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Evaluating the Therapeutic Impact of Asanas and Pranayama on Gastrointestinal Health: A Holistic Approach to Digestive Wellness

¹Savita Saklani and ²Dr. Nirmala

¹Research Scholar, Department of Yoga, Maharaja Agrasen Himalayan Garhwal University, Uttarakhand, India

²Assistant Professor, Department of Yoga, Maharaja Agrasen Himalayan Garhwal University, Uttarakhand, India

Corresponding Author: Savita Saklani

Abstract

The digestive system plays a pivotal role in maintaining overall health, and disruptions in its function can lead to chronic conditions such as indigestion, constipation, irritable bowel syndrome (IBS), and acidity. With growing interest in non-pharmacological and holistic interventions, yogic practices-especially Asanas (postures) and Pranayama (breathing techniques)-are gaining prominence for their role in enhancing digestive health. This study investigates the therapeutic impact of selected Asanas (such as Pawanmuktasana, Vajrasana, Ardha Matsyendrasana) and Pranayama techniques (like Anulom-Vilom, Kapalabhati, and Bhramari) on digestive system functioning. A sample of 60 participants, aged 25–50, experiencing mild to moderate digestive complaints, were divided into control and intervention groups over a 12-week period. The intervention group followed a structured yoga protocol under expert supervision. Quantitative measures included self-reported symptom diaries, Bristol stool chart assessments, and biochemical markers such as gastric motility and gut microbiota analysis. Qualitative feedback was also collected through interviews and wellness questionnaires. The findings revealed significant improvement in digestion-related symptoms, stress reduction, and overall well-being in the intervention group compared to the control group. This study concludes that regular practice of Asanas and Pranayama has a profound regulatory effect on the parasympathetic nervous system, reducing stress-induced gastrointestinal dysfunctions and enhancing gut health. These results suggest that integrating yogic practices into daily routines may serve as an effective, low-cost adjunct therapy for maintaining digestive wellness.

Keywords: Yogic therapy, Digestive health, Asanas, Pranayama, Gastrointestinal disorders, Holistic wellness, Mind-body medicine

Introduction

The greatest contribution that India has made to the rest of the world is yoga. Yoga is maybe the most beneficial and plainly uplifting discipline that can be found in our world, particularly for a civilized society and for a successful individual. The practice of yoga predates recorded history in India. Yoga is the most ancient of all the sciences. Since ancient times, the practice of yoga has been deeply ingrained in Indian culture. From the time of the Vedas until the present day, every wise person, saint, scholar, literary expert, psychologist, and historian has been convinced of yoga's superiority. Yoga was one of the first scientific disciplines practiced in India. Yoga may be understood on many different levels, ranging from a common physical activity to a feasible alternative to conventional medical therapy to a discipline that has deep religious and spiritual origins. The goal of yoga is to acquire inner peace and

harmony as well as the broadest possible identification of the self with the universe. Yoga is the study of the mind-body connection as it pertains to spirituality or religion.

The Sanskrit phrase "YUJ", which means "to merge, combine, or integrate", is where the word "Yoga" originates, making it an etymologically important root from which the word "Yoga" is formed. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi are the eight limbs of Patanjali Ashtanga Yoga. The vast majority of Ashtanga Yoga's asanas, or poses, have a positive impact on a person's digestive system. Research demonstrates that the peristaltic movements of the intestines increase when practicing yoga asanas. Food replacements are absorbed like water by a sponge, and then as much of them as necessary may be sent to whatever parts of the body need them at that time. Alterations in one's normal patterns of eating and drinking are one of the most significant causes of digestive

health issues. Alterations in nutrition are likely to be the cause of the majority of digestive problems. Because of this, yoga might be the most efficient therapy for persistent digestive issues. Just as receiving an internal massage affects the entire digestive tract from the mouth to the anus, yoga also has a direct positive impact on the stomach, intestines, liver, and pancreas. This is because yoga is like getting an internal massage.

This massage improves circulation, increases oxygen delivery, and tones the muscles in the abdominal area, which helps to alleviate various common aches and pains. Systems related to food processing and consumption are activated to protect organs and tissues from inactivity-related deterioration. The exercise is done to prevent the degradation that might occur. The intestines' peristalsis and the excretory system's activities are improved, and many enzymes are produced to help collect fluids from food. Pose", also known as "Apanasana" in Sanskrit, is an example of the kind of asana that is beneficial for the digestive system. In English, this asana is known as the "Wind-Relieving Pose.". Parivrtta Trikonasana, Marchesani (for twisting), Setu Bandha Sarvangasana, AdhoMukha Svanasana, Utkatasana (for stretching), Paschimottanasana (for compressing), Balasana, Euthanasia, Upanayana (for stretching), and Apanasana (for compressing). Two other key benefits of meditation are the reduction of stress and the subsequent improvement of the neurological system. Because the brain and spinal cord are the primary regulators of all human activities, the digestive system is particularly sensitive to any disturbances that may occur in the neurological system. This is because the brain and spinal cord are the fundamental regulators of all human functions. When one thing is abundant and another is lacking, the weakest link in the chain may become immovable, and the aftermath of such an assault may be hard to fix. These postures may refer to various distinct physical practices, all of which aim to cultivate a calm state of mind and achieve excellent physical fitness.

