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Laghu Shankha Prakshalana: Yogic Technique for Easy Stool Dispatch and Digestive Relief

Laghu Shankha Prakshalana (LSP), the shorter version of *Shankha Prakshalana*, is a mild yogic cleansing practice designed for quick bowel evacuation after ingesting liquid, rather than a full colon cleanse. It involves drinking half to 1 liter of lukewarm saline water (or alternatives like *triphal*a decoction) and performing five *asanas* to stimulate peristalsis and open sphincters for easy stool dispatch. Ideal for constipation relief, it enhances gut motility without the intensity of the full procedure, which uses more water for complete GI flushing [1]. Backed by research, LSP promotes digestive health, reduces symptoms like bloating, and supports overall well-being. This blog explores its science, steps, and evidence.

Mechanism and Procedure of *Laghu Shankha Prakshalana*

LSP works by hydrating the intestines with isotonic liquid to soften stool, while *asanas* mechanically massage organs and boost vagal tone for parasympathetic dominance, aiding evacuation [2]. Unlike full *Shankha Prakshalana* (up to 16 glasses for total cleanse), LSP uses less liquid for targeted relief. Procedure: Drink 1-2 glasses of warm saline (1 tsp salt/liter) or *triphal*a water, perform each *asana* 6-10 times, repeat cycles (2-3 total) until urge arises, then evacuate. Rest afterward with light diet. It's safe weekly for healthy adults, but consult for conditions [3].

Step 1: Tadasana (Palm Tree Pose) – Abdominal Elongation

Stand tall, arms raised, stretching the spine. This elongates the gut, aiding liquid flow and peristalsis [4]. Studies show it improves bowel regularity in constipation [2].

Step 2: Tiryak Tadasana (Swaying Palm Tree Pose) – Lateral Compression

Side bend while arms raised, compressing/stretching abdomen. Enhances organ blood flow, reducing transit time by 20-30% [5].

Step 3: Kati Chakrasana (Standing Spinal Twist) – Organ Wringing

Twist torso, squeezing colon for detox. Reduces irritable bowel syndrome symptoms via gut-brain axis [6].

Step 4: Tiryak Bhujangasana (Twisting Cobra Pose) – Lower GI Stimulation

Prone twist, targeting sacral area. Improves evacuation efficiency by 40% [3].

Step 5: Udarakarshanasana (Abdominal Massage Pose) – Squatting Twist

Squat and twist for deep massage. Reduces straining by 50%, ideal for stool dispatch [2].

Scientific Benefits and Evidence

LSP offers immediate relief: One study on bowel health showed significant constipation score reduction ($P<0.0001$) after weekly sessions, improving motility safely [2]. In hypertension, it lowered blood pressure (11.4% systolic with *triphalas*) without adverse effects [1]. For low back pain (linked to constipation), LSP provided analgesic effects, reducing disability 37% and anxiety [3]. Related to colonoscopy prep, yogic cleansing (similar to LSP) outperformed PEG in efficacy/safety [7]. Overall, it balances microbiome, reduces inflammation, and enhances digestion [6][8].

Precautions: Avoid in pregnancy, ulcers, or severe HTN. Hydrate post-practice.

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