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Role of Yogasana in *Arsho Roga*

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ABSTRACT

A sound soul in a healthy body can achieve the over lasting and unabated peace and bliss, which is the ultimatum of each and every human being, so no gift surpass the gift of life. *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. This condition, even though seldom fatal, gives more trouble to the sufferer and poses greater difficulty for treatment. 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

Ayurveda is the science of life. It gives importance for prevention and cure of the disease. Physical and mental stress, lifestyle, food habits and personal habits are responsible for disturbing the equilibrium state of health making the individual to suffer from

various diseases. Ayurveda is an eternal life science. It should be brought up and make to shine by the efforts of Ayurvedic doctors as it has been lurking (hidden) under dark shadows for years together. So any research in this field is a contribution to it. The main aim of Ayurveda is – “*Swasthasya Swastya Rakshanam, Aturasya Vikara Prashamanam*” i.e. promotion of health and eradication of the disease.

A sound soul in a healthy body can achieve the everlasting and unabated bliss, which is the ultimatum of each and every human being. So no gift can surpass the gift of life.

Acharya Charaka states that the root cause of all diseases is mandagni i.e. “*Rogah Sarve Api Mandeagnau*”.

Arsha is one which is caused due to *Mandagni*.

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Arshas is a disease considered to be one of *Mahagada* where the presence of *Mamsankura* at *Guda* region seen termed it as *Gudaja* or *Payuja*. This disease generally can be compared to haemorrhoids in modern . Non vegetarian persons are more prone to this disease; persons who are accustomed to high fibre diet and taking green vegetables are usually not affected by this disease. Piles are the price; humans are paying for adopting erect posture. It is fairly common clinical problem, which cause great inconvenience in day-to-day activities. According to Burkit medical journal of 2010 Haemorrhoids are common in economical developed communities, rare in developing countries and almost unknown in tribal communities in India approximately 80% sufferers are in the age group of 21-60 years. During pregnancy Haemorrhoids commonly appears called “pregnancy piles” are due to compression of superior Haemorrhoidal veins by the pregnant uterus. This may further continue to exist even after labour.

The disease occurs in *Gudaavyavas* particularly in *Guda Vallis*, according to *Sushruta* there are three *Vallis* at *Guda* region namely^[1]

1. Pravahini - Rerefers to internal sphincter which serve to open and empty stools
2. Visarjani - Serve to sustain the strong gastrocolic reflex and enables the act of defeacation.
3. Samharani - The external sphincter which serves to close the anal orifice and anal canal.

Peoples of modern India are more addicted to deit contains *Amla, Lavana, Katu Rasa Pradhana Ahara, Ushna, Teekshana Guna Yukta Ahara, Viruddha Ahara, Madya Sevana*, which vitiates *Rakta* and *Pitta* of the body directly or indirectly. Womens are more likely to use spicy and non fibrous, constipating diet which is the main *Aharaja Nidanas* for *Arshas*. *Viharaja Nidanas* as *Ativyayama, Atapasevana, Divaswapna, Atichankramana, Atiyanagamana*, Long standing erect posture and the *Vega Dharana* in womens particularly causes *Arshas*.

Acharya Charaka says *Arshas* is *Adhimamsaja Vikara*,^[2] due to above explained *Nidanas, Agnidushti*

takes place which leads to *Mamsadhatu* vitiatio, by continous strainig during constipation leads to *Sira Shaithilyata* of *Guda* which leads to formation of *Arshankuras*.

The symptoms of this disease are *Agnimandya, Aalasya, Vibandha, Vedanayukta Malapravrutti, Marma Utpeedana Upadravas, Saraheen Sharira, Raktakshaya*.

Hemorrhoids (AmE), haemorrhoids (BrE), emerods, or piles are varicosities or swelling and inflammation of veins in the rectum and anus.

Hemorrhoids are actually the anatomical term for "Cushions of tissue filled with blood vessels at the junction of the rectum and the anus." However, the term has come into common usage to indicate the condition described here. Hemorrhoids usually are not dangerous or life threatening. In most cases, hemorrhoidal symptoms will go away within a few days. Although many people have hemorrhoids, not all experience symptoms .The incidence of Haemorrhoids apparently increases with age and it seems likely that at least 50% of population over the age of 50 years have some degree of Haemorrhoids formation. Many people have Haemorrhoids in symptom less form but once in a while they get the attack of Haemorrhoids.