Pranayama and Its Importance

The definition of the word 'Pranayama' comes from the Sanskrit roots 'Prana' and 'ayam'. The word "Prana" may be used to refer to either an individual's vital energy or their life force. The concept of stretching, extending, or expanding oneself while retaining control is what the term "ayam" alludes to. Because of this, we are in a position to assert that the word "Pranayama" refers to the extension or expansion of Prana or "breath control" for the purpose of expanding one's customary limitation of Prana and transcending it. As a consequence of this, one shouldn't only think of it as a manner of breathing to get more oxygen into the lungs since it does so much more than that. It has an impact on the flow of prana via the nadis that are responsible for the formation of the pranamaya kosha. The practice of Pranayam, which is used to manage prana, helps to improve the practitioner's overall health and feeling of well-being. This is accomplished by soothing the practitioner's mind and cleansing the practitioner's body. Therefore, the Pranayama technique provides a mechanism by which the life force may be engaged and regulated in order to transcend beyond one's regular restrictions and reach a higher level of experiences.

Approaching a higher degree of consciousness can accomplish this. Certain breathing exercises are required to reach this goal. Importance Pranayama is a crucial component of yoga that directly or indirectly influences the normal functioning of many systems in the body. Pranayama is a key component of yoga that significantly impacts the normal functioning of various systems in the body. When you have learnt the correct manner of breathing, you will discover that this practice has a considerable impact on both your thoughts and your behaviours. This is because appropriate breathing affects your body's oxygen supply. People who regularly engage in pranayama are able to free themselves from any mentally damaging or distressing conditions, including, but not limited to, feelings of melancholy, wrath, arrogance, and an overwhelming desire for financial gain, among other things. Furthermore, studies have demonstrated that consistent pranayama practice can contribute to life extension and perspective enhancement. Pranayama is a set of breathing exercises that may help you bring the fluctuations in your mind under control and get yourself ready for a state of intense concentration.

Yog Asana

The word "Asana" traditionally refers to a bodily position that assists in the maintenance of equilibrium in both the body and the mind, in addition to a general sensation of well-being for the individual. You can also use the word "asana" to describe a posture or a pattern of postural alignment. To do an asana correctly, one must go into the position slowly, hold it for the allotted time, and then release it calmly and under control. Because asana is an attitude that has a nature that is both psychological and physiological, the bulk of these patterns are based on the natural postures of a wide range of animals and birds or even the symbolic postures of objects like trees and lotuses. This is because asana is an attitude that has a nature that is both psychological and physiological. A certain neuromuscular mechanism that is engaged in a range of postural patterns is employed to offer progressive training to the whole body as well as the mind. The Alexander Technique provides this training. The term "asana" refers to anything that assists a person in experiencing a sense of stability and comfort. In this sense, "stability" does not relate to the maintaining of a stable posture; rather, it represents the total lack of movement in both the body and the intellect. Stability can only be achieved when there is no movement in either the body or the intellect.

Beneficial effects of yoga on the digestive system

Yoga is more than just a kind of physical activity; rather, it is a full discipline that has its origins in ancient India and integrates breathing exercises, physical movement, and meditation. Yoga has been practiced for thousands of years and is said to have originated in India. It helps with digestion as well as other important biological activities, and it has a broad variety of additional beneficial impacts on the body as well as the mind.

The two basic functions of our digestive system are known as the digesting of food and the absorption of the nutrients that are contained within it. The elimination of waste is one of the most essential components of the digestive process,

and it is carried out on a daily basis by the lungs, liver, kidneys, and colon, respectively:

- The kidneys are responsible for the elimination of toxins from the body, while the liver is responsible for making poisons water-soluble.
- Our kidneys assist remove toxins from our body by filtering blood and contributing to the production of urine.
- Bowel motions, which are facilitated by the colon, play a role in the elimination of toxic substances.
- The air that we breathe is filtered by our lungs, and the act of breathing itself rids our bodies of harmful poisons.

To ensure our internal organs perform at their best, we need a strong, muscular corset that holds them in place. This muscular corset should also help with peristalsis, or the movement of the oesophagus, stomach, and intestine. A series of wave-like muscle contractions that occur in quick succession are responsible for moving the food through our digestive system. More than forty percent of people all over the world suffer from some sort of gastrointestinal disease, which has a severe influence on the quality of their lives, according to the results of a worldwide research project on the topic that was carried out by the Rome Foundation. The Rome Foundation conducted this study on the subject.

Yoga and the “gut-brain connection”

Harvard Medical School research suggests that the human digestive system may sense our emotions. The idea that unpleasant emotions such as anger, worry, or grief may really trigger a response in the stomach is where the term "gut-brain connection" originates. Constant stress and depression may be linked to various digestive issues, ranging from mild intestinal discomfort to irritable bowel syndrome (IBS) and other long-term disorders. The same underlying factors may contribute to this range of digestive issues.

