



## Management of Constipation through Yogasanas

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Article History	Abstract
Received: 03 June 2023 Revised: 12 Sept 2023 Accepted: 05 Oct 2023	<b>Introduction:</b> The word asana is originated by 'as' dhatu, which has two main meanings, a place to sit and a physical position. The place to sit refers to the place on which one sits such as Dari, Aasni, yoga mat etc. According to the Yoga Sutras, the name of a state of happiness with stability is asana. This is the most popular part of yoga. Ordinary people only consider this as yoga. Constipation is considered the mother of all diseases in Ayurveda. When the smooth form of faces of the body is not expelled after digestion, then this condition is called constipation. <b>Purpose:</b> To discuss the management of constipation through Yogasanas by clarifying it's the identification and causes. <b>Research Methodology:</b> Data were collected by conducting an in-depth survey and study of Yogic traditional texts such as Yogasutra, Hathapradipika, Gheranda Samhita, Charaksamhita, Sushruta Samhita etc. and research papers related to the subject. <b>Results:</b> Although many groups of yoga asanas are helpful in the management of constipation, but the combined practice of the first three asanas, Tadasana, Tiryaka Tadasana and Katichkrasana, out of the five asanas performed in Shankhprakashalan, has been found to be quite beneficial in the management of constipation. By the practice of the above mentioned yogasanas, the peristalsis of the intestines becomes active, as a result of which, on the one hand, there is management of constipation and on the other hand, there is no possibility of constipation disease developing by the practice of the above mentioned yogasanas. <b>Conclusion:</b> For the management of constipation, the practice of Tadasana, Tiryak Tadasana and Katichkrasana along with its removal after studying the causes of the disease with precision is very useful.
CC License CC-BY-NC-SA 4.0	<b>Key words:</b> Yogic texts, research papers etc

### 1. Introduction:

The word asana is originated from the Sanskrit dhatu 'as', which means a place to sit and a physical position. The place to sit refers to the place on which one sits such as dari, seat, Yoga mat etc. and physical condition refers to the condition of the body while sitting. According to the Yoga Sutras, the name of a state of happiness with stability is asana<sup>1</sup>. According to the Trishikhabrahmana Upanishad, "An indifferent attitude of all things is the best posture"<sup>2</sup> Asana is so prevalent in all branches of yoga that most people consider it to be yoga. The number of asanas is considered to be equal to the number of living beings in the world i.e. eighty four lakhs. Out of these, 3 asanas have been mentioned in Siddhasiddhanta Paddhati, 4 in Shivsamhita, 15 in Hathapradipika, 32 in Gheranda Samhita and 84 in Hiratnavali. Although the names of the asanas are not mentioned in the Yogasutras, but describing the universal method of asanas, its three symptoms of effort, lassitude and infinity have been mentioned<sup>3</sup>. With the practice of asana, the practitioner gets the ability to tolerate environmental adversity like cold, heat etc<sup>4</sup>.

Whatever we take in the form of food, after digestion the nutrients are absorbed by the body and the rest of the waste material comes out of the body in the form of faeces. When this stool starts collecting in the body instead of being expelled normally, it is termed as constipation. According to Ayurveda, one of the seven signs of a healthy person is the normal excretion of faeces from the body. He is healthy<sup>5</sup>.

That is, the person from whose body the removal of feces is not happening normally. That person is not healthy. Thus it is necessary for the faeces to be expelled from the body unhindered. Constipation has been considered the mother of many diseases. In Ayurveda, three types of constipation or constipation are considered soft constipation, medium constipation, and severe constipation<sup>6</sup>. In this system of medicine, these three types of constipation are related to Pitta Dosha, Kapha Dosha and Vayu Dosha respectively<sup>7</sup>.

If we consider from the point of view of physiology, then the waste material of the taken diet moves forward due to the peristalsis in the intestine. When this natural movement in the intestines is affected due to any reason, then the process of removal of faces in the intestines slows down, as a result of which the problem of constipation arises.

The main causes of constipation identified in the literature were lack of fibrous diet, consumption of foods made of fine flour, not taking enough amount of water, not taking food on time, consumption of tea, coffee, tobacco, cigarette etc. in excess, eating without hunger, stress, relaxed life, irregular routine and excessive use of drugs. Etc<sup>8,9</sup>.

The main symptoms of constipation identified in the literature were going for frequent defecation, sitting for a long time for defecation, formation of gas (flatus), cramping and twisting or heaviness in the abdomen, feeling hungry, lack of enthusiasm and irritability, laziness etc<sup>10,11</sup>.

Thus, the aim of this review was to discuss the management of constipation through Yogasanas by clarifying it's the identification and causes.

