

FLUSHING THE GUT: AYURVEDIC SHANKHA PRAKSHALANA TECHNIQUE SIMPLIFIED

Ayurveda, the traditional Indian medical system, has accumulated a vast array of health principles and practices over centuries of empirical observation. One such practice is *Shankha Prakshalana*, an intensive intestine cleansing technique that can be a valuable addition to your toolkit.

This method involves drinking salty water and performing certain poses and exercises to flush it through the digestive tract. What piqued my interest was the ingenious combination of exercises that stimulate gut peristalsis. While its primary goal is a thorough cleanse—confirmed when clear water exits the system—you often do not need its full intensity. We can adapt this technique to lesser objectives, such as promoting motility and aiding the movement of gut contents. This can be particularly beneficial to combat 'Lazy Gut' stagnation, a situation where the intestines are not active enough.

The simplified technique requires less water, reduces the exercise duration and the number of repetitions, and has several advantages for our purposes:

- It's quicker and easier to do.
- It's gentler on the intestinal ecosystem, allowing more frequent use. **Note:** The complete Shankha Prakshalana should not be done often.
- It is generally better tolerated and comes with fewer medical contraindications.

Warning: Shankha Prakshalana is not advised for pregnant or breastfeeding women or those with certain gastrointestinal disorders. Always consult your doctor before embarking on this or any other cleansing regimen.

How to Execute the Technique:

1. Ensure your stomach is empty. Refrain from eating at least

five hours before the procedure to prevent undigested food contaminating the lower gut sections.

2. Prepare salty water by mixing 1-2 tablespoons of salt into one liter of water. The salt ensures water remains in the gut by creating a high osmotic pressure, preventing absorption into the bloodstream. The exercises then guide this water volume through the entire digestive tract.
3. Drink 2-4 glasses of salty water. If you find the taste unpleasant, a splash of lemon juice can make it more palatable.
4. Complete 1-2 rounds of the recommended exercises, around 30 repetitions each. For a visual guide, refer to Video 6.6 in *Appendix 1*. Focus your attention on propelling water through the digestive tract rather than the external movements. Note: the hip movements begin on the right side because the colon progresses from right to left.
5. The goal is bowel evacuation within an hour. If needed, repeat the exercise sequence.
6. After this procedure, avoid heavy foods for the day, especially dairy, meat, and fish. Opt for lighter alternatives such as fruits or green salads and include prebiotic foods such as naturally fermented vegetables. Wait at least 2 hours after completing the exercise before eating.

This method is highly effective for gaining momentum with multiple DILL+ locks. Because it swiftly eliminates toxins and immune triggers from the digestive system, it is beneficial for the following:

- **Inflammation Reduction:** Combining this technique with one or two days of water-fasting can notably reduce inflammation in the intestine and throughout your body.
- **Effective for the 'Reset' Technique:** Shankha Prakshalana is particularly powerful when integrated into the 'Reset' step of ERR (*Eliminate, Reintroduce, Rest*).
- **Preparation for Repair:** You can use the technique to cleanse the gut and set the stage for a prolonged restoration course,

as described in *Key 3*. This can involve water fasting, followed by an *elemental* or *quasi-elemental diet*, and finally, a *Green Basket* diet. The objective is to "wash" the gut lining and reduce toxic stress long enough for repair.

- **Normalization of Microbiota Distribution:** This procedure displaces large quantities of bacteria in your digestive system, shifting them downstream. This can offer prompt relief for *SIBO* (*Small Intestinal Bacterial Overgrowth*). To maintain this effect, however, you need to employ all strategies from *Key 1*.
- **Toxin Removal during Die-off Reaction:** I recommend the Shankha Prakshalana technique as a rapid-response tactic to eliminate toxins of the *SIBO die-off reaction*.

See also:

- Appendix 1 > Video 6.6
- Key 2 > Eliminate-Reintroduce-Reset Technique (ERR)
- Key 3 > What If I Compromise My Diet? How to Reset
- Key 3 > Water-Fasting
- Key 3 > Quasi-Elemental Diet
- Bonus 3. Food Baskets: Foods Ranked by Their Impact on the Gut-Microbiome-Immune Ecosystem
 - Key 1 > Other Tactics for Fixing SIBO and Normalizing Microbiome Distribution > Healthy Motility
 - Key 1 > Die-off Reactions

YOUR FOOD AND GUT MOTILITY

Your diet influences the rate at which food passes through your digestive tract. Some foods slow down the movement of gut contents, while others promote a more acceptable pace. In this chapter, we'll explore which food components you should avoid and those that support healthy gut motility, including:

- Fiber
- Prokinetics
- Oils
- Minerals

Prokinetic foods stimulate the contraction of muscles in the stomach and intestines, thus promoting faster movement of food through the digestive system.

WHAT TO AVOID

“ Often, eliminating bad elements paves the way for improvement more effectively than introducing good ones.

SUGAR

First on the list is our old, well-known offender: sugar. If the previous 5R+ tactics haven't motivated you to cut sugar from your diet, here's another compelling reason. Sugar disrupts gut activity in several ways:

- **Effect on ICCs:** High levels of sugar in the blood directly suppress the *interstitial cells of Cajal (ICC)*. The result is poor muscle tone and contractions.
- **Disrupted Microbiota:** Sugar wreaks havoc on the gut microbiome, promoting the growth of harmful bacteria and indirectly affecting motility.
- **Inflammation:** Earlier, we mentioned that sugar fuels inflammation in the digestive tract. This inflammation affects gut motility in two ways: first, as in any other part of the body, it hinders movement. Furthermore, it directly harms the ICC cells.
- **Stickiness:** Sugar can make the gut contents "sticky," which slows down its movement through the intestines.

“ Cut out sugar to improve gut motility.

See also:

- Key 4 > Gut Motility and Other DILL+ Factors
- Key 4 > Inflammation > Damage to Interstitial Cells of Cajal (ICC)
- Key 2 > Inflammatory Foods

STARCH

In a similar vein, starch decelerates the bowel transit time. This is one reason I recommend cutting out starchy foods during the early