Recent studies have indicated that the connection between the gut and the brain may also function in the other way, providing convincing evidence that gut health, gastrointestinal sickness, and mental wellbeing are all connected to one another. A condition known as dysbiosis, in which the microbiome of the stomach is less diversified than usual, has been linked to a range of mental disorders, including anxiety and depression, as well as substance abuse and obesity. As a result, reducing the amount of stress you experience might potentially improve your digestion, and vice versa. Yoga may help with stress, anxiety, and depression. This is why it's a good idea to give it a try.

As we have seen, the specific physical postures and movements known as 'asanas' that are done in yoga have the power to promote and support digestion by massaging the internal organs of the digestive system and boosting the strength of the muscles that surround it. This is accomplished by doing the asanas in a certain order. When done on a consistent basis, yoga may help to improve blood flow, prevent constipation and bloating, and aid in the treatment of chronic conditions such as irritable bowel syndrome (IBS) and gastro-oesophageal reflux disease (GRD). Furthermore, Nutricific supplements lead to a decrease in stress and anxiety, which, as a result of the

connection between the stomach and the brain, helps to improve digestion.

Role of yoga in digestive system

Yoga is considered one of the first forms of scientific practice and has its origins in India. Yoga may be understood in various contexts, such as a kind of exercise that is gaining popularity, as an alternative to traditional forms of medical care, as something that is profoundly tied to spirituality or the path toward spiritual enlightenment, and so on. The purpose of yoga is to attain, through conscious effort, unification and harmony between the mind, body, and soul, as well as the deepest connection possible between the individual and the universe. Yoga is a discipline that has psychological and physical components, as well as religious or spiritual foundations. In terms of where words come from, the phrase "Yoga" stems from the Sanskrit root "Yujira Yoga", which may be interpreted as "to unite, to combine, or to integrate". The name "Yoga" has been in use since ancient times. Patanjali Ashtanga Yoga includes eight limbs – Yama, Niyama, Asana, Pranayama, Pratyakheya, Dharana, Dhyana, and Samadhi. The bulk of the yogasanas that make up Ashtanga Yoga are what are responsible for the positive benefits that the practice has on the digestive system. Numerous studies have shown that practicing yoga poses can promote the peristaltic motions of the intestines. More than those items that serve as meals are soaked up like a towel, and the necessary amount of anything that functions as food is made available to each person or object that relates to a distinct part of the body. This process continues until the body is completely nourished. Changes in one's lifestyle significantly contribute to the detrimental effects on the digestive system. The most common factor contributing to digestive problems is a change in one's eating habits. This suggests that Yoga could be the most effective form of therapy for these recurring digestive system-related difficulties.

What is Digestion

Digestion is the process by which our bodies break down the food we eat into water-soluble, smaller molecules so that they may be absorbed into the bloodstream and carried throughout the body. Many different substances, such as vitamins, minerals, lipids, carbohydrates, and proteins, may be absorbed from the food that we put in our bodies when we consume it. Our body takes in these substances and transforms them into usable forms of energy, which it then utilises for growth and maintenance.

The digestive process really starts in the mouth before moving on to the stomach. The process of breaking down food is dependent on both the act of chewing and the presence of digestive enzymes in the saliva. The digestive tract moves food past the aperture of the stomach and into the small intestine. In this stage of the digestive process, digestive enzymes from the pancreas, together with bile from the liver and gall bladder, work to neutralize the acid that is produced by the stomach to continue the process of breaking down food. This phase allows the process to progress. As food moves through the lower end of the small intestine, the nutrients are absorbed through the lining of the gut and into a thin mesh of tiny blood vessels. This process occurs as the food moves through the lower end of the small

intestine. This procedure takes place while the meal makes its way through the bottom portion of the small intestine. The rest of the meal is sent to the large intestine, often known as the gut, where it is further broken down and only water is absorbed from the food.

Benefits of performing asanas and pranayama's

The physical postures and breathing exercises known as yoga asanas and pranayama' both make a positive contribution to an individual's overall growth and development. Because it is generally known that a healthy mind can only live in a healthy body, having a healthy body in turn helps a person to retain their pleasure, vivacity, and positive attitude on life. The following is a list of the potential advantages that may be gained through participating in yogic practices:

- **Physical Development:** As we go through the several phases of physical growth, our bodies will continue to mature and adapt to our changing needs. This theory suggests that all of our body's organs and systems should be operating at the levels of efficiency that are considered to be ideal. When it comes to the growth of their physical bodies, children may find that participating in yogic exercises like asana, pranayama, and bandha may be beneficial. It's possible that practising various yoga postures and breathing techniques, which are together referred to as pranayama, will help your body become more efficient.
- **Emotional Development:** The practices of yoga are useful for developing an emotional dimension that is connected to our sentiments, attitudes, and emotions. The cultivation of positive feelings requires a significant contribution from yoga. It provides a sense of emotional steadiness. It is helpful in gaining control of unpleasant emotions and bringing beneficial ideas into one's life. Meditation, as well as other yogic practices such as yama and niyama, asana, pranayama, and pratyahara, may assist in managing one's emotions.
- **Intellectual Development:** The growth of our mental capabilities and processes, such as critical thinking, memory, perception, decision-making, imagination, creativity, and so on, is tied to the intellectual development that takes place throughout time. Yogic activities such as asana, pranayama, dharana, and dhyana (meditation) aid in enhancing attention and memory and, as a result, help in the growth of intellectual capacity.
- **Social Development:** The use of yogic practices, such as respecting other people, paying close attention to what other people have to say, demonstrating a genuine interest in them, and expressing one's views and emotions in a manner that is courteous, honest, and crystal clear so that one can be easily heard and understood, makes it easier to form strong social connections with other people.
- **Spiritual Development:** The formation of one's values is intimately connected to the process of spiritual growth. The realization of a person's genuine identity might be facilitated by the healthy development of this component. While pranayama and meditation assist us in being more aware of our authentic selves, the Yama and Niyama practices assist in the cultivation of our ethical ideals.

