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Role Of Yogasana In Arsho Roga

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ABSTRACT:-

Arsha is the commonest anorectal condition seen in the practice of proctology. Recent statistics reveals that more than 60% of population suffers from this disease. In modern Arshas can be correlated with hemorrhoids. Chronic constipation is a most common cause of hemorrhoids. Usually due to chronic constipation more pressure exerted on Haemorrhoidal veins as they have not contain any extra bony support hence it causes friction in the region which leads to varicosity of Haemorrhoidal veins which again due to chronic constipation yet strained and burst resulting in formation of haemorrhoidal mass. Bleeding per rectum, Pain, Constipation, Itching, Burning sensation are the characteristic features of Hemorrhoids. Yoga is a collection of body postures but total living an eternal source of scintillating health and happiness Yoga can help ease the pain and discomfort of digestive troubles like constipation. Yoga alleviates constipation. The way yoga benefits digestive system is through twisting poses, inversions, and forward folds. These poses massage to digestive organs, increase blood flow and oxygen delivery, aid the process of peristalsis, and encourage stools to move through digestive system. Doing yoga regularly can result in regular, healthy bowel movements with postures of different Yogasanas like Vajrasana, Halasana, Paschimottasana, Matsyasana, Sarvangasana, Bhujangasana.

Key words: Arshas, Hemorrhoids, Yoga, Yogasana.

INTRODUCTION:-

Arsha Roga, commonly referred to as piles or hemorrhoids, is a disease described in Ayurveda as a result of vitiation of doshas, leading to the formation of mamsa ankura (fleshy protrusions) in the anal region. These can be bleeding or non-bleeding, often accompanied by pain, burning, and discomfort.

Yogasanas (yogic postures) play an important role as a preventive and supportive therapy in managing Arsha Roga. Yogic practices help by:

1. Improving digestion and reducing constipation, which is a major causative factor for Arsha.
2. Enhancing blood circulation in the anorectal region, reducing congestion.
3. Strengthening the pelvic and abdominal muscles, supporting better bowel movements.
4. Reducing stress, which can exacerbate digestive problems

Haemorrhoids – it is a Greek word

- Haima = blood
- Rhoos = oozes / flowing
- Means the condition where blood oozes per rectally is called as Haemorrhoids.

Haemorrhoids are the condition characterized by the varicosity of the haemorrhoidal veins situated in the haemorrhoidal plexus of the anal mucosa.

Synonyms

1. Pile – It is Latin term, Pila means a ball / mass. A ball like mass present in anal region is called as pile.
2. It is a Latin term means growth. Extra growth present in Anal region.
3. Golden vein – This term indicates patho – physiological condition of the veins. These pathological veins earn gold to surgeon so known as golden vein

Clinical Features Of Arsha Roga

1. Bleeding –

It is first symptom of internal haemorrhoids. At first it occur at defecation, when the haemorrhoids are come down just far enough to be grasped by the external sphincter, it becomes congested, and bleeds either from a pin- point rupture or ulcer. The blood is bright red and may ooze out with considerable force “A Splash in the Pan”.

2. Prolapse –

Prolapse of internal haemorrhoids classified into 4 degrees haemorrhoids

3. Discharge –

A mucoid discharge from the rectum is a common accompaniment of a prolapsing haemorrhoid, and is most marked with the permanently prolapsed haemorrhoids.

4. Irritation –

This is a common type in 3rd degree haemorrhoids; it is caused by a constant leakage of mucous on to the anal skin, which is become moist, swollen and excoriated.

5. Pain- It is not a common symptom of haemorrhoids. It is caused by acute attack of proplase with thrombosis and much related external oedema, congestion and over stretching of skin. The complaint of severe pain would lead one to suspected associated condition

Importance of Yoga in Arsha Roga:

- Constipation is one of the main root causes of piles. Yoga helps in regulating bowel movements through abdominal compression and improved peristalsis.
- Yogasanas help in balancing vata dosha, which is a key factor in Arsha pathogenesis.
- Pranayama and meditation help in calming the nervous system, which supports better digestion and healing.

The different Yogasanas which are helpful in Arshoroga are;

1. Vajrasana
- 2 Halasana
3. Matsyasana
4. Sarvangasana
5. Bhujangasana
6. Paschimottasana

Benefits of Vajrasana for Arsha Roga:

1. Improves Digestion:-Sitting in Vajrasana after meals stimulates the digestive system by improving blood flow to the abdominal organs and promoting better enzymatic activity. This helps in preventing constipation—a major cause of piles.
2. Strengthens Pelvic Muscles:-Vajrasana gently strengthens the muscles around the anus and pelvic region, providing better support and reducing the strain during bowel movements.
3. Reduces Pressure on Rectal Veins:-This posture helps reduce venous pressure in the anal region, thus relieving congestion and inflammation associated with piles.
4. Promotes Bowel Regularity:-Vajrasana encourages better bowel movements and helps in managing irregularities, minimizing straining that worsens piles.
5. Calms the Nervous System:-Practicing Vajrasana with focused breathing calms the mind and balances the nervous system, indirectly supporting digestive health and reducing stress-related aggravation of piles.

Halasana in Arsha Roga (Piles)

Halasana, or the Plough Pose, is a classic yoga posture known for its therapeutic effects on the digestive and reproductive systems. It is sometimes recommended in the management of Arsha Roga to improve circulation and relieve symptoms.

