

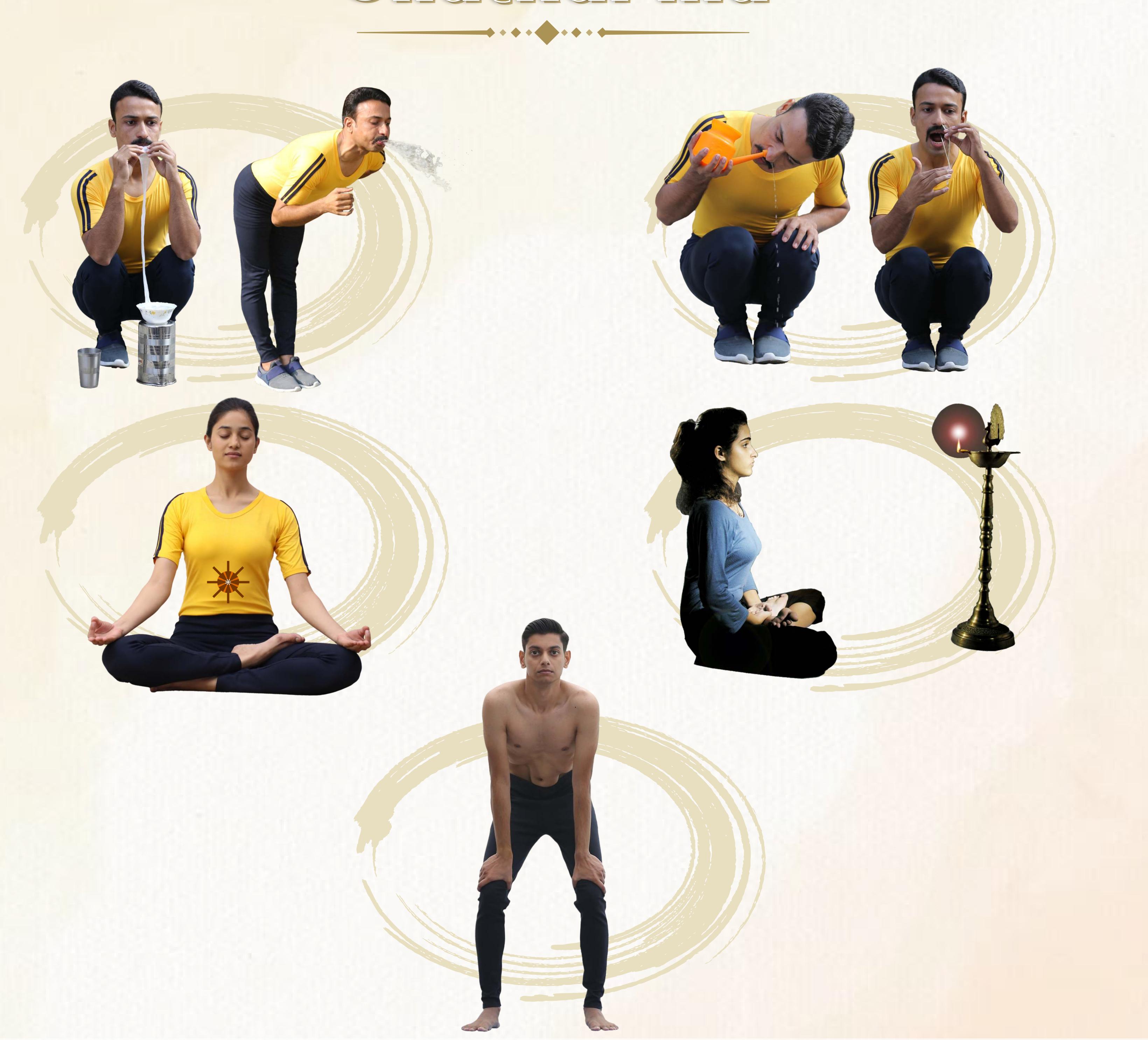
## Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India



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## Shafkarina - Shafkarina



## Benefits

hatkarma helps in physical detoxification, alleviates anxiety, anger and depression. It also aids in strengthening the abdominal organs and stimulating the digestive system. It promotes mental clarity and concentration. It serves as a preparation for practices like pranayama and meditation (Dhyana).

