



YOGA-A DISTINCTIVE THERAPEUTIC APPROACH TOWARDS HEMORRHOIDS

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ABSTRACT

Hemorrhoids are also known as piles. Hemorrhoids are swollen veins located around the anus or in the lower rectum. It has been suggested that up to 75 percent of adults in Europe and North America will experience hemorrhoids at some point in their lives. Approximately 50 percent of those people aged 50 years and over will require

treatment. However, it is striking that only around 4% actually seek medical treatment. Doctors say a large number of people who go and have a checkup are found to have hemorrhoids. Hemorrhoids are most common among adults aged between 45 and 65. This does not mean, however, that young people and children do not get them. Hemorrhoids are much more common among men than women. A woman is most likely to get them when she is pregnant. Yoga is an ancient technique that promotes holistic living through a combination of postures and breathing techniques. The best part of that, it is side-effect-free method to fight hemorrhoids. Practicing the yoga for a few minutes every day will help you to cure hemorrhoids.

KEYWORD: Hemorrhoids, Yoga, Asana, Pranayama, Meditation.

INTRODUCTION

Hemorrhoid is also known as piles, is associated with swollen blood vessels around or inside the anus and rectum. These hemorrhoidal veins are present in the lower part of the anus or rectum. On swelling up, these veins become thin, extended and irritated as the bowel passes through rectum or anus. Hemorrhoids may be external or internal depending upon the location. It has a high prevalence all over the world with around 50% people developing piles

at some point of time in their life. These occur more commonly in elderly as well as pregnant females.

Causes of hemorrhoids

- Pregnancy
- Aging
- Chronic diarrhea
- Chronic constipation
- Straining to move stool (related to the previous one)
- Sitting for long periods (especially sitting for long periods at a time in the toilet)
- Anal intercourse
- Obesity

- Genetics - some people inherit a tendency to develop hemorrhoids.

Hemorrhoids can occur both inside and above the inside of the anus. They can also appear externally, under the skin of the anus.

Symptoms of hemorrhoids

- Bleeding, usually painless. The patient may notice red on the toilet paper or in the toilet bowl
- Itching or irritation in the anal area
- Pain or tenderness during bowel movement
- Discharge of mucous fluids from anus
- Swelling in the anal region
- Feces may leak
- Presence of a lump or swelling inside and/or around the anus
- Excess hemorrhoidal bleeding however may also lead to anaemia in few cases.

Types of Hemorrhoid: Following are the types of Hemorrhoids.

i) Internal hemorrhoids: which lie inside the rectum, usually have no symptoms; the patient is not aware of them as they do not generally cause any discomfort. However, straining when passing a stool may cause them to bleed. Straining can also push an internal hemorrhoid so that it protrudes through the anus this is called a protruding or prolapsed hemorrhoid and can be painful.

ii) External hemorrhoids: When a patient has external hemorrhoids they will lie under the skin around the anus. They can become very itchy and may bleed. Sometimes the blood may accumulate and form a thrombus (clot), which can be painful the area will swell and become inflamed.

Diagnosis of Hemorrhoids

- Hemorrhoids can be diagnosed by careful clinical examination by the doctor where the doctor examines the anus either with gloved and lubricated finger or through ano scope or a proctoscope that are inserted inside the rectum. Other ways may be through colonoscopy or sigmoidoscopy which includes insertion of a flexible tube for viewing the deeper parts of rectum or colon. Barium enema followed by X-ray of lower gastrointestinal tract may also be helpful.
- It is necessary to rule out other diseases associated with anal bleeding. These include Crohn's disease, anal fissure, colitis and colorectal cancer.

Prevention of Hemorrhoids

- Modification of diet and lifestyle- eating more of fibrous foods and less of processed food.
- Regular Yogic Practices and physical activities to prevent side effects of sedentary lifestyle
- Taking measures to prevent constipation by intake of adequate fluids and laxatives.
- Avoid prolonged sitting in toilet and avoiding straining while bowel movement.

Treatment for Hemorrhoids: by three methods

- i) Allopathic View**
- ii) Ayurvedic view:** Shastra, Kshar, Agni, Jalooka and Aushad
- iii) Yogic Practices**

Although hemorrhoids may settle down themselves without any treatment, the following measures can be adopted to treat it.

Allopathic Treatments

- **Creams and ointments** – Corticosteroids cream or suppositories maybe applied to the back area to relieve swelling and inflammation. These can be applied 5-7 times a day.
- **Warm sitz baths** for about 15 minutes 4-5 times in a day or the same number of times as of bowel movement

- **Analgesics** like paracetamol for alleviating pain and inflammation. These should be consumed in limited quantity as they may increase the sensitivity.
- **Local anaesthetics** for temporary relief of pain
- **Laxatives** to relieve constipation. Laxative could be either bulk forming or osmotic to increase the water content of stools and make them softer.
- **Diet modifications** during pregnancy. One must consult the dietician or gynaecologists for the diet modification.