Definition

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

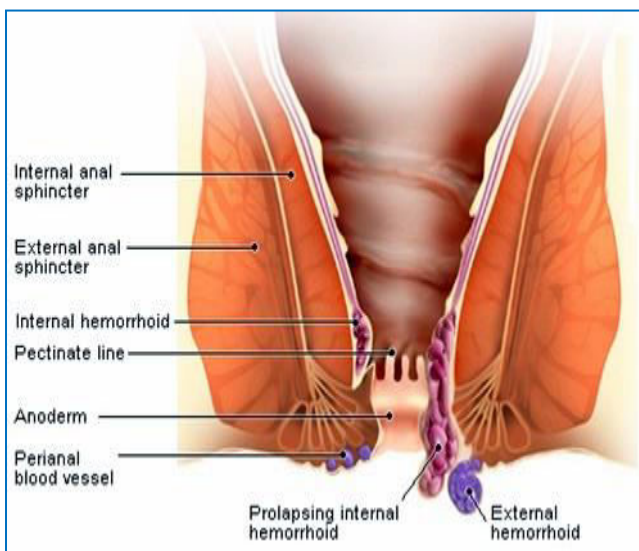
1. Pile – It is Latin term, Pila means a ball / mass. A ball like mass present in anal region is called as pile.
2. Figs – It is a Latin term means growth. Extra growth present in Anal region.

3. Golden vein – This term indicates patho – physiological condition of the veins. These pathological veins earn gold to surgeon so known as golden vein.

Pathogenesis

Internal haemorrhoids develop in conditions in which the intra abdominal pressure is increased such as constipation, pregnancy, diarrhea, prostatism or hard muscular work, portal hypertension increases the risk of developing internal haemorrhoids, by causing abnormal venous dilatations and degenerative process in the collagen fibers and fibroelastic tissues, distorsion and rupture of the anal sub epithelial muscles occurs. In addition to above findings severe inflammatory changes seen.

Formation of Hemorrhoids



Classification

1. According to cause: Primary and Secondary
2. According to site: Internal, External, Interno - external.
3. According to prolapse: 1st degree; 2nd degree; 3rd degree; 4th degree.

1st degree - Haemorrhoids does not come out from anus entirely remains within the anal canal. Patients in this stage usually present with rectal bleeding (bright red) and occur during defecation as 'splash in pan'.

2nd degree – It occurs when with further hypertrophy of mucosal suspensory ligaments become relax and piles will descend. At first the prolapsed only occurs at defecation noticed by patient and slips back spontaneously when the expulsive effort ceases.

3rd degree – They remain prolapsed after defecation and require replacement. At a later stage hemorrhoids come down on walking, prolonged standing or any extra exertion and remain down until it has been replaced by finger pressure.

4th degree – Haemorrhoids become permanently prolapsed, external swelling is present from venous obstruction, the sphincter may become stretched, feeling of heaviness and discomfort in rectum.

Clinical Features

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 pinpoint 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.

Position of haemorrhoids

Haemorrhoidal veins situated in the haemorrhoidal plexus. The haemorrhoids are well visualized by proctoscope. They are frequently arranged in three groups 3^oclock, 7^oclock, 11^oclock. When the patient in lithotomy position. These position are corresponding to the position of the haemorrhoidal plexus.

Low roughage, rich protein diet is the main predisposing factor for haemorrhoids formation. Ayurveda gives prime importance for *Agni*. *Vibandha* or constipation is considered to be the major factor for almost all metabolic diseases.

Yoga is a collection of body postures but total living, an eternal source of scintillating health and happiness. It aims not only at body or muscle building but also regulating and vitalizing the functioning of all our inner and vital organs, glands and mind. As the digestive system is having an intimate relation with nervous system of body for secretion of different enzymes and proteins, Yoga act as boon on those who follow and practice it sincerely.

The word Yoga, *Yogasutra* as defines, “*Yoga Chittavrutii Nirodhaha*”, As the settled state of mind this is nothing but “*Svasmin Dishati Iti Svastha*”, Which states that one who always remains united with the self is a healthy person.

These verses shows that one who always remains united with the self is a healthy person, these verses proves that both Yoga and Ayurveda have same goal, which is attaining union with the self the most settled state of the mind and body.^[3]

Many other verses from Ayurvedic *Samhitas* point to this self referral state of mind and body. A verse from *Sushruta Samhita*, says “A person whose *Doshas* are in balance, whose appetite is good whose *Dhatu*s are functioning, normally whose malas are in balance, and whose self mind and sense remain full of bliss is called a healthy person”.

