

# 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.

## I. INTRODUCTION

Constipation is a common disease, caused by lack of exercise and yoga practice, wrong food habits, late night eating, improve lifestyle. late ingestion of food causes gas decomposition of food in the colon which causes indigestion, stress. and strain tiredness, gas acidity, stomach ache, piles, loss of appetite, headache, migraine, colitis, insomnia, obesity, and irregular period in the case of females. Constipation can be treated by regulating and improving lifestyle and food habits. One should eat quietly, calmly, slowly, happily, eating only when hungry, chewing tiny morsels of food.

## II. DEFINATION OF CONSTIPATION

A condition in which stool becomes hard, dry, and difficult to pass and bowel movements do not occur very often. Painful bowel movements and feeling bloated, uncomfortable and lethargic. It's called constipation.

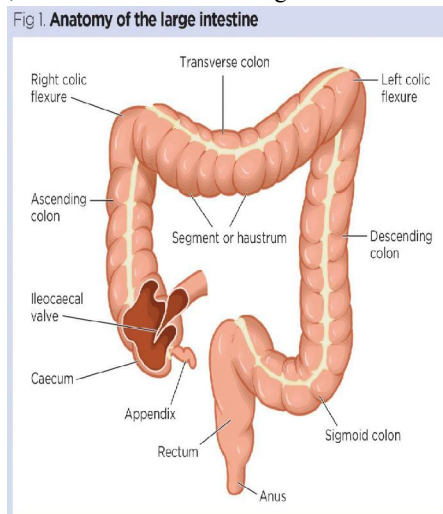
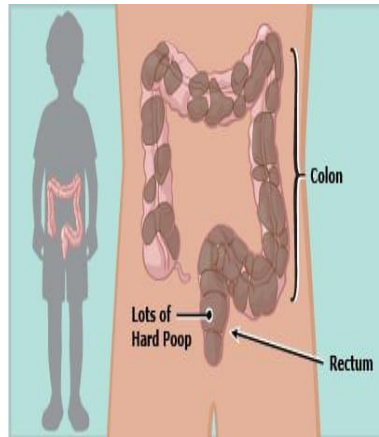


FIGURE 1: HEALTHY LARGE INTESTINE



**FIGURE 2: CONSTIPATION LARGE INTESTINE**

### III. WHAT CAUSES OF CONSTIPATION

Normally, as food moves through the colon (also known as the large intestine) the colon absorbs water while forming stool (waste products). Muscle contractions then push the stool toward the rectum, and by the time the stool reaches the rectum, most of the water has been absorbed making the stool solid, hard, dry stool are the result of the colon absorbing too much water.

- Slow movement of stool through your colon.
- Constipation due to depression and stress.
- Constipation due to pregnancy.
- Alcohol is frequently mentioned as a likely cause of constipation.
- Functional gastrointestinal disorder, such as irritable bowel syndrome.
- Delayed emptying of the colon from pelvic floor disorders, especially in women and colon surgery.
- Some medications.
- Hyperthyroidism.
- Poor diet.
- Diabetes.
- Currently people are not following their daily healthy routine. some people have got bad habits that whenever they go to toilet, they carry phone, newspaper with them. These are very bad habits because our body and mind both are not able to concentrate at the same time, so don't see your mobile phone and don't take newspaper at that time, don't think about anything else.

### WHAT IS CONSTIPATION?

Constipation is a condition in which a person has uncomfortable or infrequent bowel movements. Generally, a person is considered to be constipated when bowel movements result in passage of small amount of hard dry stool. Usually fewer than three times a week, it depends on the person.

### PHYSIOLOGY OF CONSTIPATION

Constipation most commonly occurs when waste of stool moves too slowly through the digestive tract or cannot be eliminated effectively from the rectum, which may cause the stool to become hard and dry.

### COMMON SYMPTOMS OF CONSTIPATION

Signs and symptoms of chronic constipation include;

- Passing fewer than three stools a week.
- Having lumpy or hard stools.

- Straining to have bowel movements.
- Feeling as though you can't completely empty the stool from your rectum.
- Feeling as though there's a blockage in your rectum that prevents bowel movements.
- Needing help to empty your rectum, such as using your hands to press on your abdomen and using a finger to remove stool from your rectum.