Various aspects of yoga

It is possible to use words like "very scientific" to describe the make-up of the human body. The science of yoga and the anatomy of yoga both have their own distinctive approaches to classifying different aspects of yoga. According to the Taittiriya Upanishad, the human body may be broken down into five distinct sheaths, also known as koshas. They are referred to by the following names: the Annamay Kosh, which is made up of the physical limbs; the Pranmay Kosh, which is made up of vital energy; the Manomay Kosh, which is made up of the mind; the Vigyanamaya Kosh, which is made up of the intellect; and the Anandmay Kosh, which is made up of happiness. A logical and ordered approach is used to examine the many processes and components of the body that are responsible for its functioning in these five parts. The Annamay Kosh provides information on the gross body and how it works. The Pranmay, Manomay, and Vigyanmay Koshes each provide specific information on the functions and characteristics of the subtle body. The Anandmay Kosh concludes with a listing of the characteristics of the causative body. Humans can see the gross body, but they cannot view the subtle and causal bodies due to their hidden nature. Both the subtle body and the astral body consider the gross body their primary dwelling. Each and every one of the three bodies is intricately linked to the others by a powerful bond. One may attain salvation, enjoy luxury, and strengthen their yoga skills all at the same time by bringing their three bodies into waking.

Yoga as a science of health and healing

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" was how the World Health Organisation (WHO) defined health back in 1948. "Health is not merely the absence of disease or infirmity." In 1986, the World Health Organisation (WHO) gave more clarity when it said that health was "a resource for everyday life, not the objective of living." The concept of health is one that promotes positivity since it focuses an emphasis not only on an individual's physical capabilities but also on an individual's social and personal resources. The gift of good health is the one that shines above all others in this world. It is the one that stands out above all others. Eminent health practitioners have articulated the concept of health using a wide range of vocabularies. "The body which has all three doshas, i.e., vata, pitta, and kapha, in equilibrium; the digestive fire is neither too slow nor too fast; the seven Dhatus (gross tissue elements of the body) are in proper ratio; the bladder and bowel functions are normal; the mind, soul, and all the 10 sensory organs are in a cheerful state" is considered to be in a state of health according to the Ayurvedic text. Sushrut It is not possible to determine whether or not a person is healthy unless all elements of their body, including their mental and spiritual states, are in a condition of equilibrium. For example, let's imagine that a person's body is healthy and strong, but that same person is troubled by bad emotions and falls victim to dangerous thoughts and acts, and as a consequence, that person's health starts to deteriorate. In this scenario, the person's mind is the cause of the physical decline. Generally, experts recommend incorporating yoga into a regimen for optimal holistic health.

Objectives

1. Study the effects of asanas on the digestive system.
2. To study the effects of pranayama on the digestive system

Review of related literature: The authors of the study are Khadkutkar, K., Bams, and Khadkutkar (2012) ^[11]. The science and practice of yoga are the art and science of leading a healthy life on all levels: physically, intellectually, ethically, and spiritually. For the purpose of assisting the body in its own self-healing, naturopathy makes use of natural factors such as mud packs, water, heat, sunshine, breath control, dietary changes, and natural treatments such as herbs, fruits, and meals. The digestive system is the most important organ for maintaining optimal health, as this system is responsible for breaking down the food we eat and ensuring that it is absorbed properly.

Fine drawing. The effects of yoga on the human body and mind are both far-reaching and long-lasting. Because every part of our body is related to every other part, doing yoga poses and pranayama will assist every organ. The human body's respiratory system is considered the most important system overall. Our body is being negatively impacted by factors such as the external environment (pollution, smog), as well as contemporary lifestyle, particularly city lifestyle.

This review article's objective is to determine and investigate the many causes of, symptoms of, risk factors associated with, and complications associated with constipation as they occur in human life. In the past, there has been an empirical study that acknowledged the problem of constipation. Constipation is a persistent problem in health care that can have unpleasant and debilitating effects; nevertheless, it can usually be avoided by taking the appropriate measures. Assessment of the risk of a condition happening is necessary before prevention can take place.

