

Yogic Management of Constipation

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Abstract: *CONSTIPATION is a major physical issue in today's age. Emerged as a problem. Therefore, in the form of treatment of constipation. There are immediate and incomplete benefit of resorting to various medical methods. But in the long run and full benefit is not visible. Today again after the renaissance of yoga. Yoga for protection and protection from diseases are using more and more. In fact less should be understood as a warning by which other diseases. Can surrounded a person like - Indigestion, gas, acidity etc., due to this reason the father of diseases (the giver of birth). Due to which root located in the intestine creates many disturbance, some symptoms of this disease also occur due to which constipation disease occurs.*

Keywords: Physical issue, Constipation, Yoga therapy, Lifestyle

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