



# A Bird Eye Review On Role Of *Yoga* In Managing Anorectal Disorders

Dr. Poonam Nath Chouhan<sup>1</sup>, Dr Hemant Rajpurohit<sup>2</sup>

1. Consultant, Nootan Ayurvedic College and Research Centre, Sankalchand Patel University, Visnagar
2. Assistant Professor, P.G. Dept. Of Swasthavritta and Yoga, PGIA, DSRRAU, Jodhpur

## ABSTRACT

Yoga word is to join or unify. It denotes a fusion of the body and mind. Humans have practiced yoga for thousands of years; it seems that the Indus Valley people were the first to adopt this lifestyle. Indian sages had a strong devotion to yogic activities (self-study). As contact with nearby cultures, including the Chinese and Tibetans, increased, so did the influence of Buddhism. Yoga was one of the parts of spiritual practice, philosophical belief, and medical expertise that were being exchanged, and this always resulted in civilizations affecting one another. Originating in India, yoga is regarded as one of the main tenets of Ayurvedic treatment. It is used to treat many disorders in sick people as well as to help healthy people stay healthy. GIT interference is linked to anorectal problems, which can be resolved with a variety of yoga poses.

**Key words:** Anorectal Disorders, *Bhagandar*, Constipation, *Pranayama*, Yoga

## INTRODUCTION

The *Nirodhas*<sup>1</sup> (inhibition) of the *Vrtti* (modifications) of the *Chitta* (mind) is the definition of yoga. Eight *Angas* comprise yoga: *Pranayama* (breath control), *Pratyahara* (withdrawal of senses), *Yama* (abstinences), *Niyama* (observances), *Asana* (yoga postures), *Dharana* (concentration), *Dhyana* (meditation), and *Samadhi* (absorption). The Ayurvedic philosophy carefully evaluates each person on a variety of levels. Ayurvedic medicine treats illnesses with a combination of mental, spiritual, and physical techniques, as well as nutrition, food herbalism, massage, and cleaning procedures<sup>1</sup>. Certain methods of yoga therapy centre on poses, aiming to comprehend the advantages and consequences of each one separately. *Yoga* poses have many health benefits, but it's important to know the deeper implications of these poses. Ayurveda is Indian system of medicine which is thousands of year old<sup>2</sup> in which *Sushruta* has clarified *Bhaishajya* - Medical Management in *Chaturvidha Sadhanopaya* and Caustic treatment, or *Kshara*<sup>3</sup>. A person can benefit from yoga therapy on many levels, including the physical, mental, emotional, spiritual, and energy. It is a very potent treatment.

## AIM AND OBJECTIVE

To review the role of yoga in the managing the various Anorectal diseases- Piles in Ano, Fissure in Ano and Fistula in Ano.

## MATERIALS AND METHOD

Data related to key words of purpose were searched out in Ayurveda literature, e-sources, various indexed journals, other relevant books and internet sources to review for the article,

## DISCUSSION

Yoga treatment employments an assortment of yogic stances, breathing strategies, reflection, and guided symbolism to improve both physical and passionate well-being<sup>4</sup>. The connection of mind, body, and spirit is encouraged by yoga therapy's holistic approach. Nowadays, yoga has become more important since it encompasses a wide range of therapeutic methods and includes aspects of both physical therapy and psychotherapy<sup>5</sup>. Yoga's effectiveness is starting to be highlighted by scientific research. In addition to treating current mental and physical health conditions, it can also be a helpful self-care technique for maintaining and

preventing (*Swasthyarakshan*). Maintaining appropriate digestive action can help reduce metabolic and anorectal diseases. Yoga treatment may help with stress reduction, psychological health, better nutrition, and more effective physiological system operation<sup>6</sup>. The results showed that yoga therapy was beneficial in lowering the anxiety levels of the participants as well as improving their physical and mental well-being in terms of physicality, relaxation, and mindfulness.

In yoga therapy, the following elements are present:

- Breathing exercises, or *Pranayama*, are part of a yoga practice. The range of breaths in *Pranayama* extends from balancing to energising.
- Physical Postures (Asana): A variety of asanas that support strengthening the tendons, ligaments, and muscles of various body parts.
- Meditation: When paired with yoga poses, meditation focuses on awareness and relaxation.

## VARIOUS TYPES OF YOGA

There are the various forms *Yoga* including Hatha, *Gyan*, *Bhakti*, and *Karma Yoga*<sup>7</sup> as mentioned below

### ***Karma Yoga:***

*Karma* is the root term for service. *Karma yoga* is a kind of yoga that emphasises dedication to altruistic labour. While working, one should not anticipate compensation. It implies that one must commit time, energy, and effort to the task at hand. A *Karma yogi* refrains from action while performing altruistic acts of service to purify the heart and attain oneness with all beings. Anywhere there is a desire to serve, *Karma Yoga* can be practiced whenever and anywhere. Not the action, but the attitude is what matters.

### ***Hatha Yoga:***

*Hatha* is a term that signifies "force." *Hatha* yoga uses force to bring the body back into balance. Numerous physical postures and stances included in hatha yoga aid in achieving mental and bodily balance. *Hatha* yoga helps us to maintain our physical fitness, reduce stress, and look younger. *Hatha* yoga also helps to repair and purify our bodies. Regular *Hatha* yoga practice results in weight loss and toned muscles<sup>8</sup>.

