



virechana

REST REST REST AND
LET IT ALL GO

VIRECHANA

COLON PURGE

THE VIRECHANA PURGE WITH CASTOR OIL

This is an incredibly powerful and effective Ayurvedic detoxification practice.

Virechana is for the purification of the alimentary system by induced purgation of the bowels -
AKA toilet time!

Virechana is one of the five purification methods used in Panchakarma detox. This has been practised in Panchakarma clinics throughout India and the West for hundreds of years.

I have personally been guiding people through this process for more than 10 years, and it is a powerful and effective practice. It is also the perfect way to enter a liquid fast, making it not just far easier but also more effective.

Your Virechana purge day should be treated as a special day, a sacred day, a dedicated day of quiet and rest.

This is a day to lounge in bed, read magazines, daydream, write in your journal, watch light-hearted movies, and just chill out as the purge happens.

Make your bedroom a sanctuary of calm and serenity. This is your perfect “sick day” with soft pyjamas, a hot water bottle, curtains drawn, and a wonderful cleansing. Enjoy it!



CASTOR OIL

Castor oil usage dates back to the time of the Ancient Greeks and is a common home remedy for constipation and colon cleansing.

HOW IT WORKS

Ingesting castor oil works by stimulating the walls of the large and small intestines, which helps promote the movement of impacted stool while hindering the absorption of moisture by the intestines (keeping faecal matter from becoming dry).

In other words, castor oil will glide through and lubricate your bowels without absorbing any moisture from the walls of your intestines, removing and cleaning out existing faecal matter in the process.

This is a quick and powerful way to clear and detoxify the colon.

THE PURGE

This is a safe practice that I have guided hundreds of times.

However, if you feel this is not right for you, or have hesitation about it, please skip this practice and repeat day 1.

Although nothing much is required of you on the Virechana Purge day beyond resting and keeping close to the bathroom, YOU MUST STAY RESTING IN BED UNTIL THE PURGE IS OVER.

It is imperative that you follow the instructions exactly.

GET UP EARLY

MAKE THE DRINK AND DRINK IT

GO RIGHT BACK TO BED

MAKING THE CASTOR OIL DRINK

Measure and Mix

In the early morning, 7:00 a.m. is best, measure out **exactly 60 ml of castor oil** and pour it into a glass. It is slow to pour, so be patient.

Add equal parts (eyeball it) of **warm water** and a **splash of apple juice**. Mix quickly with a spoon for about 30 seconds. It will not emulsify, but with a quick mix, you can disperse the oil throughout the water.

Set your Intention

I always hold my hands over the glass before I ingest it and say a quick prayer:

"May this be a day of restful peace, bringing the easy release of all the unwanted congestion and stagnation in my body and in my life. And so it is!"

Feel free to amend the language, of course.

Down the Hatch

Now drink down the entire glass. Done! The taste is non-offensive, but the texture is a little yucky, so you may want to rinse your mouth out afterwards with warm salt water, a piece of lemon, or just brush your teeth.

Get your hot water bottle ready (if you have one) before **HEADING RIGHT BACK TO BED.**

NOW GO BACK TO BED.
DON'T MOVE ABOUT.



NOW GO BACK TO BED. DON'T MOVE ABOUT.

After you drink the castor oil dosage, you must go directly back to bed.

If you get up and move around too much, it can delay the process for hours and not have the desired effect.

You **MUST** go back to bed and relax immediately after you drink the castor oil.

PLEASE DO NOT STAY UP AND
MOVE AROUND TOO MUCH.

You may think it will be hard to go back to bed after a full night's sleep; it is not. Your body is now consumed with the digestion of the oil, and it generally feels very natural to lie down and allow the oil to move through the body.

NO DRINKING WATER OR TEA UNTIL THE PURGE STARTS,
EXCEPT FOR SOME SWEET TEA AT 11:00 AM ISH

Try not to drink anything after you drink the castor oil; just rest.

AFTER THE PURGE STARTS, DRINK 1 GLASS OF WATER
AFTER EACH EVACUATION

Once the purge has begun, drink one glass of room temperature or warm water after every evacuation.