If the symptoms don't subside, other measures may be taken by the doctor include: and

- **Sclerotherapy** or injection with a scar forming solution to close the hemorrhoid. It is used as an alternative to banding.
- **Rubber band litigation** in case of prolapsed hemorrhoids. This is done to lower down or remove the blood supply to the hemorrhoids.
- **Cauterization and coagulation** using laser beam or electric probe or infrared light.
- **Surgery** for the removal of grade three or grade four internal hemorrhoids.

Diet for Hemorrhoids (piles)

- To consume light and easily digestible food items Avoid the spicy and fried food
- Intake high fiber diet prevents constipation and hardening of stools.
- Taking juice of cabbage with black pepper, rock salt relieves from constipation. Spinach mixed with carrot juice is equally good too.
- Taking mango fades away the constipated condition.
- Taking boiled black grapes (dried) in milk before sleeping works as evacuation of bowel.
- Taking figs in the morning cures chronic constipation.
- Taking boiled dates in milk certainly stop constipation.
- Taking Spiegel seeds (immersed in water for a night) + sugar in the morning, reliever from constipated
- Guava helps in constipated conditions
- Castor oil is very useful remedy in easy evacuation of bowel.
- Taking 2 table spoon of almond oil in milk before sleeping clears bowel next morning without any difficulty.
- Taking triphala (haritaki, baheda and amla in equal amount) twice a day is very good and effective remedy in relieving from constipation.

- Intake of adequate fluids enhances the digestive system so, drink on an average about 10 to 15 glasses of water (not cold). Drinking of water in early morning empty stomach kept in copper vessel overnight is beneficial.

Yoga treatment for Hemorrhoids (piles)

Asanas

- **Surya Namaskar (Sun Saluation)** : it stimulates and balances all the system of the body, including endocrine, circulatory, respiratory and digestive systems
- **Kati Chkrasana**
- **Tadasana** : It stretches rectus abdomini muscles and intestine
- **Padahastasana** : It massage and tones the digestive system, alleviates flatulence, constipation and indigestion
- **Shashankasana** : massage and improve efficiency of intestine and digestive organs, alleviates flatulence, constipation
- **Vajrasana** : It increase the efficacy of the entire digestive system
- **Ushtrasana** : It stretches the stomach and intestine, alleviating constipation
- **Supta Vajrasana** : It massage the abdominal organ alleviating digestive ailments, and constipation.
- **Matsyasana** : It stretches the intestine and abdominal organs, alleviating constipation. It also relieves inflamed and bleeding piles.
- **Pawanmuktasana** : t massage the abdomen and digestive organs removing flatus and constipation.
- **Sarvangasana**: It release the normal Gravitational pressure from the anal muscles, relieving haemorrhoids, boosting the immune system
- **Shavasana**: It relax the whole psycho-physiological system.

MUDRA & BANDHA

- **Moola Bandha**: It bestows many physical, mental and spiritual benefits. It also stimulated to Intestinal peristalsis, relieving constipation and piles.
- **Ashwini Mudra**: It strengthens the anal muscles and alleviates disorder of rectum such as constipation, piles and prolapsed of rectum and uterus.

PRANAYAMA

- **Nadi Shodhan Pranayama:** it induces tranquility, clarity of thought and concentration, increase vitality and lower level of stress and anxiety by harmonizing the prana, balance ida and pingla nadi
- **Bhastrika Pranayama:** It burns up toxin and remove disease of doshas or humours: Kapha (phlegm), Pitta (bile), vata (wind) ; toning digestive system, balance and strengthen the nervous system

OTHERS

- Meditation: It gradually instills peace, stability and increasing awareness, deep relaxation of mind
- Yoga Nidra: It is a state of conscious Deep Sleep. Yoga Nidra brings an incredible calmness, quietness and clarity. It has great Therapeutics values.

CONCLUSION

Yoga can be very beneficial in relieving bowel troubles. Yoga helps in the removal of the toxins in the body which can give a free and active feeling to the body and once the toxins are out from the body, it helps to restore the normal balance of the body and provide freedom from the pain caused due to hemorrhoids. Hemorrhoids may cause back pain in several individuals because of its critical position in the body. Yoga exercises can help greatly in the treatment of hemorrhoids and the back pain. The stretch and strain provided as a part of yoga helps to regulate the body and provide freedom from the acute pain caused in the body. Also adding some of the elements of a yogic lifestyle may help with bowel difficulties. One of the key elements of the yogic lifestyle is strict vegetarianism. Various asanas can be used for the treatment of hemorrhoids like- sarvangasana (shoulder stand), tadasana (mountain pose), surya namaskar (sun salutation).

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