#### **COMPLETION OF CONSTIPATION**

- Abdominal discomfort or cramps.
- Poor quality of life.
- Hemorrhoids.
- Anal fissures and piles.
- Damage to a pelvic floor.
- Fecal incontinence.
- Urinary retention.
- Stercoral perforation.
- Rectal prolapsed.
- Volvulus.
- Fistula in ano.

#### **IV. DIAGNOSIS**

Doctors use the following tests and procedures to diagnosis chronic constipation and try to find the cause.

##### **BLOOD TESTS**

Doctors will look a systemic condition such as low for thyroid [hypothyroidism] or high calcium levels.

##### **X-RAY**

An x-ray can help your doctor determine whether our intestine is blocked and whether there is stool present throughout the colon.

##### **SIGMOIDOSCOPY (EXAMINATION OF THE RECTUM AND LOWER, OR SIGMOID COLON)-**

In this procedure doctor insert a lighted flexible tube into patient anus to examine patient rectum and the lower portion of patient colon.

##### **COLONOSCOPY (EXAMINATION OF THE RECYUM AND ENTIRE COLON)**

This diagnostic procedure allows doctor to examine the entire colon with a flexible, camera equipped tube.

##### **ANORECTAL MANOMETRY (EVALUATION OF ANAL OF SPHINCTER MUSCLE FUNCTION)**

In this procedure doctor inserts a narrow flexible tube into your anus and rectum and then inflates a small balloon at the tip of tube. The device then pulled back through the sphincter muscle. This procedure allows to doctor to measure the coordination of the muscles you use to move your bowels.

##### **BALLOON EXPULSION TEST (EVALUATION OF ANAL SPHINCTER MUSLE SPEED)**

Use along with anorectal manometry, this test measures the amount of time it takes for you to push out a balloon that has been filled with water and placed in your rectum.

##### **COLONIC TRANSIT STUDY**

Evaluation of how well food move through the colon. In this procedure patient may swallow a capsule that contains either a radiopaque marker or a wireless recording device. The progress of the capsule through your colon will be recorded over 24 to 48 hours and will be visible on x-ray.

##### **MRI DEFECOGRAPHY –**

In this procedure as a barium defecography, a doctor will insert contrast gel into your rectum. Patient then pass the gel. The MRI scanner can visualize and assess the function of the defecation muscle. This test also can diagnose problem that can cause constipation, such as rectocele or rectal prolapsed.

**TREATING CONSTIPATION:**

- Change your diet. What you eat and drink? Eat more high-fiber foods. Drink plenty of water and other liquids if you eat more fiber or take a fiber supplement may help relieve your symptoms.
- Yoga is a complete management system that can give you relief from constipation. Daily routines are important warm water every morning is useful. Walking is the best exercise and good food habits are very important. Avoid fast foods, pizzas, pasta, refined flours and processed foods. Include more of seasonal vegetables like palak, green fibrous vegetables etc. and drink at least 10 to 12 glass liquid is a must every day.

**V. YOGIC MANAGEMENT**

A natural solution considers the following Yoga asana for constipation Relief –

**1) VAJRASANA**

**HOW TO DO VAJRASANA:**

- Kneel down on the floor or yoga mat. Vajrasana is a kneeling position, so do it sit on your knees. A yoga mat can be used for this position as hard floor can be uncomfortable
- If this position is painful for you, don't try to hold it. Instead work on the second position.
- Pull your feet together and straighten your leg out. As you kneel down, make sure your knees and ankle are together. The tops of your feet should be flat on the floor.
- Exhale and sit back on your feet. Keeping your weight on your feet, take some weight off your knees. Don't actually sit on your heels.
- As you settle yourself, place your hands on your thighs.
- While getting into position, move your pelvis back and forth slightly until you find a comfortable position
- Adjust your spine so that you sitting up straight. Imagine that there is a string on the top of your head, which is pulling your body upwards. Simultaneously press your tailbone towards the floor. These2 motions will help straighten your spine.
- Breath in and out slowly, working to straighten your spine. Make sure you inhale completely with each inhale, and then exhale all the air out of your lungs when you exhale.
- Try to maintain the position for 30 seconds while focusing on your breathing. While sitting in this position, keep breathing in and out slowly.
- Maintain good posture in your spine. If you can't hold it for 30 seconds, hold it for as long as you can
- Relax your shoulders.
- Over time, hold this pose for a longer period of time. You can also meditate in this position.
- If you have trouble focusing your attention while holding the potion, try to find a focal point on the wall in front of you one can also light a candle and focus on the flame.



