



In Geriatrics, the Role of Yoga in Gastro-Intestinal Disorders Related to Constipation (Vibandha)

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ABSTRACT

Jararoga can be incorporated in geriatrics in modern parlance which is a branch of medicine concerned especially with problems of ageing and diseases of elderly people. It tends to vary in different age groups by genetic factors, dietary habits, socio-economically conditions, life style, occurrence of diseases etc. Ayurveda has considered aged or elderly as Jara or Vardhakya, a natural disease. During this period of life, due to Dhatukshaya, Vataavidhi etc., Vatika disorders related to Gastro-intestinal tract like indigestion, abdominal distention, flatulence, diarrhoea, joint pain, backache, tremors in limbs, Insomnia are common problems. Among these constipation (Vibandha) is commonly complained by every second elder person. So, to treat this problem completely various Yogic procedures which are economically almost free can be a good alternative to treat constipation holistically. Management of geriatric G.I.T. problems especially constipation by Yoga can be done in two ways, by Yogic Ahara and by Yogic Vihara as Acharya Charaka says "Ahara Sambhavam Vastu Roga Aahar Sambhava". Yogic Vihara means by various Yogic Kriyas and Asanas like Surya-namaskar, Vajrasana, Pashchimothasana, Dhanurasana, Pranayama, Pratyahara and various Agnisara Kriyas through one can get control over Apana Vayu by correcting Jatharagni successfully.

KEY WORD: Constipation, geriatric diseases, Yogic Ahara, and Vihara .

INTRODUCTION

India is facing significant demographic shifts. We are seeing a rise in the geriatric population as birth rates fall. With a population of 80 million people, we have the world's second-largest geriatric population. By 2020, it is predicted that this figure would have doubled to 160 million people, representing for 13% of the total population. In the medical field, Structure or function may deteriorate as a result of ageing, disease, or both. It's possible that the decline will go unnoticed until it reaches a point beyond the individual's ability to adjust. Successful ageing entails the ability to adapt to change.

Jara or Vardhakya, according to Ayurveda, is a natural ailment that affects the elderly.

DISORDERS OF THE ELDERLY

According to Acharya Sharangadhara, Dhatukshaya occurs in old age, and Apana Vayu becomes vitiated as a result of dominant Vata Vardhak Ahara-Vihara, the sub-type of Vata that aids Mala removal and stability. Vatika disorders such as indigestion, abdominal distention, flatulence, frequently constipation and diarrhoea, joint pain, gastro-esophageal reflux disease or GERD, backache, tremors in limbs, insomnia, dementia, loss of memory, and so on are much more

common in this stage of life than in other periods of life due to Vata Dosha Vriddhi.

CURRENT SCENARIO

Among these issues, G.I.T. messes are a lot significant as, the working of the Gastro digestive framework has wide-going effects on the body. GI objections are significantly bound to be the boss grumbling, instead of simply a related issue. Numerous G.I. plot problems start with a deficiency of craving also, queasiness with or without spewing. Proceeded sickness as a rule brings about loss of craving and potential weight reduction. More convoluted G.I. states of more established grown-ups represent incredible individual consumption for treatment and a channel on the Nation's economy. There is expanded proof of a few impeded gastrointestinal capacities with maturing. The progressions in gastrointestinal microflora and diminished digestive insusceptibility of matured may support gastrointestinal contaminations that are regular in the elderly. Consistently around 62 million Americans are determined to have G.I. plot problems. As per the Public Institute of wellbeing, stomach related expense almost 107 billion dollar in direct medical care uses.

What is the definition of constipation?

Constipation is properly defined as having less than three bowel motions per week. The frequency with which you "go" varies greatly from person to person. Some people have bowel motions multiple times each day, while others only have them once or twice per week. Whatever bowel movement pattern you have is unique and normal for you - as long as you don't deviate too much from it. Whatever your bowel pattern is, one thing is certain: the longer you wait to "go," the more difficult it is for stool/poop to pass. Other characteristics that are commonly associated with constipation include: Your faeces are firm and dry. Your bowel movements are painful, and your faeces are difficult to pass.

Constipation is caused by a variety of factors.

Constipation can be caused by a variety of factors, including lifestyle choices, drugs, medical disorders, and pregnancy.

Constipation can be caused by a variety of factors, including:

Consumption of low-fiber foods.

consuming insufficient amounts of water (dehydration).

Not obtaining enough physical activity.

Traveling, eating, or going to bed at various times are all examples of changes in your typical pattern.

consuming a lot of milk or cheese.

Stress.

I'm resisting the temptation to go to the bathroom.

Constipation has the following symptoms:

You don't go to the bathroom more than three times per week.

Dry, hard, and/or lumpy stools are present.

You're having trouble passing your faeces, or they're unpleasant.

You're experiencing stomach cramps or a stomach ache.

You're nauseated and bloated.

After a bowel movement, you have the impression that you haven't totally empty your intestines.

DISCUSSION

The word 'yoga' itself implies 'union,' as in the union of body and mind for a healthy lifestyle. There isn't a single organ in the human body that Yoga exercises don't target. Yoga attempts to bring a person's mind and body into equilibrium. Yoga activities can provide relief from practically any condition affecting any organ of the body.