Benefits of Halasana for Arsha Roga:

1. Improves Blood Circulation:-By inverting the body, Halasana helps increase blood flow to the pelvic and rectal region, reducing venous congestion that contributes to piles.
2. Stimulates Digestive Organs:-The forward bend compresses and massages abdominal organs like the intestines, liver, and pancreas, promoting better digestion and alleviating constipation, a major cause of piles.
3. Reduces Venous Pressure:-The inverted position helps drain excess blood from congested veins around the anus, relieving swelling and pain associated with hemorrhoids.

4. **Balances Nervous System:-**Halasana calms the sympathetic nervous system, which can help reduce stress-related aggravation of Arsha symptoms.

5. **Strengthens Pelvic Muscles:-**The pose gently stretches and strengthens muscles around the pelvic floor and lower back, supporting bowel movements.

Matsyasaan

A Yogi named Matsyendra Nath a disciple of Gorakhnath, conceived this pose. So it is called so after his name. This Asana require particular practice, and patience to master it. Once it is mastered it proves very beneficial.

Person should stretch legs forward and lift the left leg bending it at the knee joint. Left foot should go below the right thigh. By bending the left knee press the left heel on the perineum or put it on the right side of the buttock taking it out below the right leg. Now lift the right leg a little. Bend the knee, keep it erect at the left side of the left thigh taking it towards the left side. And then draw the stomach in by exhaling and keep it so. After this, press the right knee joint with the right hand, bend it towards the left side, turn the stomach towards the right side, and then put the left arm on the right side of the right knee, Hold then right heel with the left hand Turn the neck and head towards the right shoulder. You can do this Asana by changing the position of hand and leg. In the beginning do it for few seconds only, increase the time gradual. In the beginning person cannot hold the toes of right foot so he/she should turn the waist keeping both palms on the ground and try to hold the toes of the right foot.

This Asana enhances blood circulations and improves the digestive function by giving strength to abdominal muscles, All abdominal diseases get cured by regular practice, diseases of intestines which has symptoms of constipation flatulence get cure readily due to increased action of intestinal motility.

Sarvangasana

‘Sarvanga’ means ‘total parts of the body’ As this Asana gives exercise to the whole body so it is called Sarvangasana. holding it with both hands. Elbows should lie flat on the ground, and the arms should be close to the body. The head, neck shoulder and back should lie on ground.

Now slowly straighten the body, buttocks and legs. The soles should point towards the sky. The back should lie flat on the chest. This is final position of this pose. Do comfortably as long as possible and breathe normally. Returning to the normal position, bend the legs forward a little, remove the hands and keep them flat on the ground and bring the back, the waist and lastly the legs to the ground and relax.

This Asana helps to improves the gastritis, flatulence, constipation problems, promote the Agni help in indigestion problem

Bhujangasana

‘Bhujanga’ mean ‘snake’ The body takes on the shape of a snake when one undertakes Bhujangasana. For this person should lie flat on chest. Straighten his/her legs, Big toes should be adjacent to each other and feet touching each other out. Soles should face the sky, place the palms next to chest and arms and elbows should touch sides. Now keep the chin firmly on the ground and raise the head a little. Inhale and raise the chest back up to the navel and bend the head backwards. Take all the weight of the body on them. Now inhale and return slowly to the first position. First the chest, then the Person should lie down first flat on back. Keep hands straight by side. Inhale deeply and then press on the palms on the floor. Stretch the hands and feet. Now raise the legs from the ground and keep them raised. The soles should face the sky. Exhale and bring the legs towards the head so that buttocks and a part of the waist also raise a little. Support the back by head and then the chin should touch the ground. Relax. In the beginning, it is enough to retain this pose for 4-6 seconds. The time can be increased slowly.

This is a very important exercise for the abdominal organs, it gives strength to abdominal muscles, cures indigestion flatulence, gastritis, relieves constipation.

Paschimottasana

The backside of the body is fully stretched in this asana. It is an important pose, It can be done in various ways. Here are three techniques.

1. Sit, stretching both the legs forward. Doing exhalation, bend forward slowly, hold the heel of the right foot with the right hand and the heel of the left foot with the left hand. By stretching the stomach fully in, bend slowly forward and put the nose or head on the knees. Stop breathing and stay on comfortably as long as one can and then inhale slowly. Return to the original position.

2. Stretch the legs forward. Let both the knees and toes be together. Stretch the hands also forward and Inhale. After exhaling bend forward. Bring both hands towards toes. Slowly hold the toe of the right leg with the right and left toe with the left hand .Try to touch the knee with the nose or head. Do inhale. Hold on as long as possible and then inhale slowly and come to the erect position. Stretch both the legs forward. Inhale while stretching both hands forward. After exhalation, bend forward. Being keeping both the hands

towards the toes of the feet and move forward. Draw the stomach in and try to touch both the knees by nose. Put hands on knees, Take hands beyond feet. Stay in that position as long as one can. Do not inhale. And slowly come to the former position, breathing slowly.

Though Paschimottasana is a difficult Asana, it can be performed by practice quickly. In the beginning it is better to practice slowly. It is the best Asana for reducing obesity, best for exercise of abdominal muscles, best in diseases of liver, intestine, and to cure the piles.

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