
-BASTI- THE WATER ENEMA

BASTI - AYURVEDIC
COLON CLEANSING
(ENEMA THERAPY)
ARE FOUNDATIONAL TO
AYURVEDIC DETOX AND
HEALING.

BASTI - THE SELF ADMINISTERED WATER ENEMA

A self-administered water enema is simply the use of clean water to clear out the lower bowels. If you have never self-administered an enema, you are in for a real treat. — the energetic and physical lightness are immediate.

A WATER ENEMA IS *sometimes called a high enema, referring to the enema bag being positioned high up to use the force of gravity to enhance the flow of water.*

If you have well-formed, easy-to-eliminate, bowel movements at least twice a day, you may not need this area cleansed. But for most of us, this quick and easy exercise is a guaranteed way to move out dislodged and dried-out fecal matter, along with other unwanted contents such as undigested food particles, mucus, bacteria and other toxins.

The toxins you will eliminate with a simple water enema are called endogenous toxins. These are toxic wastes produced inside our bodies as a result of normal metabolic processes. Endogenous toxins contribute significantly to inflammation, which is known to be the root cause of numerous bodily imbalances.

Therefore, it makes total sense to incorporate a series of water enemas into a cleansing practice.

BASTI - THE SELF ADMINISTERED WATER ENEMA

CONTRAINDICATIONS

If you suffer from haemorrhoids, enemas can be uncomfortable or painful and can aggravate the haemorrhoids. It is not recommended to use enemas if you have haemorrhoids. If you suffer from rectal or colon prolapse, enemas are contraindicated and should be avoided. Otherwise, enemas are safe and oh-so beneficial.

IT'S ENEMA TIME!

GETTING READY

Set-Up the Space

Before filling the enema bag with warm water, make sure your bathroom space is set up.

You will be on the bathroom floor lying on a towel to be comfortable, or, on the floor of the shower or even in the bathtub. As long as you can get yourself quickly to the toilet.

You will need to hang your enema bag up high so that when the hose hangs down, it can almost touch the towel. The most logical place is on the showerhead, shower curtain rod, shower door, or towel rack.

If your enema bag doesn't come with hooks, you can use a clothes hanger to hang it. You may need to get inventive, take a minute to set up your space.

Prepare Warm Water

If you have filtered water, that's ideal. If you only have tap water, that's also fine. Fill the enema bag with warm water - NOT BOILING WATER. OUCH! Think 'baby-bottle' warm.

Once your water has boiled, add cold water to the kettle to create warm water before filling your enema bag. Do not pour boiling water directly into the bag in case you spill some and burn yourself. Alternatively, just fill the bag with warm water from the tap.

HOW TO GIVE YOURSELF A WATER ENEMA

You will be amazed at how quickly and easily you can transform your body's energy with a simple water enema.

INSTRUCTIONS

Fill your bag with warm water and hang the bag in position.

Remove the Cap, if there is One.

Get Control of the On/Off Valve

You will need to be able to turn the flow of water on and off. Test that you can start and stop the water flow by pinching and un-pinching the on/off valve attached to the hose. Practice as this is how you control the flow. You should be able to start and stop the water flow easily.

Flow the water before Inserting

To avoid inserting air, allow the water to run from the bag down the hose and out the spout before inserting the tip. Then turn the valve off. The entire hose should be filled with water before you begin.

Find Your Position

Get yourself into position on the floor on all fours, on your back, or lying on your side. You might need to experiment to see what is most comfortable for you, but generally being on all fours is the easiest position. Make sure you can reach and operate the on/off valve with both hands (or at least one hand). During the enema, you will need to be able to turn the water flow on and off without removing the hose.

HOW TO GIVE YOURSELF A WATER ENEMA

CONTINUED...

WATER ENEMA INSTRUCTIONS CONTINUED

A Little Lube

Use a little coconut oil (or any pure oil) to lubricate the tip for easier insertion. Relax and gently insert the tiny catheter into the rectum. You only need to insert it TWO OR THREE INCHES. THAT'S IT. You can then open the valve and let the water flow in. If you feel discomfort or fullness, you may need to start and stop the water flow by turning the valve on and off. You may feel a little crampy; usually, a few deep breaths will help this pass. You can easily stop the water flow at any time.

Let it happen

As soon as you need to evacuate, just go for it—no need to wait or squeeze! Just close the valve, remove the hose, and move to the toilet. It may happen after just a few seconds, or it might take a few minutes for your body to want to evacuate the water.

Your body will tell you; don't worry. If you can only get a little water in before you need to evacuate, no problem. Continue to go back into position until the entire bag is used up. You do not need to hold the water inside the colon or get it all in at once. The idea is simply to cleanse, so when you need to evacuate, just let it happen.

WATER ENEMA TIPS

Sometimes (rarely) it can feel like ages for the water to evacuate. The toilet is the best place to wait. If no water comes out, it means the colon is congested and dehydrated and has absorbed all the water. If this happens, try another water enema either immediately or soon after until you get some evacuation. Your ideal water enema is complete when you are eliminating clear water.

If the water is still coming out 'dirty' after one full bag, you may choose to go for a second full round. Alternatively, you may feel one is enough for the day.

This might seem like quite an ordeal, but once you get comfortable with the procedure, you'll find it takes no time from start to finish.