Yoga can be used to manage such geriatric G.I.T. difficulties in two ways:

1. Yogic Vihara and 2. Yogic Ahara.

Suryanamaskara, Yoga Mudras, and Asanas such as Vajrasana, Pavanamuktasana, Virasana, Matsyasana, Pashchimottanasana, Bhujangasana, Dhanurasana, Naukasana, and other poses that aren't too difficult for the elderly are used here. In India, there is an old adage that if a man's head and stomach are healthy, he is affluent; that is, if a person's mind is at ease and his stomach is unaffected, he is fit and tranquil. Because the two are inextricably linked, maintaining a healthy digestive system is crucial for maintaining a quiet mind, and all of these Asanas are excellent remedies for gas and constipation, two common stomach ailments.

Patanjali explains in the Yoga Sutras that Asana is "to be seated in a firm but relaxed position." On a physical level, Asanas, Kriyas, Mudras, and Pranayama help adults to stabilise and balance their energies, allowing them to use their energy more effectively. They tone up the digestive system by stretching and compressing the

abdominal organs alternately. It activates digestion and alleviates a variety of G.I. issues, as well as strengthening abdominal muscles by putting all of one's weight on the stomach, toning and strengthening stomach muscles, as well as improving digestion and cleansing the system of leftover food. They serve as a ventilator, fully ventilating the lungs and oxygenating the blood.

Surya Namaskara, or Sun Salutation, is a method of worshipping Surya, the Hindu solar deity, by focusing on the Sun in order to gain vitality. The practice's physical aspect 'links together.' This is true even when we have gastrointestinal issues on a regular basis. Yoga for the digestive system consists of a series of exercises or positions known as 'Asanas,' as well as numerous Yogic Mudras, Suryanamaskara, and other techniques that can bring complete relief from G.I. issues. Yoga and Ayurveda, when used together, not only provide alleviation, but also provide ideal therapy and a complete cure for a variety of stomach and digestive system ailments. Deep breathing exercises to increase oxygen in the blood and bring breathing in sync with the metabolic system (Pranayama) are prescribed as part of yoga therapy, as are several Asanas that directly address stomach problems, such as 'Dhanurasana,' which requires you to place your entire weight on your stomach, toning stomach muscles and improving digestion. There are Asanas for novices, such as Ardha Dhanurasana (half of Dhanurasana), in which you merely elevate your upper body and rest your weight on your stomach. Yoga activities are not like allopathic drugs, which usually provide short-term yet immediate comfort; they will take a week to become fully effective. According to the Shrimad Bhagvad Gita, Yoga combined happy life is described as: Yogic Ahara (food, air, and water taken for the sustenance of the body), Vihara (the contact with nature required by the body), Cheshta (efforts made by a man with a Sankalpa (determination), Karma (skillfully performed actions), Swapna (sleep and rest, etc) to awaken (to be in All of life's pains can be eliminated by combining these elements. In Ayurveda, Maharshi Charaka upholds it and says individuals who are envious of a solid and glad life ought to bring regarding a discipline and request in the above parts of their life. For example the food ought to be unadulterated, without any problem absorbable and comprehensive of good Samskaras. The

things created naturally in various seasons are viewed as the most commendable food of the separate seasons. In this manner utilization of occasional food sources is extremely useful for keeping up with great wellbeing. The significance of Vihara is acting in agreement with nature. In nature each season and place has its impact and there are standards to be followed to have the spot and the season. Understanding these standards and acting appropriately would be worthwhile to wellbeing. In the event that our endeavors and activities are coordinated towards respectable goals and are executed in the perfect opportunity with the correct means, then, at that point they end up being helpful in any case despite being dynamic and performing practice one doesn't cause any advantages. Individuals envious of driving sound and cheerful life ought to likewise be dealing with their Ahara.

Without a balanced diet, one will not be able to reap the benefits of Yogic Kriyas and may potentially develop ailments. As a result, Yogic Ahara is just as vital as Yogic Kriyas in terms of disease management and maintaining a healthy lifestyle. Numerous gastrointestinal symptoms, ranging from general dyspepsia to particular disorders such as diverticulitis or peptic ulcer, can limit food intake and nutrient intake. Food intake and utilisation are hampered by a range of different disorders. Nutrition is further hampered by poor absorption of nutrients. Nutrition intake and health status are linked by a slew of psychological and social factors. All of these Yogic techniques are nearly all-inclusive in terms of cost. These are available at no cost, and anyone can take advantage of them. processes at any time and at any location.

CONCLUSION

All geriatric illnesses, such as persistent gastro-intestinal difficulties, notably constipation, can benefit from yogic Ahara and Vihara. The pathophysiology of constipation manifested by Agnimandya can be stopped by altering Ahara and Vihara. To ignite the Jatharagni, one should consume Laghu, Ushna, and other Ahara in small amounts and practise specific Vihara, such as Vajrasana, Pavanmuktasana, and other Asanas and Mudras that work on the digestive system, such as Vajrasana, Pavanmuktasana, to correct the digestive fire and eliminate constipation.

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