So again it shows a deep relation of Ayurveda with Yoga which denotes the unity of mind body and consciousness.

According to Charaka, Yoga is central to *Dinacharya* - the *Ayurvedic* routine.

Yoga balance all the three *Doshas*, different postures have different effects.

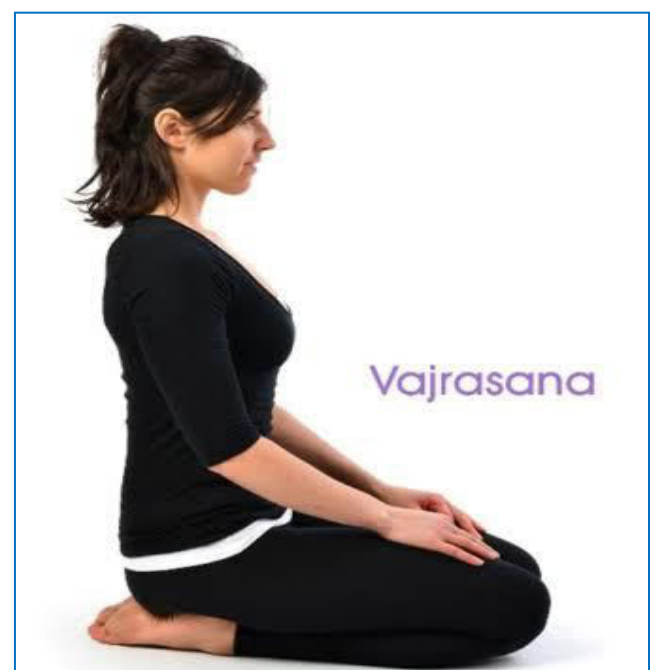
Forward bending posture does the *Shamana* of *Pitta Dosh*a, Twists are good for *Kapha Vilayana* and stimulates digestion backward bends produces heat in body and balances *Vata*.

The different *Yogasanas* which are helpful in *Arshoroga* are;

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

1. *Vajrasana*^[4]

‘*Vajra*’ means thunder bolt. This *Asana* makes the body strong and harder like thunder bolt, so this is known as *Vajrasana*.



For *Vajrasana* bend the legs backward and sit with the help of knees. Stretch the legs towards the back and toes should touch with each other, Keep the heels

apart and let buttocks rest on heels. The waist, neck and the spinal column are in straight line. Both hands are rest on the knees and keep the elbow straight. The fingers should touch each other. Look towards the front. Breath normally, it is enough to do this for 5-10 seconds in the beginning. Afterwards gradually increase the time to even half an hour.

This *Asana* can be done even after taking food. It is the only *Asana* which can be done after taking food. In the beginning while doing this, person might feel pain in the legs due to stretching, but need not discontinue the practice. Within four to five days the pain will disappear.

Persons suffering from Indigestion should do it after taking food. It helps to remove gastritis, flatulence, constipation and disease like rhuematisim.

2. *Matsyasana* [5]

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.



3. *Halasana* [6]

'Hala' means 'Plough', As the body assumes the shape of a plough in this *Asana*, this is known as *Halasana*.

Lie on back and keep hands straight by side. Palms should be flat on the ground. Now inhale and press the floor with palms. Slowly raise the legs upward. Keep the legs raised up. After exhaling raise the waist. Bring the legs backwards towards the head. And then bring them to the ground slowly.

Now bend the hands and keep them at the back of your head interlocking the fingers of both hands. Let the feet be together and straight. There should not be any gap between them.

This is the final stage. In this stage, let the breathing be normal. Be in this position comfortably as long as possible. Now first remove the hands and keep them straight by side and after inhaling slowly return to the original position. Now put the legs on the ground. Breath normally and relax.

This *Asana* is not easy, it should be practiced regularly.

This should be done only once at a time, then may increases the time of its final position from 5 to 7 minutes only. Once should not stretch it more than this period.



This is very beneficial for diabetes and metabolic disorders. It cures the indigestion and relieve constipation, Increases appetite and removes the root cause related to diseases of stomach and liver.

4. Sarvangasana ^[7]

'Sarvanga' means 'total parts of the body' As this Asana gives exercise to the whole body so it is called Sarvangasana.



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

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 problems.

5. Bhujangasana ^[8]

'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

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.

6. *Paschimottasana* ^[9]

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.

Ultimately the goal of Ayurveda is

“*Sarvesanthu Niramaya*”

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