

Yogic Management of Constipation

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Abstract: - Constipation is digestive disorder. Constipation presents as a perpetual problem in health care with painful and debilitating consequences, however, it is frequently preventable. The purpose of this review article is to identify and analysis, the problem of constipation, its causes, symptoms, risk factors and complication arising in human life. Yoga is a unique way of life style management of many common health misalignments for the prevention of diseases, prevention and promotions of health. Yoga is a science of integration of human consciousness with nature studies have been conducted around the world on many yoga therapies for the management of the problem of the constipation [enema that clear the constipation and provide mental peace]. This enabled subsequent work to be performed to develop a risk assessment tool for constipation that could be used in clinical practice. Recently yoga has become popular as a complementary and alternative medicine due to its many health implications. It well documented that, yoga is effective in management of various chronic health problem such as cardiovascular disease, diabetes, obesity, anxiety disorder, depression, menstrual problem, constipation, etc.

Keywords: Introduction, Definition, Causes, Symptoms, Completion, Diagnosis, Treating, etc.

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