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A Review Article On Importance Of Yoga In Surgical Disorders

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Abstract –

Ayurveda and Yoga are two ancient and best practices that have been used for centuries to promote physical, mental and spiritual health. Both Ayurveda and Yoga originated in India and have same Vedic roots. Yoga is very well known for its contribution in prevention of various lifestyle diseases such as Obesity, Diabetes Mellitus, Atherosclerosis etc. But when it comes to Surgical diseases, contribution of Yoga is the topic which is very least talked about. Yoga can play a significant role in managing various surgical diseases, particularly in reducing anxiety, pain and improving overall well-being of a person. Many research suggests that yoga can impact positively impact preoperative, postoperative outcomes and also can fasten wound healing which results in reduced hospital stays for patients. This article will highlight common surgical cases in which specific Yoga can prove helpful in many aspects such as reducing pain, preventive measures etc.

Key words – Ayurveda, Yoga, Surgical diseases.

INTRODUCTION -

Ayurveda emphasizes on the role of healthy diet and physical work in maintaining a state of well-being and coping up with health hazards even more than the actual therapy or drugs. In present scenario of life style, sedentary culture, irregular and inappropriate diet, prolonged standing and psychological disturbances like anxiety, depression etc., the number of diseases is flourishing and have become a part of each and every individual affecting negatively. Etiology of all diseases is collection of toxic (Excretory) products in the body, which occurs due to faulty diet and change in life style. For healthy body we need balanced healthy diet,

balanced physical activity and balanced sleep. These are explained in Ayurveda as three sub pillars of healthy body, which helps to maintain three pillars (Three Doshas) of living body. Here, we are discussing about most common surgical disease.

Role of Yoga^[1]

Yoga is the science of right living and, as such is intended to be incorporated in daily life. It works on all aspects of the person i.e. physical, vital, mental, emotional, psychic and spiritual. Both Ayurveda and Yoga are *Ashtangyukta*.^{[2][3]} Yoga word is mentioned in *Veda, Upanishadas, Geeta* and *Puranaas*. The word is derived from sanskrit word “*yuja*” which means to join and this unity or joining can be described as union of the individual consciousness or soul with the universal consciousness or spirit. According to the yogic philosophy the health of the body depends on the harmonious flow of specific vital energy which is called as “*Prana*”. Any obstruction in the flow of the energy produces disease. Regular practice of *Pranayam* along with *Yogasanas, Mudras* assures free and harmonious flow of energy and hence health. According to Ayurveda, senses can also be controlled by Yoga.^[5] As we know that food is important for life similarly *Vyayama* (Exercise) is also important to build up healthy body. Practicing *Vyayama* in the form of *Yogasana* provides bodily strength and keeps away diseases like diabetes, heart diseases, obesity, *Vatavyadhi*, blood pressure, mental health, and Anorectal disorders. Physical and mental therapy is one of the yoga’s most important achievements. What makes it so powerful and effective is the fact that it works on holistic principles of harmony and unification. According to medical scientists’ yoga therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all other systems and organs of the body. Yoga is far from simply being physical exercises, rather it is an aid to establishing a new way of life which embraces both inner and outer realities and this way of life will become living knowledge only through practice and experience. Modern science has proved that the regular practice of *Yogasanas*. Improves the tone and reflex activity of all the muscles in the body including visceral organs like heart, liver, intestines, lungs. It improves the venous and lymphatic drainage of all the intra - abdominal and intra - thoracic and intra - cranial organs avoiding chronic congestion. This improves the functioning of all the visceral organs in the cranium, chest and abdomen including the endocrine glands. It improves neuro-muscular co-ordination. As far as surgical disorder like Abdominal and Ano rectal problems are concerned along with routine Asanas the specific *Yogasanas* advised are *Uttanpaadasana, Paadangushtha asana, Pavanmuktasana, Bhujangasana, Sarvangasana, Trikonasana, Dhanurasana, Halasana, Matasyasana, Tadasana, Nauli, Uddiyan, Yogamudrasna, Siddhasana, Maarjarasana, Ashwini mudra, Laghu shankhaprakshalan and Moola shodhanam*.

However, in yoga therapy the concept is to treat the diseased person as a whole rather than the disease only. Hence every person is advised to do the whole course which takes care of all the body parts in general and the diseases part in particular.

SURGICAL DISORDER-

ANORECTAL:

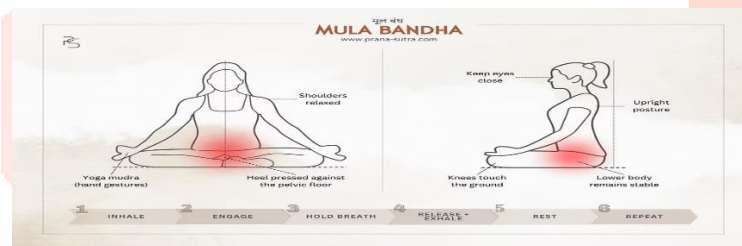
A) OBSTRUCTIVE DEFAECATION SYNDROME (ODS):

PELVIC MUSCLE *YOGA*⁽⁴⁾

After pregnancy or in nulliparous women's there are very common complaints of constipation, something coming out in anal, frequency of urination and etc, this complaints are suggestive obstructive defecation syndrome.