**IMAGE: VAJRASANA**

**BENEFITS:** Offers uniform postured fixity and corrects postured defects. Improves blood circulation chronic constipation, stomach disorders and digestive problems. Enables flexibility of lower limbs and strengthens digestive organs and the digestive tract. So, it is considered as one of the best yoga asanas for constipation and indigestion.

## 2) BHUJANGASANA (COBRA POSE)

### HOW TO DO BHUJANGASANA:

- Lie down your stomach
- Raise your thoracic region, raise the chest as high as possible and raise head with the help of palms.
- Take deep breath while raising your trunk and bend the arms at the elbows bend your neck and slowly look up make sure your abdomen is pressed to the floor.
- Apply pressure by pressing your toes into the floor. Hold the posture for 5 second.
- Bring the body down, exhale.
- People who have back pain should have a gap between their legs.



IMAGE: BHUJANGASANA

**BENEFITS:** This asana is improving and effective the function of the digestion system. This yoga asana strengthens the abdominal muscles and cleans the entire digestive tract. Useful to indigestion problem and cures constipation.

## 3) HALASANA (THE PLOUGH POSE)

### HOW TO DO HALASANA:

- Lie on your back with your arms next to your body and palms presses to the floor. As your inhale, raise your legs up to 90 degrees.
- Exhaling slowly, while moving your legs towards your head, raise both the legs and keep bringing them back to touch floor behind the head, in a semicircular arc. The palms are facing down the floor.
- Exhale and complete the above step 3 seconds.
- Lastly maintain the position for 6 seconds.
- Return to starting position.

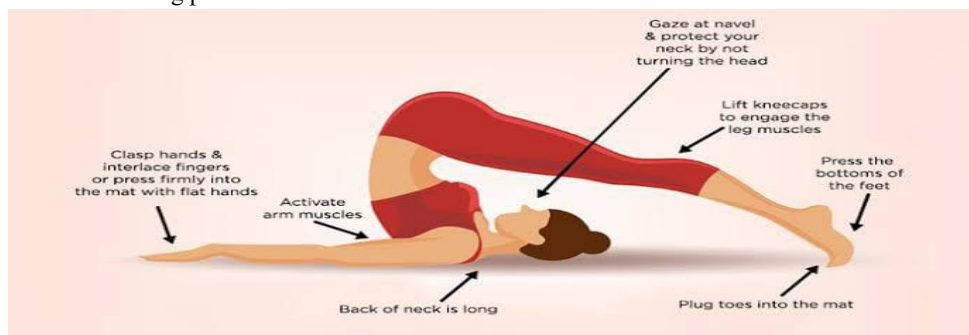


IMAGE: HALASANA

**BENEFITS:** It is stimulating the abdominal and organs and viscera aids in better digestion. This asana helps to strengthen the back muscles and reduces stress.

#### 4) PAVANAMUKTASANA (WIND RELEIVING POSE)

##### HOW TO DO PAVANAMUKTASANA:

- Lie on your back in a straight position.
- Breath in and raise the legs at 90 degrees.
- Exhale, bend your legs, and try to bring your knees.
- Raise your head and touch your forehead with your knees. Take a normal breath.
- Bring your head down first and then your feet.
- This is a round. Do 3 to 5 rounds.