## 2. Results and Discussion

Although many groups of yoga asanas are helpful in the management of constipation, but the combined practice of the first three asanas, Tadasana, Tiryaka Tadasana and Katichkrasana, out of the five asanas performed in Shankhprakhshalan, has been found to be quite beneficial in the management of constipation. By the practice of the above mentioned yogasanas, the peristalsis of the intestines becomes active, as a result of which, on the one hand, there is management of constipation and on the other hand, there is no possibility of constipation disease developing by the practice of the above mentioned yogasanas.

### Management of Constipation through Yogasanas:

In the yogic management of various diseases, by removing the cause of the diseases, the disease is automatically cured, and if the cause is not removed, then there is only a possibility of partial benefit from other remedies. The same rule applies in the context of constipation management as well. Therefore, in the management of constipation, the yoga practitioner or the patient should understand the cause of the disease and try to get rid of it.

Many types of Yogasans have been found beneficial in the yogic management of constipation, out of which the Tadasana, Tiryaktadasana and Katichkrasana, which come under Shankhprakhshalan, are being mentioned as effective methods for the management of constipation. Regular practice of these asanas helps in the management of constipation by gradually activating the peristalsis of the intestines.

The procedures for performing the asanas are underlined below:

First of all, after drinking two glasses of lukewarm water, practice Tadasana, Tiryak Tadasana and Katichkrasana three times respectively and considering this whole process as one, repeat its three repetitions

#### Tadasana:

- First of all, stand on the ground with both the feet together.
- Vision in front, both palms adjacent to the body.
- Raise both the hands from side to shoulder level.
- Bringing the palms equal to the shoulders, rotate them upwards and while raising them as much as possible, join both the palms together in the posture of Namaskar.
- Interlock the fingers and keep them on the head.
- Turn the palms upwards.
- While inhaling, pull both hands and ankles upwards.

This is the final stage of Tadasana. With kumbhaka (stopping the movement of the breath) full stretch upwards, stay still as long as you can. When it becomes difficult to stop, return to the starting position in the reverse order and repeat the exercise.

Due to upward stretching in the practice of this asana, the alimentary canal, stomach, intestines, etc. expand, as a result of which the pyloric valve found between the stomach and the small intestine opens and the stomach water starts entering the small intestine is.

#### **Triyaktadasana:**

- First of all, stand on the ground keeping a distance equal to the width of the shoulders between the two toes.
- Vision in front, both palms adjacent to the body.
- Raise both the hands from side to shoulder level.
- Bringing the palms equal to the shoulders, rotate them upwards and while raising them as much as possible, join both the palms together in the posture of Namaskar.
- Interlock the fingers and keep them on the head.
- Turn the palms upwards.
- While inhaling, stretch both the hands upwards. Keep in mind that the whole sole should remain on the ground.
- While exhaling, bend to the right. Keep in mind that both the elbows, knees, etc. should not bend.

This is the final stage of Tiryak Tadasana. With kumbhak staying still as long as you can with full stretch. When it becomes difficult to stop, come to the middle while inhaling and in the same way complete the entire process from the other (left) side as well.

The above exercise completed one cycle:

In the practice of this asana, the upper part of the body bends to the right and left, as a result of which when the intestines of the right side expand, the intestines of the left side contract and when the intestines of the left side expand, then the intestines of the right side contract. There is a contraction of the intestines. Due to this process of contraction and expansion in the intestines, the layers of the intestines expand and shrink again and again, as a result of which water starts entering the layers of the intestines along with the bumps. Due to the movement of water in the intestine, the residual part of the stool starts moving forward with water.

#### **Katichkrasan:**

In the practice of this asana, the upper part from the waist is rotated to the right and left, due to which it is called Katichkrasan.

- First of all, stand on the ground keeping a distance equal to the width of the shoulders between the two toes.
- Vision in front, both palms adjacent to the body.
- Now while inhaling raise both the hands equal to the shoulders.
- While exhaling, turn to the right side in such a way that the right hand wraps around the waist and the left hand comes on the right hip. While trying to move backward as much as possible, stop breathing in this state according to your ability.
- While inhaling come back to the middle position.
- Now while exhaling, repeat the same exercise from the other side.
- The above exercise completed one cycle.

Keep in mind that during this both the soles should remain completely stable on the ground. With this type of motion, almost the whole part of the body including small and large intestines is operated. Due to the operation in the abdomen, the muscles here get squeezed, as a result of which both pressure and water mix together.

Limitations of the practice of Yogasanas: While discussing the causes of constipation, it has been clarified that there are many reasons for this problem. If the above Yogasanas are practiced along with the prevention of these causes, amazing results are seen, but if no attention is paid to the causes of the disease, then the effect of the practice of these Yogasanas is greatly reduced.

### **3. Conclusion:**

For the management of constipation, the practice of Tadasana, Tiryak Tadasana and Katichkrasana along with its removal after studying the causes of the disease with precision is very useful.

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