On top of these benefits, yoga can also help women who are interested in strengthening their pelvic floors. Yoga can help strengthen and stabilize the pelvic floor muscles, reduce pelvic floor pain, and even help women gain control over their urinary functions.

- ***Mula Bandha***: This is a yogic technique that involves contracting the pelvic floor muscles. It is beneficial in Hemorrhoids, helps in proper defecation, relieves constipation etc.^[6]

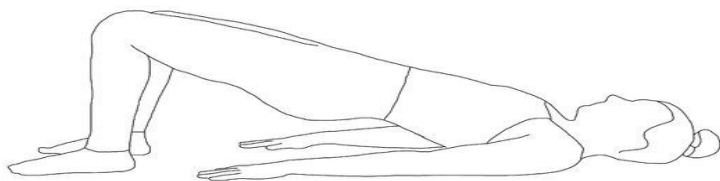


- ***Malasana (Garland Pose)***:

This pose helps open the hips and stretch the pelvic floor muscles.



- ***Setu Bandha Sarvangasana (Bridge Pose)***^[7]: Lifting the hips off the ground engages the pelvic floor muscles.



- **Ananda Balasana (Happy Baby Pose)^[8]**: This pose stretches the inner thighs and groin while engaging the pelvic floor.

ANANDA BALASANA
HAPPY BABY POSE



- **Tadasana (Mountain Pose)**: This pose can improve posture and core stability, indirectly benefiting the pelvic floor. Acts on stomach and helps stretching colon. (Article)



- **Utkatasana (Chair Pose)**: This pose engages the legs and core, which can indirectly strengthen the pelvic floor.

UTKATASANA
THE CHAIR POSE

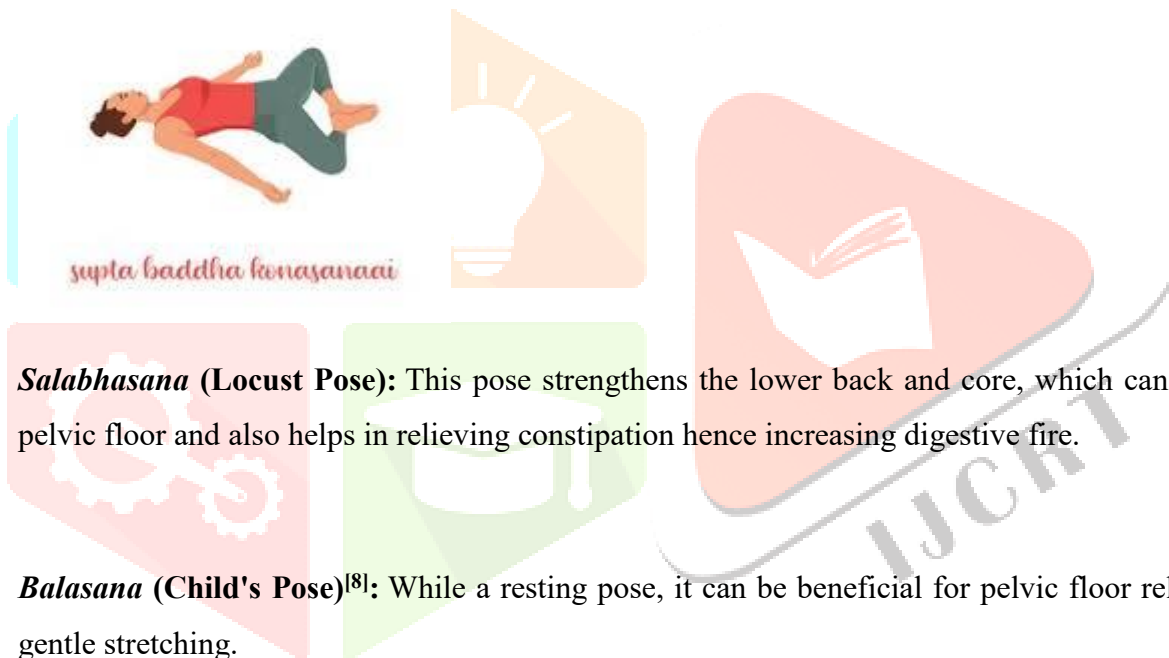


- **Virabhadrasana II (Warrior Pose II)^[8]**: This pose strengthens the legs, hips, and pelvic muscles.

VIRABHADRASANA



- ***Supta Baddha Konasana (Reclining Bound Angle Pose)***^[8]: This restorative pose can help relax and stretch the pelvic floor.



