



CONCEPTUAL STUDY OF ROLE OF YOGA IN MANAGEMENT OF ANORECTAL DISEASES

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ABSTRACT

The word Yoga means union. It means union of mind with body. Yoga is way of life for human beings since thousands of years, seemingly beginning with the people of the Indus valley region. Sages of India were deeply committed to yogic practices (self-study). As there was increasing influence of Buddhism and interaction with neighbouring cultures, such as the Chinese and Tibetans. Aspects of spiritual practice, philosophical belief and medicinal understanding were being shared and Yoga was one of the aspects, which invariably led to cultures influencing one another. Yoga had origin in India and is considered to be one of the key branches of Ayurvedic medicine.

INTRODUCTION

Definition of yoga, it is the nirodhah (inhibition) of the vritti (modifications) of the chitta (mind). There are eight angas of Yoga, yama (abstinences), niyama (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawal of the senses), dharana (concentration), dhyana (meditation) and samadhi (absorption). Ayurvedic philosophy has careful assessment of the individual through many aspects. Ayurveda includes mental, spiritual and physical practices, diet, food herbalism, massage and cleansing practices for treatment of diseases. Some approaches to yoga therapy are based around postures, attempting to understand the benefits and effects of each in turn. Various beneficial effects are there of yogic postures, it is necessary to understand the high-level effects of these postures. Acharya Sushruta has explained- Chaturvidha Sadhanopaya - 1. Bhaishajya - Medical Management 2. Kshara - Caustic therapy¹. Yoga therapy is a very powerful modality and can have positive effects on an individual on many levels- physical, mental, emotional, spiritual and energetic.

AIM AND OBJECTIVE

To study effect of yoga in the management of Anorectal diseases- Haemorrhoids, Fissure and Fistula.

MATERIALS AND METHOD

Various ayurvedic texts, published review articles, research papers, and from the internet have been reviewed for this article.

YOGA AS A THERAPY

In yoga therapy various yogic postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body, and spirit. In Modern times yoga has gained significance as it covers a broad range of therapeutic modalities, incorporating elements from both physical therapy and Psychotherapy. Scientific evidence has begun to emphasize

efficacy of Yoga. It is used not only to treat existing mental and physical health issues, but can also be useful self care strategy for (Swasthyarakshan) prevention and maintenance.

Anorectal diseases and metabolic diseases can be control by maintaining proper digestive activity³.

Potential benefits from yoga therapy include stress reduction, psychological well-being, improved diet, and efficient functioning of bodily systems. The findings not only indicated that yoga therapy effectively reduced subjects' anxiety, but improvement across several dimensions of physical and mental health including physicality, relaxation, and mindfulness.

The following components are present in Yoga therapy:

- **Breathing Exercises (Pranayama):** Pranayama is a series of breathing exercises ranging from energizing breaths to balancing breaths.
- **Physical Postures (Asana):** Various asanas that help in improving strength of muscles, tendons and ligaments of different body parts.
- **Meditation:** Relaxation and mindfulness are the focus of meditation when it is combined with yoga asanas.

TYPES OF YOGA

These are types of Karma yoga, Bhakti Yoga, Jnana yoga, Hatha Yoga.

The word karma means service. Karma yoga is type of yoga in which there is devotion to selfless work. One should not expect reward while one works. It means that one has to devote time, effort, energy to task that person is doing. A Karma yogi keeps aside while service purifies the heart and realises oneness with all beings by acting selflessly. Karma Yoga can be practiced anywhere, anytime where there is a desire to serve. It depends on the attitude, not the action

The word Hatha means "force." Hatha yoga restores the balance of the body by using force. Hatha yoga consists of many physical postures and positions that help to balance the body

and mind. Hatha yoga keeps distress, stay physically fit and make us look younger. In addition, Hatha yoga purifies and heals our system. Sustained practice of Hatha yoga leads to toned muscles and weight loss.

Jnana yoga

Jnana yoga is the form of yoga in which intellectual knowledge and practical wisdom is increased. Jnana yoga is attaining self-realisation through meditative awareness. One experiences Jnana knowledge and develops intuitive understanding. It is separation of ego from the true Self. Jnana yoga may not be physically challenging, but it is one of the most challenging forms of yoga to practice, as it requires a conscious mind.

Bhakti Yoga

The word Bhakti comes from root Sanskrit word Bhaj which means to serve. In yoga is path of love and devotion. Through cultivating love and devotion one learns to live in harmony. It is union through divine devotion and worship. Bhakti yoga can be practised through devotional chanting, mantra repetition, or the direction of unconditional love to all of creation.

Yoga is an effective tool for management of anorectal disorders. As explained above the role of yoga in human existence. The practice of yoga leads to cure of many diseases including anorectal disorder.

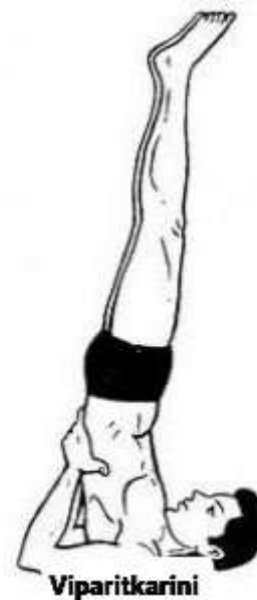
In haemorrhoids constipation is one of the important clinical feature, yoga (Kapalbharti) helps to relieve constipation by improving digestion and peristalsis movement of bowel. In haemorrhoids there is weakness of pelvic muscles which led to prolapse of haemorrhoids, thus it is necessary to strengthened the pelvic muscle by specific yoga asanas (Malasana).

