

Role of Yoga in Our Digestive System

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ABSTRACT

Digestive system is one of the important systems in body as it provides food to all body cells from the external surrounding conditions. Modern way of living has bad effects on digestive system which results in different digestive issues. Ayurveda is normally emphasizes the medication as well as wellbeing. From the different branches of Ayurveda Yoga is one of the giving branch which helps to improve digestive system. Specifically Yogasana found to be more effective against different digestive issue and helps to improve digestive system.

Keywords: Ayurveda, Natural therapy, Asana, Medical therapy

INTRODUCTION

Yoga is one of the oldest sciences of Indian origin. Yoga is popular exercise popular things are going; another choice medical therapy; a very deep related to religion or the soul path; these are different colors of Yoga. Yoga is psycho-body-related related to religion or the soul field of study for accomplishing with effort union and harmony between mind, body and soul; and the very best union of individual with the universe. Having to do with where words come from the word Yoga is taken from the Withoutkrit root "Yujira Yoga" meaning to unite, to combine or to integrate [1]. Patanjali Ashtang Yoga consists of eight limbs - Yama, Niyama, Asana, Pranayama, Pratyakheya, Dharana, Dhyana, and Samadhi. From all these Ashtang Yoga; mostly Yogasana cause positive effect on digestive system. Through different studies it is followed that by Yogasana peristaltic movements of intestine is increased. More than those things that act as foods are soaked up like a towel and desired supply of something that acts as food is made available to pertaining to each person or thing parts of the body [2]. Changing life style is one of the leading causes which have bad effect on digestive system. Dietary changes are responsible for most of digestive problems. So Yoga can be best the therapy for these over heading problems of digestive system. The direct positive effect of Yoga on the digestive system is that it's like an internal massage of the tube from the mouth to the anus, including the stomach area, intestines, liver, and pancreas. This massage makes sure of the flow of blood and oxygen, and also strengthens the muscles of the internal organs. Related to processing and using food processes are activated in organs and tissues, saving them from going bad from not moving. A large amount of enzymes are created in order to support the picking up of a liquid of things that act as foods, while intestinal peristalsis is improved, excretory processes function better, etc. there are some asana which help our digestive system like, Apanasana is

translated from Withoutkrit as 'Wind-Relieving Pose'. The asana that act directly on the stomach- and intestine-related area of land are: twisting Parivrtta Trikonasana, Marichyasana, for stretching Setu Bandha Sarvangasana, Adho Mukha Svanasana, Uttkatasana, for compressing Paschimottanasana, Balasana, Uttanasana, Apanasana another very important effect is reduced stress and a healthy nervous system. The central nervous system is the main device that controls of human activity, that's why nerve problems often affect the organs of the digestive system. As always during too much of one thing and not enough of another, the weakest point is stuck, and many results of these attacks are quite very hard to treat. Both educated people and professional's people have already recognized Yoga as an excellent tool to calm nerves and to restore positivity in your soul. You can feel it after each session. by this we can also get help from Balasana, Uttanasana, Adho Mukha Svanasana, Utthita Trikonasana and, of course, the favorite Savasana for our digestive benefits [3]. Yoga is a developing other choice medical therapy in modern way of living. Yoga is helpful in management of mind-related and physical problems. Digestive problems are the most irritable and leads disturbed way of living. Changing way of living, dietary changes, mental stress are one of the leading causes which have bad effect on digestive system. So, Yoga is the best natural therapy for the major problems of digestive system. Chief goal of digestive system is to breakdown huge very large molecules into smaller molecules. It provides food to body and does different body functions.

CONCLUSION

Digestive system of our body is very important than the other things, because we need energy from food. Foods are orally entered and then enter into the digestive system, which large molecules break into simpler and then we get energy. So it is a complex process of our body system. So if somebody suffering in digestive problem they

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have many problems face and also suffering many diseases. So that yoga is the best therapy for digestive system. There are so many asana are available which we can use to improve our digestive system.

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