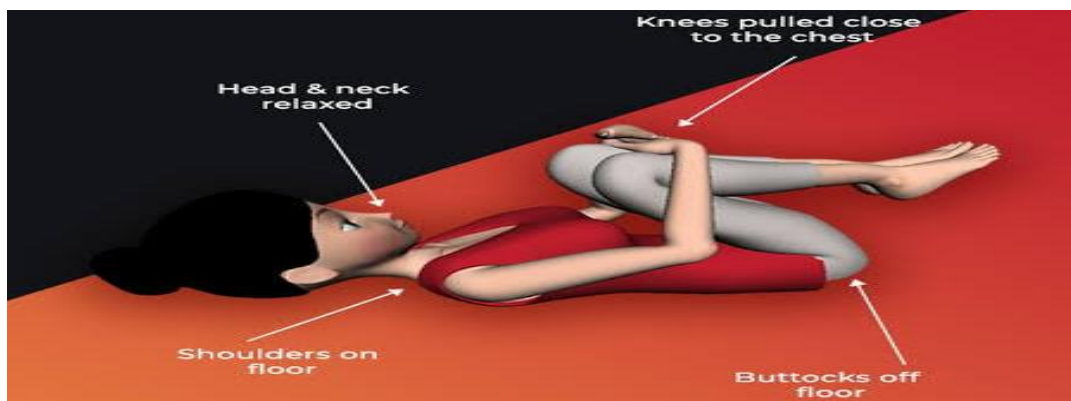


IMAGE: PAVANMUKTASANA

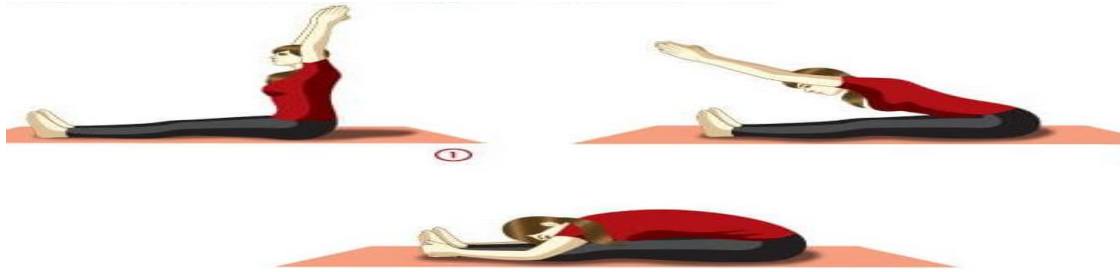
**BENEFITS:** This asana is improving the digestive system and effective for removing gases. Considered the ideal yoga pose for constipation and indigestion. This asana is massaging the intestines and other abdominal organs. It promotes digestion and relieves constipation.

#### 5) PASCHIMOTTANASANA (THE FORWARD BENDING POSE)

Now a day a lot of people complain of constipation and other stomach issue patient are advised to try this asana to get rid of constipation in a natural way.

##### HOW TO DO PASCHIMOTTANASANA:

- Move your body in sitting Dandasana in such a way that your legs are directly in front of your body.
- Make sure your spine is straight and your toes are towards your torso.
- As you inhale, slowly moves your arms above your head and extend them upwards.
- As you begin to exhale, move your body forward from your hip joint so that your chin points front on your toes.
- Now depending on how much you can stretch; you should hold onto your ankles. If possible, you should hold on to your toes and gently pull them to help you lean forward.
- Maintain the position for as long it is convenient for you to do so.
- When you can't stay in this position for long, inhale and pull you're your arms straight above your head and move the upper body upwards.
- Exhale and bring the arms down in such a way that the palms touch the ground. Move the body into Dandasana while sitting.



**IMAGE: PASCHIMOTTANASANA**

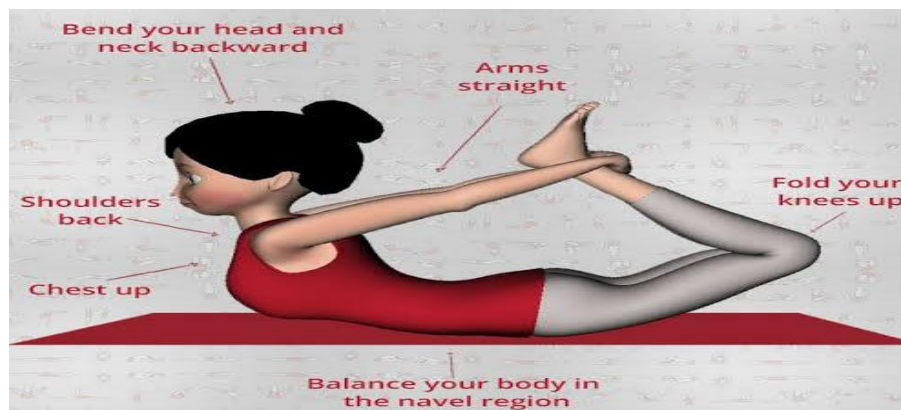
**BENEFITS:** This asana help is relieving constipation and other stomach complications. Stimulating the pelvic muscles and helping the stomach functions better.