In recurrent fistula in ano (Bhagandara) there is impure blood in circulation, thus yoga helps to purify the blood. Recurrent fistula in ano is found in immunocompromised patients, thus regular practice of yoga helps to improve immunity and prevent recurrence.

In chronic fissure in ano patients there is reduced blood supply to anal region, thus some yoga asanas will help to improve blood circulation to anal region can help to heal chronic fissure. Here are few Yoga asanas or posture that can help to prevent and cure anorectal disorders.

DISCUSSION

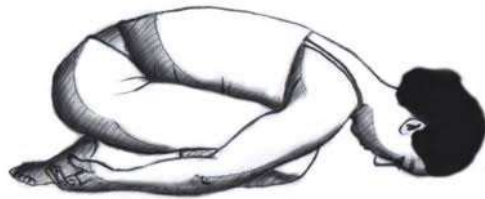
Viparita karini or Legs up the wall - The legs up the wall pose can contribute to improving the blood circulation to the anus and thus assist in reducing the symptoms of haemorrhoids. It will also help to reduce the stress caused due to excessive straining during bowel movements. It would be helpful in patient of chronic fissure in ano.³



Malasana or Garland pose - This Pose is useful in relieving constipation which is one of the most common causes of piles. The Malasana stretches spine, hips and buttocks and also contracts the abdomen balancing the functioning of the entire digestive tract.



Balasana or Child's pose - Balasana helps for increasing circulation towards the anus and also help relieve constipation. Regular use of Balasana improves digestion.



Balaasna

Pavanmuktasna- In this pose apply gentle and firm pressure on the stomach. Pavanmuktasana can help release flatus and faecal matter thus help in ease discomfort in the lower abdomen. Pavanmuktasana also help to release muscle tension in the anal region. ⁴



Pavanmuktasana

Ardha matsyendrasana or sitting half spinal twist - In ardha matsyendrasana there is twisting of the body this provides the boost to your digestive system. As the abdominal discomfort decreases, the weakness disappears. One should try to stay in the twisting pose for at least five breaths and then repeat on the other side.



Ardha matsyendrasna

Ardha Kati Chakrasana (Half Moon Pose)- In Half Moon Pose semicircle is formed at the waist by lateral bending. This improves flexibility and digestive power. Hence is helpful to remove any digestive difficulties which are reasons for causing piles.



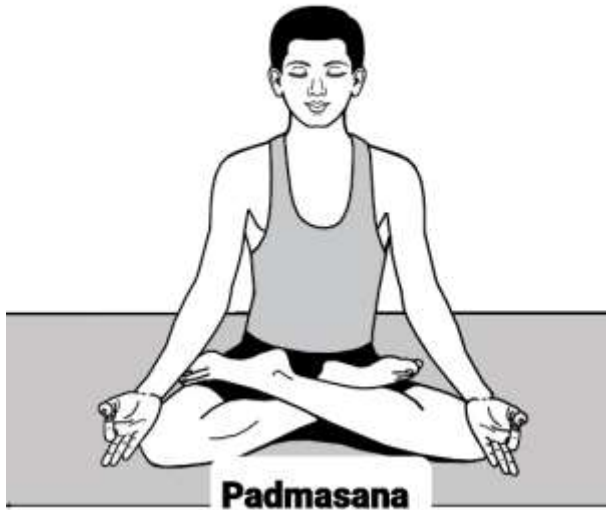
Ardha kati chakrasana

Vajrasana (Thunderbolt pose or Diamond pose) - Vajrasana means sitting posture with kneeling down position. It is the best asana for awakening kundalini. ²⁹ This asana gives stability to body. The knees gain strength very hard becomes firm and strong. This pose is good for meditation for patients suffering from severe low back problems and sciatica which are most common in Arshas.



Vajrasana

Padmasana (Lotus Pose)- In this Asana, the blood flows more towards pelvic region, coccygeal and sacral region, so that all nerves will gets toned up. Enhanced blood circulation in lumbar and abdominal region, helps in healing piles.



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Pranayama (Breathing exercises)

In haemorrhoids constipation is one of the important clinical features, yoga (Kapalbharti) helps to relieve constipation by improving digestion and peristalsis movement of bowel.

DISCUSSION

Yoga has positive impacts on the parts of the mind and body susceptible to addiction. Yoga boosts the GABA neurotransmitter (gamma-aminobutyric acid), which is important because GABA levels are statistically low in people who experience substance abuse, anxiety, and depression.

Yoga therapy is also used to address many physical health issues, because of its concentration on mind and body integration. Acharyas have also mentioned Vishtambha(constipation)as the prodromal symptom of Guda Vikaras like Arsha. Thus, necessary to relieve constipation the root cause of anorectal diseases. It has been effectively used to treat anorectal disorders, back pain, heart conditions, chronic fatigue, asthma, multiple sclerosis, hypertension, and side effects of chemotherapy.

CONCLUSION

Thus, Yoga plays a effective role in the management of primary Haemorrhoids. Yoga incorporates poses (also called asanas), breathing exercises (pranayama) and meditation. These practices can help slow down heart rate, lower blood pressure, decrease the production of the stress hormone cortisol and release good chemicals in the brain, such as serotonin. Thus, the Yogic postures can help to strengthen the anorectal musculature.