SLEEP, BUT CAUTIOUSLY

It is generally recommended not to sleep after you ingest the purge drink. This is so that you don't sleep through an urge to evacuate. However, it is almost impossible not to fall back asleep, and the sleep you have on the purge day is generally quite divine. So, you may sleep. I always do. Allow yourself to nod off as needed. Just being aware that you are waiting for even the slightest urge to go to the toilet should be enough to wake you up and move quickly to the toilet.

THE PURGE DAY EATING + DRINKING

DRINK AT 07:00

Prepare, mix and drink the 60 ml of castor oil mixed with water and little apple juice

SWEET TEA AT 11:00 ish

3 hours after you ingest the castor oil for your Virechana purge, it is lovely to make yourself a sweet tea. I have found over the years that this is incredibly helpful for the purge itself as well the emotional body.

Peppermint and/or fennel are ideal but you can use any tea you like including black tea and add 1 -2 Tsp of honey, raw sugar, maple syrup or the sweetener of your choice - or not.

GET THE RICE ON AT 12:00

Begin to make your congee at noon. It takes 1-1.5 hours, so this will ensure it is ready by 1:30 when most people feel ready to eat something.

THE FULL CONGEE RECIPE IS IN THE FOOD SECTION

EATING YOUR CONGEE POST-PURGE

DO NOT OVEREAT!

Please have only a small bowl of congee and then stop eating. This can be a challenge because congee is so delicious, but you do not want to overload your digestive system!

Make sure you are truly hungry before eating. Start with a small amount and wait at least 30 minutes before serving yourself another small portion.

Throughout the afternoon and into the evening, eat small bowls of congee whenever your hunger arises again. Eat slowly and mindfully.

CONGEE is grounding and filling, although you may not have much strength in the evening, so keep resting if you can.

As soon as your purge is finished or starting in the late afternoon, you can begin to drink any herbal teas you want until bed. Avoid sweetening the teas if possible.

You should feel light, clean, and satisfied.



THE VIRECHANA PURGE: WHAT TO EXPECT

IN GENERAL The evacuations should start approximately 1-3 hours after ingesting the castor oil and stop after around 4-6 hours. This may be different for you.

The objective for the purge day is 4-7+ bowel movements, but everyone is different. Count them for your records ;)

It can take as long as 6 hours for the first evacuation, so be patient and please don't move around too much until you're finished.

It is not unusual to experience some bouts of nausea and mild cramping throughout the purge. This does not happen for everyone every time. A hot water bottle on the tummy as you rest can feel very soothing. If you do feel any discomfort, know it will pass, and you will feel light and clear after the purge.

VIRECHANA PURGE TIPS



I **recommend having a hot water bottle** on your belly during the purge. Not only does it soothe the nervous system, but it can also help with any cramping and speed up the digestion of the oil and the purge.

If you live with other people, let them know that you will need peace throughout the day, as well as priority over bathroom use!

Set up your room space (your purge sanctuary) the night before because you must not fuss about before or after you drink the castor oil. This can include things like clean bedding/pyjamas so you feel extra fabulous spending the day in bed, nice things to read or watch/ journaling paper, aromatherapy etc. You get the idea. Honestly though, I usually sleep in a lovely floaty dream state.

Beware of the False Fart! If you feel an innocent little fart might be in order, I strongly suggest moving to the toilet for this. The urge to pass gas could easily bring a liquidy evacuation, not appropriate for your pyjamas!

Beware of the False Ending! It is not recommended to veer too far from your toilet or your home until well into the early evening. There can easily be one (or two) last late-day evacuations.

Once you have finished your purge, check all of your fasting liquids are set for the morning or make them now. I also highly recommend going for a walk outside to get some fresh air and gentle movement before you retire for the evening

VIRECHANA AND MEDICATION

If you are taking prescription medication, keep taking it throughout the program.

If your medication needs to be taken once a day or more, know that you will not be able to absorb the medication during the purge and should not take it directly before or after the castor oil.

Hopefully you are able to postpone your dosage until 1:00pm when you will be able to absorb the medication.

If you are in doubt, I suggest contacting the health care practitioner that prescribed your medication.

CONGRATULATIONS ON
COMPLETING THE
AMAZING VIRECHANA
COLON PURGE!