- ***Salabhasana (Locust Pose)***: This pose strengthens the lower back and core, which can support the pelvic floor and also helps in relieving constipation hence increasing digestive fire.
- ***Balasana (Child's Pose)***^[8]: While a resting pose, it can be beneficial for pelvic floor relaxation and gentle stretching.

BALASANA THE CHILD'S POSE



B) HAEMORRHOID DISEASE ⁹–

- **Malasana (Garland Pose)**^[10]:

This pose helps to restore and ease the functioning of the digestive system, which can be beneficial for those with hemorrhoids.



- **Pawanmuktasana (Wind-Relieving Pose):**

By relieving excess gas from the intestines and stomach, this pose can help reduce discomfort associated with hemorrhoids.

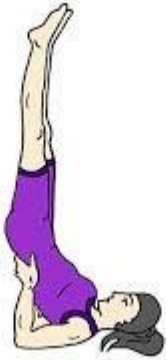
- **Balasana (Child's Pose):**

This pose promotes blood circulation throughout the body, which can be helpful in relieving hemorrhoid symptoms.



- **Viparita Karani (Legs-Up-the-Wall Pose):**

This pose can relieve pressure on the anal area and improve blood circulation, potentially reducing inflammation and pain.

VIPAREET KARANI MUDRA

- ***Baddha Konasana (Bound Angle Pose):***

This pose strengthens the pelvic floor muscles, which can provide support for internal hemorrhoids and make bowel movements easier.

**BADDHA KONASANA
THE BOUND ANGLE POSE**

- ***Vajrasana (Thunderbolt Pose):***

This pose can be held for several minutes to improve digestion and potentially relieve hemorrhoid symptoms.

**VAJRASANA
THE THUNDERBOLT POSE**

- ***Halasana (Plow Pose):***

This inversion pose improves blood circulation to the pelvic region, reducing swelling and inflammation.

HALASANA



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C) FISTULA IN ANO^{[11][12]}

- **Sarvangasana (Shoulder Stand):** This pose stretches the stomach muscles and hamstrings, which can help prevent constipation, a common issue associated with anal fistulas.



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- **Chakrasana (Wheel Pose):** Some health articles claim this pose can be effective for both vaginal and anal fistulas. Helps relieving constipation and strength abdominal muscles.



- **Adho Mukha Svanasana (Downward-Facing Dog):** This pose strengthens core muscles and promotes healthy digestion.

ADHO MUKHA SVANASANA
DOWNWARD FACING DOG POSE



- **Kakasana (Crow Pose):** Considered one of the best poses for effectively managing fistula.

KAKASANA
THE CROW POSE



- **Sirsasana (Headstand):** According to some health blogs, this pose increases blood flow to the head and muscles, which may aid in fistula recovery.
- **Savasana (Corpse Pose):** This pose helps reduce stress and clear the mind, potentially aiding in the healing process by regulating blood flow.



SAVASANA
SHAVASANA

- **Viparita Karani (Legs-up-the-Wall Pose):** This pose can improve circulation to the anal region, helping to relieve pain and discomfort.

- *Pawanmuktasana* (Wind-Relieving Pose): This pose can help relieve gas and improve digestion, which can be beneficial for anal fistula.
- Kegel Exercises: These exercises strengthen the pelvic floor muscles, which can help with passing stool and relaxing the anal sphincter.

D) POST OPERATIVE ABDOMINAL ADHESION:

Nauli Kriya is a Hatha Yoga cleansing technique (*Shatkarma*) that involves isolating and moving the abdominal muscles in a wave-like motion to stimulate digestive organs and help in post operative abdominal adhesion.



Yogic Therapy Is Holistic In Nature and It Includes

1. Proper diet and water intake.
2. Proper exercises and rest.
3. Regular practice of *Asanas*, *Pranayam*, meditation.
4. Practice of *Yama* and *Niyama* in day to day life.
5. Learn to live moment to moment with awareness.

DISCUSSION & CONCLUSION

Anorectal disorders and abdominal adhesion are an alarming problem for our society today. This study emphasizes the importance of Diet and *Yoga* in case of Anorectal disorders and abdominal adhesion. Diet & *Yoga* is also a part of treatment of these diseases. Acharyas have mentioned that the root cause for all diseases is *Mithya aahaar vihaara*, so one should take utmost care of the type of diet consumed i.e the food taken should be *Agnideepak* & *Vatanulomak* and thereby corrects *Mandaagni* and hence Anorectal disorders. In addition to

this, Yogic practices, as mentioned in the present study should be practised as these increases digestive fire, relieve constipation, releases gas, cures dyspepsia and lightens the stomach. By intake of proper healthy fibrous diet and some *Yoganas* one can avoid use of medicines. Hence for the prevention of these diseases, it is compulsory that one should take healthy diet & perform Yogic exercises. Life style modifications can also effectively control the increasing incidence of these diseases. So it is necessary to follow *Pathya* in diseased and healthy state to avoid being a prey of such Anorectal disorders.

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