

Instructions for doing internal Basti (Enema)

Items to have on hand:

Disposable enema bag

Cut Dashamoola

Sesame oil - 1 cup

Warm Bathroom with cozy towel/mat to lay on

Instructions:

-Take a quart of water and simmer it with 4 T cut dashamoola root

-Simmer until it is down to 1 cup of liquid, strain very well.

-Allow to cool enough that it will be comfortable on skin

-mix with 1 cup sesame oil

-place the warm dashamoola/Sesame oil mixture in disposable enema bag and insert into the rectum. (in bathtub or place that can easily be cleaned if a spill happens)

-leave in for 20 minutes and rest on left side (can also do some abdominal massage and gentle yoga poses to work the oil through the intestinal tract).

-eliminate the enema concoction.