#### 6) DHANURASANA (THE BOW POSE)

While doing this asana, the body become like a bow. Hence, this asana is also called bow pose.

#### HOW TO DO DHANURASANA:

- Lie down on your stomach, keep both your feet at the distance almost parallel to your hips, and keep your arms at the side of your body.
- Slowly bend both your knees upwards and hold your ankles with both hands.
- Breathe in and lift your chest off the ground and stretch in your legs upwards, you should feel a stretch in your arms and thighs.
- Paying attention to your breaths, stay in the pose for 12-15 seconds.
- Slowly lower you're your chest and feet back to the ground, release your grip at the ankles, and place your hands at your sides repeat it 5-10 sets.



**IMAGE: DHANURASANA**

**BENEFITS:** This asana is very good for stomach; regular practice of this asana strengthens the muscles of digestive system. This asana also cures the constipation. Whose people suffering from constipation and also stomach pain should practice this asana daily. This asana will pelvic relief.

#### PRANAYAMA FOR CONSTIPATION

1. KAPALABHATI PRANAYAMA
2. BHASTRIKA PRANAYAMA
1. KAPALABHATI PRANAYAMA (SKULL SHINING BREATH)-

**HOW TO DO KAPALABHATI PRANAYAMA:**

- Sit any meditation posture like Sukhasana /Padmasana/ Vajrasana.
- Close your eyes and relax the whole body. Do not stress.
- Take a deep breath through the both nostrils, expanding the chest.
- Breathe out and relax with a forceful contraction of the abdominal muscles.
- Active/force exhalation forced exhalation by contracting the abdominal muscles, without any movement in the chest and shoulder region.
- Complete 20 fast breaths then take a deep breath and exhale slowly.
- This is period of Kapalabhati.
- Take deep breath after each round
- Repeat it 2 to 3 more rounds.



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**IMAGE: KAPALABHATI PRANAYAMA**

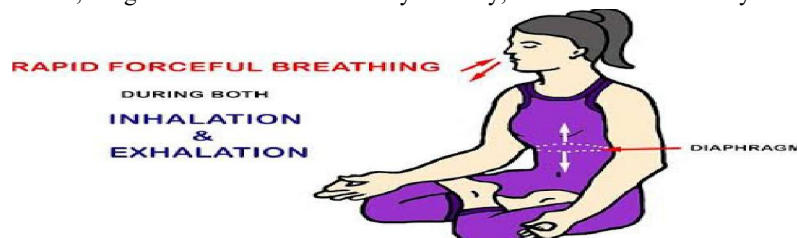
**BENEFITS:** Do Kapalabhati pranayama to cure it, so daily practicing Kapalabhati helps to relive gas, acidity and constipation Kapalabhati pranayama is very beneficial for those patients who are suffering from chronic constipation. This pranayama is very effective in curing stomach disorder and digestive disorder and many problems related to stomach. Beginners can practice up to 3 rounds of 20 breaths each. The round and count can be increased gradually over a period of time.

**2) BHASTRIKA PRANAYAMA (THE BELLOW’S BREATH)**

This pranayama is the exhalations which gives a boost to the body and hence is aptly called the yogic breath of fire so if any person feels like his body need energy try Bhastrika pranayama instead.

**HOW TO DO BHASTRIKA PRANAYAMA:**

- Sit in any meditative posture. Like as Sukhasana/Padmasana/Vajrasana close the eyes and relax the whole body.
- Take a deep breath fill the lungs with air. When you breath in consider that you are taking in positive energy and vibrations and you are being active them.
- It should take equal time of inhalation and exhalation- 2.5 second for inhalation and 2.5 second for exhalation
- After that exhale.
- During exhalation, imagine that all the toxins from your body, all the toxins come out your breath while exhaling.



**IMAGE: BHASTRIKA PRANAYAMA**

**BENEFITS:** It produces heat at physical and subtle level. Bhastrika pranayama increases gastric fire. So, digestion improves.