### ***Gyan yoga:***

*Gyan* yoga is a style of yoga that emphasises increasing one's practical and intellectual wisdom. Through meditative awareness, one can achieve self-realization through *Gyan* yoga. One gains intuitive insight and gains experience with *Gyan* knowledge. It is the ego's disconnection from the real Self. While it may not be physically demanding, the conscious mind required to practise *Gyana* yoga makes it one of the most difficult types of yoga.

### ***Bhakti Yoga***

The Sanskrit term *Bhaj*, which meaning to serve, is the source of the word *Bhakti*. Yoga is a journey of commitment and love. One learns to live in harmony by practicing love and devotion. It is unity achieved from adoration and devotion to God. *Bhakti* yoga can be practiced by directing unconditional love towards all of creation, repeating mantras, or engaging in devotional chanting.

## IMPORTANCE OF YOGA

Anorectal problems can be effectively managed with the use of yoga. As previously mentioned, yoga has a significant significance in human life. Yoga can be used to treat a variety of illnesses, including anorectal dysfunction. Constipation is a significant clinical aspect of haemorrhoids. By enhancing digestion and bowel movement through peristalsis, yoga (like *Kapalbhaati*) helps alleviate constipation. The pelvic muscles weaken in haemorrhoids, causing the haemorrhoids to prolapse. Therefore, it is vital to strengthen the pelvic muscles using certain yoga poses, such as *Malasana*. Since there is contaminated blood in circulation in recurrent fistula in ano (*Bhagandara*), Yoga aids in blood purification. Immunocompromised patients have recurrent fistula in ano; hence, consistent yoga practice boosts immunity and guards against recurrence<sup>9</sup>. Chronic fissures are caused by diminished blood flow to the anal region<sup>10</sup>. These are a few yoga poses, or asanas, that can aid in the treatment and prevention of anorectal problems.

## YOGA POSES FOR ANORECTAL DISORDERS

*Viparita Karini* or Legs up the wall - By increasing blood circulation to the anus, the legs up the wall posture can help lessen the symptoms associated with haemorrhoids. It will also assist in lessening the tension brought on by overly straining when having a bowel movement. For patients with a chronic fissure in the ano, it would be beneficial<sup>11</sup>.

**Malasana** or Garland pose: One of the most frequent causes of piles is constipation, which can be relieved by performing *Malasana*, often known as the Garland posture. The *Malasana* balances the function of the entire digestive tract by contracting the abdomen and stretching the spine, hips, and buttocks.

**Balāsana** or Child's pose- *Balāsana*, aids in relieving constipation and improving circulation to the anus. *Balāsana* aids digestion when used regularly.

**Pavanmuktasna**- Firmly but gently push your stomach in so that it presses the belly inwards. By helping to remove flatus and faecal particles, *Pavanmuktasna* can help reduce lower abdominal discomfort. Anal muscle tension can also be released with the help of *Pavanmuktasna*<sup>12</sup>

**Ardha Matsyendrasana** or sitting half spinal twist - The body twisting included in *Ardha Matsyendrasana* gives your digestive system a boost. The paralysis goes away when the pain in the abdomen lessens. Try to hold the twisting position for five breaths or longer, and then switch to the opposite side.

**Ardha Kati Chakrasana** (Half Moon Pose)- *Kati Chakrasana*, forms a semicircle at the waist through lateral bending. This enhances digestive capacity and flexibility. Therefore, it is beneficial to get rid of any digestive issues that could be the cause of piles.

**Vajrasana** (Thunderbolt pose or Diamond pose) – *Vajrasana*, also known as the Thunderbolt or Diamond poses, is a seated pose that incorporates a knelt position. The best *Asana* for *Kundalini* awakening. The body gains steadiness from this *Asana*. The knees get stronger very quickly, becoming sturdy and powerful. Those with severe low back pain and sciatica, which are more common in *Arshas*, can benefit from this stance while meditation.

**Padmasana** (Lotus Pose)- It increases blood flow to the pelvic, sacral, and coccygeal regions, toning all of the nerves in the body. Improved blood flow to the abdomen and lumbar regions aids in the healing of piles.

**Pranayama** (Breathing exercises: Constipation is a significant clinical aspect of haemorrhoids. By enhancing digestion and bowel movement through peristalsis, yoga (*Kapalbhāti*) helps alleviate constipation.

Yoga has beneficial effects on the regions of the body and mind that are prone to addiction. Gamma-aminobutyric acid, or GABA, is a neurotransmitter that yoga increases. This is significant since studies show that individuals with substance misuse, anxiety, and depression have lower GABA levels<sup>13</sup>. Because yoga therapy focuses on mind and body connection, it is also utilised to treat a variety of physical health concerns. Constipation, or *Vishtambha*, has also been identified by *Acharyas* as a prodromal symptom of *Guda Vikaras*, such as *Arsha*. As a result, treating constipation—the underlying cause of anorectal disorders—is essential. Anorexia disorders, back pain, cardiac problems, chronic fatigue, asthma, multiple sclerosis, hypertension, and chemotherapy side effects have all been successfully treated with it.

## CONCLUSION

As a result, yoga is beneficial in treating primary haemorrhoids. *Asanas*, or poses, are combined with *Pranayama*, or breathing exercises, and meditation in yoga. These exercises can help reduce blood pressure, pulse rate, and the production of the stress hormone cortisol. They can also help release feel-good chemicals like serotonin into the brain. As a result, the anorectal musculature can be strengthened by practicing yoga poses.

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