

# Yogic Management of Constipation

**Prof. (Dr). Kanchan Joshi<sup>1</sup> and Kalpana Kumari<sup>2</sup>**

H.O.D. Department of Yogic Science<sup>1</sup>

M.A. Department of Yogic Science<sup>2</sup>

Shri Guru Ram Rai University, Dehradun, Uttarakhand, India

**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

## I. INTRODUCTION

Constipation is a common thing now a day. Constipation is a common and serious disease of modern civilization now a day. Many people speak about the disease. Many percent of the people are suffering from the disease. Constipation is called by many names. On the basis of the structure of the intestine, a meaning can be taken from binding. That is the disease which occurs due to the binding of a cell - like (structure/intestine) can be attributed to pain. And understand the room, when the absorption of food substance, when the condition on the intestine is insufficient and slow, in the condition of constipation. The root of the origin of diseases of the stomach. In today's time, everyone wants to move forward. And this desire has become so strong that due to this people are not able to take care of their body. This desire is good for all the work even if it is good student. Due to which he is suffering from many diseases and mainly due to common problem like constipation. Constipation linked to everyday routine is a common problem. One can remain free from this problem by using yoga and its small 'SANKHPRAKSHALAM' etc. It makes it pure; it has done the best purification. This is the best action the body can be free from all diseases.

### The Goal and Purpose of the Study:

- To get rid of the problem of increasing tomorrow.
- The effect of yoga on constipation.

## II. MEANING AND DEFINITION

The word, “**Constipation**” comes from the Latin word, constipore, which means “to press, crowd together”. Constipation is also known as costiveness and irregularity. People suffering from it can neither pass stools regularly nor completely empty their bowels. In other words, constipation implies either infrequent bowel movements or a difficult passage of stools. It is a common gastrointestinal problem. Constipation is defined as a condition in which an individual experiences a change in the normal bowel habits characterized by a decrease in frequency or passage of hard, dry stools, difficult defecation and sluggish action of the bowels.

## III. TYPES AND PATHOLOGY OF CONSTIPATION

Mainly there are two types of constipation primary and secondary. The altered stool consistency in primary constipation occurs due to poor diet and lack of sufficient exercise, during weaning. The causes of secondary constipation are hypothyroidism, diabetes, diseases that affect the brain or blood vessels, such as dementia depression use of certain medications, and irritable bowel syndrome.

#### IV. YOGA THERAPY

Yama- Niyama, follow yama-Niyama in the disease of Constipation. Because if there is a reason for mental stress, then psychological following them by following a approach leads to proper development, firmness comes in the mind. Yama to remove negative mental tendencies like - jealousy, country, udvega, greed, anger, fear etc. Non-violence, truth, non-stealing, celibacy, non-possessiveness and niyama, (defecation, contentment, austerity, self-study, proper adherence to God's life).

##### 4.1 Shatkarma

In yoga, the group of six special types of actions has been given the name of **SHATKARMA**. In which the following are beneficial actions to remove constipation.

##### 4.2 Shatkarma

1. Kunjal
2. Agnisar Kriya
3. Laghu Shanka Prakshalan

##### 4.3 Asana

1. Tadasana
2. Triyak Tadasana
3. Katichakra Asana
4. Triyak Bhujang Asana
5. Vajrasana

##### 4.4 Pranayama

1. Anulom- Vilom

For the practice of **NADI-SHODHANA**, or **ANULOM-VILOM** Pranayam, any meditative posture such as **Padmasana**, **Sidhasana** and **Sukhasana** can be used for all first "**Pranav Mudra**". Sitting straight, eyes are closed. The concentration focused on the point between the eyes brows for some time. Then the right nostril is closed with the right thumb and the complete inner air breathe out through the left nostril slowly. Then the air is breath in through the left nostril. Then right nostril is opened and the left nostril is closed with the right hand ring finger, the inside air is completely breath out through the right nostril and again breath in through the right nostril only. Now one round of pranayam is completed. Later the number of rounds is increased gradually upto comfortable and available time, which can be around 10 to 15 minutes per day.

At the beginning "**Rechak**" (breathing out) and **Purak** (breathing in) are practiced for some days. After getting **Rechak** and **Purak** as a comfortable habit the **Antar Kumbhak** (holding the breath in) is practiced. Regular practice as above helps ingetting the skill of controlling the breath. After 3 to 4 month of constant practice, the components of **NadiShodhan Pranayam** maybe scheduled as follows –

- **RECHAK** - 10sec.
- **Bahya Kumbhak** - 5 sec.
- **Purak** - 5 sec.
- **Antar Kumbhak** - 20 sec.

#### V. MEDITATION

The practice of meditation to remove any kind of diseases. Then, if there is only a disease like constipation, meditation can be practiced by innumerable methods of meditation, shastro and any method prevalent in the society. But in normal condition, it is better to focus on your breathing process. For that, sitting in any meditative posture, inword any outgoing breath is aahar- apathya (non- eatable). In diseases like potatoes, urad dal, rajma, banana,maida, samosa, chowmein etc. Tobacco, alcohol, ladyfinger and more oily substance should not be used.

#### **VI. DIETARY DIET**

Consumption of green vegetables, fruits, fibrous food items, nimbu, oat meals, peeled and braised grains and fibrous, sprouted grains and guava, celery and dry grapes should be used to prevent constipation and at the same time as well as drink more water.

#### **VII. CONCLUSION**

If seen in conclusion, then through the practice of YOGA and LAGHU SHANKA PRAKSHALAN, one gets relief from constipation. Yoga is a way of life and living which demands conscious effort on the part of the practitioner. This conscious of effort brings changes in the whole personality attitude and lifestyle. The symptoms improve. Lifestyle improves with the use of yoga. Along with constipation, it can also be free from other diseases. In context of Constipation, yoga is helpful not only partially but in a long term in giving complete freedom. Yoga is an excellent and natural remedy for gastrointestinal problem including chronic constipation.

#### **REFERENCES**

- [1]. Swami Satyanand Saraswati, yoga and Diseases, Munger, Yoga publication trust.
- [2]. Samiti lonavala, hathyoga pradipika, Pune kaivalya dham, Manmadhava yogamandir.
- [3]. Swami Vivekanand Saraswati, yoga Science, Rishikesh, yogniketan Trust.
- [4]. Swami Satyanand Saraswati, Gherand samhita, Munger, Bihar yoga bharati.
- [5]. Swami Satyanand Saraswati, Aasan, pranayam currency bond, Munger, Bihar yoga school.
- [6]. Swami Ramdev, Science of yoga - pranayama yoga posture.
- [7]. Yoga science, Swami Ramdev.
- [8]. Dr. Rakesh Jindal, Naturopathy Arogya seva sadan panchvati modi nagar.
- [9]. Rao J, Metri KG, Singh A, Nagarantna R, effect of integrated Approach of yoga therapy on chronic constipation