



## ORIGINAL RESEARCH PAPER

Ayurveda

### A REVIEW ON ROLE OF YOGA IN THE MANAGEMENT OF ANO-RECTAL DISORDERS

**KEY WORDS:** Ano-rectal Disorders, Bhagandar, Constipation, Pranayama, Yoga

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#### 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 ano-rectal problems, which can be resolved with a variety of yoga poses.

#### INTRODUCTION

The Nirodha (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 Ayurveda 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. Certain methods of yoga therapy center 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 years old in which Sushruta has clarified Bhaishajya - Medical Management in Chaturvidha Sadhanopaya and Caustic treatment, or Kshara. 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 Ano-rectal diseases- Piles, 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.

#### VARIOUS TYPES OF YOGA

There are the various forms yoga including

- Karma Yoga
- Hatha Yoga
- Gyan Yoga
- Bhakti Yoga

#### YOGA POSES FOR ANORECTAL DISORDERS

**1. 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.

**2. Balasana Or Child's Pose:** Balasana, aids in relieving constipation and improving circulation to the anus. Balasana aids digestion when used regularly.

**3. 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

**4. 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.

**5. 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.

**6. 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.

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

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

#### DISCUSSION:

Yoga treatment employs an assortment of yogic stances, breathing strategies, reflection, and guided symbolism to improve both physical and passionate well-being. 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. 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 ano-rectal diseases.

#### CONCLUSIONS

As a result, yoga is beneficial in treating primary hemorrhoids. 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 ano-rectal musculature can be strengthened by practicing yoga poses.

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