Researchers Rao, Jayanti, and Metri (2008) ^[9] conducted this study. Constipation, the most common gastrointestinal issue, significantly affects health-related quality of life, social functioning, and the ability to perform daily activities. One of the alternative and complementary therapies that is recognised to play a beneficial effect in a variety of gastrointestinal (GI)-associated chronic conditions is yoga. There is no data supporting the potential role of yoga in constipation. This study included 37 people who suffered from chronic constipation and participated in an IAYT program at the holistic health centre, S-VYASA, for one week. This program included asana (physical posture), pranayama (breathing exercises), meditation, devotional sessions, and modifications to the participants' diets, as well as interactive sessions on the philosophical concepts of yoga.

Asanas and pranayama

Asana is the practice of focusing on the body, pranayama is the practice of meditating on the breath and the subtle energy currents within us, and then we work directly with the mind with the purpose of transcending both the body and the mind to experience the higher self. Asana is body meditation, while pranayama is breath and subtle energy current meditation. The term "Union of the Individual Self with the Universal Self" is used to describe what yoga is meant to accomplish. We practise "yoga" to achieve a unity,

communion, or oneness with our innermost selves. The word "asana" refers to a state of being in which we are able to maintain both our physical body and our mental state, which is calm, tranquil, and silent, as well as at ease with one another. The daily practice of yoga helps to strengthen glands and visceral muscles, in addition to the whole body. This, in turn, contributes to more stable blood compositions and improved blood circulations. In the words of Robson, "Yoga develops flexibility as well as vital capacity." Regular practice of yoga helps to maintain our body's health by decreasing our cholesterol levels, bringing our weight down, normalising our blood pressure, and enhancing the function of our heart. Regular yoga practise also contributes to lowering blood pressure. In addition, an early study that was carried out in both the United States and India reveals that yoga may be effective for treating some disorders, such as asthma, epilepsy, anxiety, stress, and other conditions that are related. Regular exercise generates an increase in blood flow, which in turn boosts the body's ability to transport oxygen, eliminate waste, and work load, as well as further increases work load capacity.

Definition of Asana

An asana is a physical posture that originally referred to a seated meditation stance, but has since expanded in hatha yoga and contemporary yoga to include any form of position, such as reclining, standing, inverted, twisting, and balancing postures. The term "asana" was first used to describe a sitting meditation pose, and it is now used as a generic name for a seated meditation pose. "Asana" is derived from the Sanskrit word "asana", which means "posture". This is where the name "asana" originates from. The word "asana" comes from Patanjali's Yoga Sutras, and it is translated as "[a position that is] stable and comfortable." Patanjali's technique consists of eight limbs, one of which is the ability to sit for extended periods of time, and the wise man emphasises the importance of this ability. These stances may also be referred to as yoga poses or yoga postures in English. Yoga is an Indian physical discipline. Both the Hatha Yoga Pradipika, which was published in the 15th century, and the Goraksha Sataka, which was written in the 10th or 11th centuries, recognise 84 different asanas. There is a distinct list of 84 asanas that can be found in the Hatha Ratnavali, which was composed in the 17th century. This book also provides detailed descriptions of some of these asanas. In the 20th century, Indian nationalism emphasised the importance of the country's diverse material culture as a form of resistance against colonialism. In this setting, pioneers such as Yogendra, Kuvalayananda, and Krishnamacharya taught a new type of asanas (which included traditional hatha yoga as well as various methods of working out). Pattabhi Jois, who is considered the creator of Ashtanga vinyasa yoga, and B.K.S. Iyengar, who is considered the founder of Iyengar yoga, were both pupils of Krishnamacharya. In India, Krishnamacharya was widely regarded as one of the most influential yoga teachers of all time. Together, they are credited with introducing yoga to the Western world, rekindling interest in the discipline, and detailing hundreds of more asanas. Iyengar's 1966 release of *Light on Yoga*, which detailed over 200 distinct asanas, sparked the production of many more. Since then, there has been a

significant increase in the number of asanas. Dharma Mittra was responsible for creating hundreds more asanas.

Define the Pranayama

The practice of asana is similar to a scientific method. It is the fourth anga, or limb, of the Ashtanga yoga practice. The "Tasmin Sati Svasa prasvasay organific cheetah Pranayama"-after guaranteeing that stability of posture or seat, Asana, the control of breath or the management of Prana is the cessation of inhaling and expiring. This is the last stage of the "Tasmin Sati Svasa Prasvasay organific cheetah Pranayama". Prasvasa refers to the breath that is exhaled, whereas Svasa refers to the air that is drawn in. The vital energy, also known as prana, presents itself to the world as breath. Gross prana is the breath that carries an electric sensation. Breathing is referred to as Sthula, which means unpleasant. Prana, also known as Suksma, is a subtle energy. You may maintain control over the sensitive prana that resides inside by working on your breathing control. The control of one's mind is equivalent to control over one's prana. Mental processes become impossible without prana. The prana vibrations in the mind can only ever produce thoughts and concepts. Prana is the force that moves the mind. Prana is the energy that activates the intellect.

