya ahar*, *Kapha* & *Pitta* are aggravated which gradually vitiates *dhatu*s. The process of *Kunjla* mainly acts on *Amasaya* and *Annavahasrotas*. *Amasaya* is prime seat of *kapha* & *Annavaha srotas*. *Kunjla* neutralizes the acid balance in the stomach, thus helpful in counteracting *Tivra jatharagni*^[14]. This helps in reducing excessive hunger and thirst in the obesity. Luke warm water pacifies *vata*, Salt helps in liquefaction of *Achadit* & *Avalipt dhatugata ama*. *Dhatugata ama* is expelled and as a result *dhatwagnimandya* Homeostasis rectified, resulting in the proper metabolic process. *Amasaya vayu* & *Pachaka pitta* in *amasaya* regains its normal physiological power causing adequate *Annavirechanaa* (Assimilation) and *Muchanna* (Excretion). Hence the proper formation and expulsion of *mala* occurs with help of other *vayus*. This ultimately causes genesis of all *dhatu*s restricting excessive generation of *Medho dhatu*.

Conclusion

Kunjla kriya is helpful in the management of symptoms like acidity, irregular bowel movement and also effective in improving *agnibala*. Along with *ayurveda* *pathya* diet it showed significant results in weight gain.

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