**KRIYA FOR CONSTIPATION:**

**1) SHANKH PRAKSHALANA:**

The word shankh prakshalana is made up two words. In the shankh prakshalana process, the meaning of the shankh is the intestines. And Prakshalana means to wash or clean. That is the process in which the intestines are cleaned or washed is called shankh prakshalana kriya, which protects our body from harmful microbes, toxic and toxic substance. The word shankh is used to denote the entire alimentary canal from the mouth to the anus. This practice is also known as Varisar Dhauti. **IN SANSKRIT “VARI” MEANS “WATER”, AND “SARA” REFERS TO “ESSENCE” , AND DHAUTI MEANS “CLEANSING”**

**Before Start Shankh Prakshalana:**

- We have mentioned a preparation of 2 liters (6-8 glasses) of water; some people can manage more than this, some people less. It is quite difficult to drink but try to finish at least 1.5 litres for the process to work properly.
- Practice shankh prakshalana in the morning before consuming any food or drink (which includes coffee, tea, etc.)
- No food should be taking about 30 minutes to 1 hour after performing shankh prakshalana kriya.
- Some food eg. Food without spices and easy to digest would be fine.
- Khichdi with plain porridge, rice and moong dal with some turmeric and some ghee would also be fine.

**TECHNIQUE:**

- Prepare a solution of 2 litres of lukewarm salt water (2 tea spoons of salt per liter).
- Quickly drink two glasses of water one after the other, and do the following dynamic posture 8 times each. Tadasana, Tiryaka tadasana, Katichakrasana, Tiryaka Bhujangasana, Udarakarshanasana.
- Quickly drink two glasses of warm water, and then do 8 repetitions of the dynamic postures. Repeat this process until the water runs out or until you can drink. (Stomach may feel uncomfortable).
- Try to rest as much as you can, and wait for the pressure to come and then go the toilet.
- If you are very blocked, it may take a while for all the water to come out of the stomach. It can be little uncomfortable but try to stay calm. Initially solid stool will come. Then a mixture of water and faces, and then clear yellow water. It can take 5+trips to bathroom to clear everything's.
- When all the water drains out, rest in Sawasana for 10 to 20minute.

**Asana for Shankh Prakshalana:**

The alimentary canal between the stomach and anus contains several valves, which open the close to allow controlled passage of food during the digestive process. By doing these five asanas, the muscles of these valves are relaxed and these asanas allow salty water to pass freely and quickly into anus.

**1) TADASANA:**

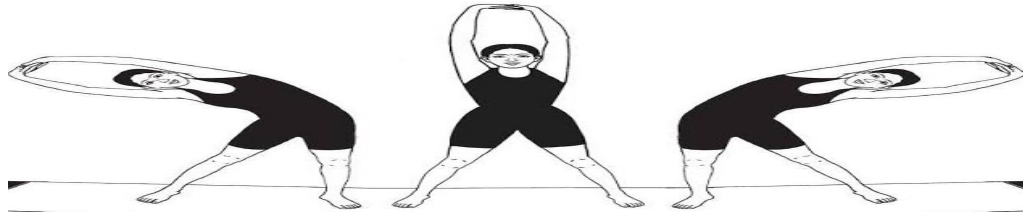
- Stand with a distance equal to the width of the hips between both the feet, joint the fingers of both the hands together.
- While inhaling, raise both the hands up biceps of both hands touch both ears and turn the palms of the hands towards the sky.
- Stand on both the toes.
- While exhaling, bring down both your toes and both the arms.
- Repeat this asana 8 times.



**IMAGE: TADASANA**

### 2) TRIYAK TADASANA:

- Stand with a distance equal to the width of the hips between both the feet; join the fingers of both the hands together.
- While inhaling, raise both hands up, biceps of both hands touch both ears and turn the palms of the hands towards the sky.
- Stand straight on both feet.
- Now while keeping your hands straight and your biceps touching your ears, slowly bend towards your left while exhaling. Try to bend down as much as you can.
- Stay the point of maximum bend and feel the stretch on your opposite side (right side) as you feel the stretch from the waist to the shoulder and arms.
- Now breathing slowly, come back to the pre-position of asana.
- Now repeat the same step from the starting point on the right.