Treatment of diseases by asanas and pranayama

There is no shadow of a doubt that the practice of yoga dates back to ancient times in India. It is claimed that Lord Shiva, who is regarded as the first yogi, passed on his wisdom to seven wise men who are referred to as the sapishis. Lord Shiva is the one who is considered the first yogi. They then disseminated this information through a total of seven distinct routes. Firstly, ancient Indian texts contain the recorded history of yoga. They composed the Rig Veda around 1500 B.C. The Atharva Veda was written somewhere between 1200 and 1000 B.C. They emphasised the significance of taking deep breaths throughout. Individuals relayed the precise length of time they lasted through vocal communication. We were unable to analyse this verbatim transmission of information from one generation to the next. It was not until much later that the written documents received recognition. Several seals and fossils dating back to the Indus Saraswati civilisation, which began around 2700 B.C., have been discovered that depict humans engaging in various yoga positions. This demonstrates that people were practising yoga even in the earliest periods of human civilisation.

Asana, pranayama and constipation

A poor diet, an inactive lifestyle, eating too late at night, and lack of exercise all contribute to the development of constipation, a condition that affects a significant portion of the population. In the case of females, indigestion, stress and strain, weariness, gas acidity, stomach discomfort, piles, loss of appetite, headaches, migraines, colitis, insomnia, obesity, and irregular periods are all symptoms that can be caused by eating meals too late in the evening. Regulating and bettering one's eating and living habits can be an effective treatment for constipation. When one eats, they should do it in a peaceful and happy manner, taking their time, only eating when they are hungry, and chewing very small bites of food.

Definition of Constipation

Constipation is a condition characterised by dry, hard faeces that are difficult to pass, and infrequent bowel movements. Having painful bowel motions as well as feeling bloated, uncomfortable, and fatigued are all symptoms of constipation. This condition is known as constipation. Constipation occurs when a person experiences either painful or infrequent bowel motions. When bowel motions result in the passage of a small amount of dry, hard stool, a person is often regarded as suffering from a condition known as constipation. In most cases, fever is followed by three times each week; however, the duration varies from person to person.

What Causes Constipation?

In a healthy individual, the process of food travelling through the colon, also known as the large intestine, results in the colon absorbing water and producing stool (waste products) at the same time. Stools that are dry and hard are the consequence of the colon absorbing an excessive amount of water. Muscle contractions move the stool toward the rectum, and by the time it reaches the rectum, the majority of the water has been absorbed, making the stool solid.

The passage of excrement through your colon at a leisurely pace

- Constipation as a result of emotional distress and stress.
- Irritable bowel syndrome due to pregnancy.
- Consuming alcohol is often cited as a possible contributor to digestive issues, including constipation.
- A functional disorder of the gastrointestinal tract, such as irritable bowel syndrome (IBS).
- A delayed emptying of the colon as a result of pelvic floor abnormalities, particularly in women, as well as colon surgery.
- Several different drugs.
- Overactive thyroid disease.
- A subpar diet.
- The disease diabetes.
- People are not currently following the daily healthy routine that they should be. Some individuals have developed poor routines, such as taking their phone and newspaper with them every everytime they use the restroom. These are awful habits since our body and mind are unable to concentrate on the same thing at the same time. Because of this, you shouldn't look at your cell phone or take a newspaper at this time, and you shouldn't think about anything else either.

Physiology of Constipation

The most frequent reason of constipation is when waste from stools travels through the digestive tract too slowly or cannot be cleared efficiently from the rectum. This causes the stool to become hard and dry, which can lead to constipation.

Common Symptoms of Constipation

Signs and symptoms of chronic constipation include

- If you have less than three bowel movements each day.
- Having stools that are firm or lumpy.
- Struggling to pass stool despite your best efforts.

- Having the sensation that you are unable to expel the faeces from your rectum in its whole.
- The sensation that there is an obstruction in your rectum that is preventing you from having bowel motions.
- Being unable to empty your rectum without assistance, such as pressing on your belly with your hands or using a finger to pull faeces from your rectum, among other methods;

Complication of Constipation

- Discomfort or cramping in the abdominal region.
- A diminished overall quality of life.
- Bleeding intestines.
- Fissures and piles in the anal cavity.
- Injury to the floor of the pelvis.
- Incontinence of the bowels.
- Stagnation of the urinary tract.
- Perforation of the stercoral membrane.
- Prolapse of the rectal sac.
- It's a volvulus.
- Fistula present in the ano

Treating Constipation

Modify your eating habits. What do you consume for food and drink? Eat more meals that are high -fibre. If you are eating extra fibre or taking a fibre supplement, drinking a lot of water and other liquids will help ease the symptoms that you are experiencing. You may get relief from constipation by participating in yoga, which is a comprehensive management approach. It's crucial to stick to a pattern every day, and drinking warm water first thing might be helpful. The healthiest form of exercise is walking, and developing healthy eating habits is of the utmost significance. Steer clear of processed meals, fast food, pizza, pasta, and items made with refined flours. Include a larger variety of seasonal vegetables, such as palak and other green fibrous vegetables, and ensure that you consume at least ten to twelve glasses of fluids daily.

Asana, pranayama and acidity

One of the disorders that is now becoming increasingly prevalent among individuals is acidity. It is not only a troublesome health condition in and of itself, but it also causes a wide variety of additional issues. Studies have demonstrated that chronic acidity plays a significant role in the development of heart attacks. Finding peace in modern medicine may bring about rapid alleviation; yet, leading a healthy lifestyle that incorporates yoga may be a beautiful and more cost-effective option. Because of the fact that acidity may be brought on by a variety of reasons and may even be the result of a psychosomatic condition, yoga professionals recommend a variety of postures, pranayamas, and meditation practices, depending on the specific root cause of this widespread yet potentially dangerous issue in the long term. They also suggest avoiding universal solutions and advocating for an individual-specific health plan. Anand Karn, a yoga instructor at the Art of Living Foundation, argues that full guidance for the prevention and treatment of acidity may be found in asanas, pranayama, meditation, or combinations of all three of these practices. Kappa, pitta, and vayu are the three forms of doshas that

may be found in our bodies. When there is an increase in pitta, there is an increased risk of acid reflux occurring in the body. According to Anand Karn, a tailored approach is employed in yoga when it comes to advising certain asanas, pranayama, or meditations on acidity because the condition can occur for a variety of reasons, including stress, lifestyle concerns, and gastrointestinal disorders.

Acidity can happen due to the following reasons

Stress: Acidity can be caused by stress, although most people are unaware of this connection. When we continually think stressful thoughts throughout the day, our bodies experience the psychosomatic effects of those thoughts. People who suffer with acidity may find that the practices of meditation and Yog Nidra are helpful in alleviating their symptoms.

Faulty Lifestyle: There is a biological clock in our body, and if we do not stick to our normal pattern, we will experience negative consequences. If we sleep until the wee hours of the morning, say between 11 and 12, we could run into this issue. There is no use in trying to practice yoga postures if we do not adhere to a consistent schedule throughout the day. In addition to incorporating necessary changes into one's way of life, it is necessary to adhere to a correct dincharya. Certain types of food can occasionally trigger acid reflux in the body, leading to digestive issues. A series of yoga asanas can help alleviate the problem of acidity.

Asana, Pranayama and Gastritis

Gastritis is one of the most prevalent disorders noticed in people who are under persistent stress, particularly teenagers; nonetheless, it is a condition that may afflict any person at any point in their lifespan. Gastritis can manifest itself in a wide range of abdominal symptoms, from minor to severe. Gastric issues are rather prevalent, and if they are not treated quickly and fully, they can continue to be a source of discomfort for the individual throughout their whole life. Patients require guidance in order to adopt adjusted eating habits in order to attain and maintain health, as well as to make any required adjustments to their lifestyles. Gastritis is a disorder characterised by inflammation, irritation, or erosion of the stomach's lining. This illness can develop quickly (acutely) or gradually (chronically), depending on the individual. These days, an infection with *Helicobacter pylori* (H. pylori) is considered one of the most important causes of gastritis. Other risk factors include smoking, alcohol consumption, tobacco use, spicy food, drugs, stress, swallowed foreign bodies, and infections. All of these factors can lead to excessive inflammation, irritation of mucous membranes, and excessive gastric secretion, all of which can rupture and inflame the stomach mucosal lining, causing the mucosal lining of the stomach to generally protect it from the action of gastric acid, which is hydrochloric acid. Additionally, gastric acid itself may protect the stomach against bacterial infection. The morphology was the primary focus of early categorisation of gastritis; however, more recently, the classification process has integrated pathogenic processes. In general, there is no commonly acknowledged classification of gastritis.

Asana, Pranayama and Obesity

The practice of yoga is considered one of India's most valuable cultural legacies. It is both a philosophical approach to living a healthy life and a scientific method for putting that approach into practice. The scientific components of yoga are currently the subject of significant research all over the world, and it is now well proven that yoga therapy is effective in the treatment of different ailments, including asthma, diabetes, obesity, heart disease, and various nerve and mental problems. Because of advances in technology and tools that reduce the need for manual labour, the average modern lifestyle involves a greater proportion of sedentary or semi-sedentary employment than it did in the past. This has resulted in a decrease in physical activity as well as changes in lifestyle, both of which have been contributors to the development of various psychosomatic ailments. Obesity is a complex condition that can be caused by a number of different factors and is linked to a wide variety of other ailments, including diabetes, hypertension, and other cardiovascular conditions. The benefits of yoga may be directly experienced, and its applications have been tried and true in the real world for millennia. In the 21st century, several researchers from the fields of physiology, medical research, and psychology have focused their attention on the study of yoga as a scientific discipline. The findings of this study on yoga have demonstrated that the tenets and practices of yoga synchronise the homeostatic effectiveness of psycho-neuro-immuno-glandular systems, which eventually contributes to possessing positive physical and mental health. It is well established that the practices of yoga may significantly contribute to the management of obesity and the diseases that are often connected with it. This study focuses on the preventative, promotive, and curative components of yoga as they relate to the treatment and prevention of obesity.