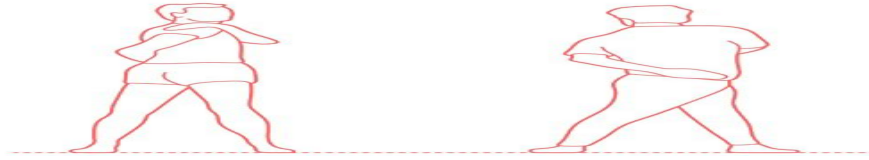


**IMAGE: TRIYAK TADASANA**

### 3) KATI CHAKRASANA:

- To the start this asana, stand straight on a yoga mat with your feet together try. To keep your spine straight and your shoulders straight.
- Now keeping your hands in front and palm should be facing each other.
- Raise both your hand in front and your palm should be facing each other.
- Both your hands should be in line with the shoulders.
- Now slowly inhale and while exhaling turn your upper body to the right and your right hand should also move to the right and you should see your right palm.
- Hold your breath and stay in this position of as long as possible.
- Now breathing in, come back to the centre position.
- Again, as you inhale, we turn your upper body to your left and you should be looking at your left palm. Keep your breath out.
- Stay in this last pose for as long as possible.
- Come back in pre conditions and take rest.
- For beginners, try to stay in this position for 60 seconds to 90 seconds.
- To get out of this position, slowly come back to the starting position, keep your legs straight and take a deep breath and relax.
- Keep both the hands along your body.
- Now you can do this asana again

Initially when you start this yoga posture you may feel some pain in your legs, spine, shoulders, neck and abdomen, but you practice more you can do this asana more easily.



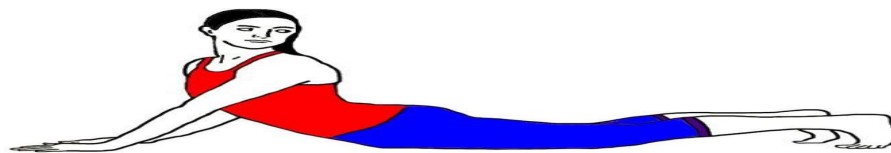
**IMAGE: KATI CHAKRASANA**

#### 4) TRIYAK BHUJANGASANA:

- Lie down your stomach on the floor.
- Keep your feet together or you can keep them slightly apart.
- Bring the palms up to level of the shoulders.
- Place the palm on the floor about 2 feet apart.
- Perform and come into oblique bhujangasana posture.
- Pressing from the floor apply equal pressure on both the palms and slowly transfer the weight of your body to your palms.
- Inhale slowly and lift your head and torso off the floor, keeping your weight on your palms and pressing the floor.
- The hand should be straight with the body. Raise your chest and head off ground.
- Raising yourself off the ground, turn your head over your right shoulder and look at left foot (heel).
- Keep your spine relaxes at all times.
- Stay in the position for a few seconds such that your navel is close to the ground, trunk is raised and arms are straight.
- Turn your head back to the start position; bend your elbow slightly to relax.

#### Left Twist:

- Straighten your hands once again look over your left shoulder and look at your right foot (heel).
- For few second stay in the same position.
- Release from asana.
- Turn your head back to the start position.
- Bend your elbows slightly to relax.
- The right twist and left twist together constitute one round of triyak bhujangasana.



**IMAGE: TRIYAK BHUJANGASANA**

#### 5) UDARAKARSHANAASANA:

- Sit in a squatting position. Make sure your feet are spaced width apart and hands are placed on your knees. Now exhale.
- Performing the Udarakarshan asana,

#### Left twist stretch

- As you exhale. Slowly twist the right knees and bring it towards the left foot on the floor. Place the inner side

of the right on the floor.

- Now use the left hand as a lever and while rotating the left knee to the left push the right knee.
- Squeeze the lower abdomen and look over the left shoulder.
- Stay in the pose until you finish counting 5 breaths.
- Take a breath now break free from asana.
- While inhaling, slowly return starting point of the asana to the sitting position.
- Now exhale.
- Right bend to stretch.



**IMAGE: UDARAKARSHANASANA**

**The same step mentioned in the left turn will be repeated in the opposite direction.**

- As you exhale, slowly bend the left knee and bring it towards the right foot on the floor.
- Now use the right hand as a lever and while moving the right knee to the right, push it to the left.
- Squeeze the lower abdomen and look over the right shoulder.
- Stay in this pose until you finish counting 5 breaths.
- Take breath now.
- Break free from asana

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