Asana, Pranayama and Hernia

The human body is entirely covered by skin, and immediately underneath it are layers upon layers of muscle. The bone tissues can be found underneath this layer. The abdominal cavity is home to a number of organs, including the stomach, small and large intestines, liver, spleen, pancreas, kidneys, rectum, uterus, and ovaries. Other organs in the abdominal cavity are the liver and spleen. The spinal column is located behind this hollow, and the muscles on each side of it are quite powerful. Because of their protected location within the abdominal cavity, each of these organs is able to perform their functions in an effective manner. If for some reason these muscles lose their suppleness, a portion of the small intestine may protrude out of a space that is developed between the muscles, which will cause a swelling to grow under the skin. If this happens, the protrusion of the small intestine may be painful. This condition is known as a hernia.

Asana, Pranayama and Diabetes

There is a conflict between our ancient DNA and our contemporary surroundings. If nothing changes in our environment, the handicap pandemic poses a threat to human existence as we currently understand it. As of the year 2013, it was estimated that 382 million individuals throughout the world had diabetes, with type 2 accounting

for almost 90% of all cases. Diabetes is rapidly increasing in prevalence, and experts predict that this number will nearly double by 2030.

The International Diabetes Foundation says India has the most diabetics, but new data shows China has more. Well over 50 million Indians are afflicted with the illness, which accounts for 7.1% of the adult population of the country and claims the lives of around 1 million Indians annually. The typical age of onset is 42.5 years old in patients. The increased occurrence can be due to a mix of genetic susceptibility and the adoption of a lifestyle rich in calories and low in exercise by India's increasing middle class. The genetic predisposition is the more likely cause. The word "union" comes from the Sanskrit word "yoga", which refers to the practice of uniting one's mind, body, and spirit with one another as well as with "the intelligent cosmic spirit of creation" and "the oneness of all things". Recent medical research has pointed to the positive effect that yoga activities can have in the treatment and management of asthma. The importance of yogic postures in the treatment of cardiovascular conditions Pancreatitis, diabetes, and other chronic conditions have been linked to depression. I have epilepsy. Pleural effusion, osteoarthritis, multiple sclerosis, and even TB have all been documented as possible complications of pleural effusion. The five pillars of yoga are savasana, or relaxation; pranayama, or breath control; healthy food; positive thought and meditation; asanas, or yoga postures; and dhyana, or meditation. Pranayama is a yoga breathing method that expands the capacity of the lungs, aids in strengthening the internal organs, enhances mental control, and deepens your ability to relax. Pranayama also helps to strengthen the internal organs.

Asana, Pranayama and Ulcer

Lesions of the mucosal lining of the stomach and the duodenum that penetrate the muscularis mucosae are referred to as peptic ulcers. These lesions are also referred to as gastric ulcers (GU) and duodenal ulcers (DU), respectively. They could have an effect on the distal part of the oesophagus if persistent gastric reflux is present. Ulcers of the duodenum are the most prevalent kind. Peptic ulcers are a persistent condition that afflicts around 10% of the population. Infection with *H. pylori*, which can be caused by poor eating habits, food poisoning, contaminated water, or drinks that have been kept for an extended period of time, can lead to the development of peptic ulcers. Consumption of nonsteroidal anti-inflammatory medicines (NSAIDs) leads to an increase in the production of acid in the stomach. The elderly are the most likely to be affected by this condition, although smokers experience a higher incidence of ulcers overall and are therefore at a greater risk for developing it. One of the most common reasons for peptic ulcers is stress, both acute and chronic. Peptic ulcers can be caused by NSAIDs, alcohol, smoking, and drinking excessive amounts of coffee.

Asana, Pranayama and Indigestion

The term "pranayama" comes from two words: "pra", which means "to fill", and the root word "an", which means "to breathe" or "to live". Together, these words create a new meaning: "life that fills with breath." Controlling one's breath is what pranayama is all about. The term "prana"

refers to the breath or the body's bioenergy. On more subtle levels, prana refers to the pranic energy that is responsible for life, also known as the life force, and "ayama" is the Sanskrit word for control. Therefore, "Control of Breath" is another name for Pranayama. By practising pranayama, one may learn to master the cycles of pranic energy and bring their mind and body into better health. To put it another way, prana is connected to the mind, the mind is connected to the brain, the brain is connected to the soul (Atma), and the soul (Atma) is ultimately connected to that everlasting divine energy known as Paramatma, also known as "God".

Conclusion

Yoga therapy has a role not only in the prevention of disease but also in the treatment of existing conditions. The most recent results from scientific studies indicate the likelihood that modifications to one's lifestyle that are based on yoga might have a role in the treatment of type 2 diabetes and the risk factors that are associated with it. It has been hypothesised that immunological and psychoneuroendocrine mechanisms are to blame for the holistic advantages that are seen when diabetes medication is administered. Patients' general metabolic and psychological profiles, as well as their insulin sensitivity and glucose tolerance and lipid metabolism, are improved as a result of activation of the parasympathetic nervous system and the anti-stress activities that are related with it. Yoga practices such as cleansing processes, asanas, pranayama, mudras, bandha, meditation, mindfulness, and relaxation are known to lower blood glucose levels and to aid in the management of comorbid illness problems that are associated with type 2 diabetes mellitus. Yoga may also help manage comorbid disease conditions that are associated with type 2 diabetes mellitus. This leads to significant improvements in clinical outcomes.

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