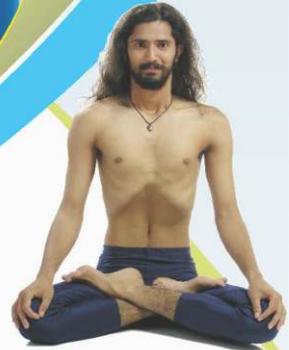
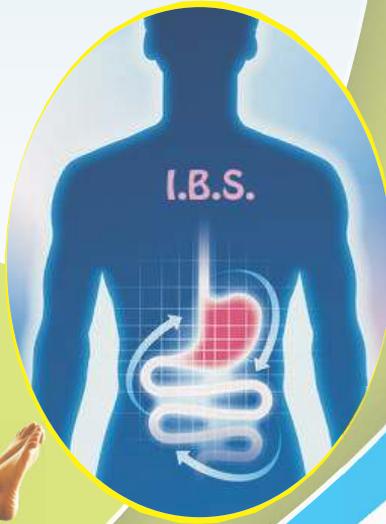


Yogic Management of
**IRRITABLE BOWEL
SYNDROMEÆ**



Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

68, Ashok Road, New Delhi - 110 001



IRRITABLE BOWEL SYNDROME

Introduction

The Irritable Bowel Syndrome (IBS) is a common and one of the major non-organic gastro-intestinal disorders. It can cause bouts of stomach cramps, bloating diarrhoea and constipation. This condition precipitates from the long-standing stress, which ultimately leads to the physical symptoms. The IBS is characterized by alternate constipation and diarrhoea or either one of the conditions may be predominating. Based on this the IBS can be classified into two types: Diarrhoea predominant or constipation predominant.

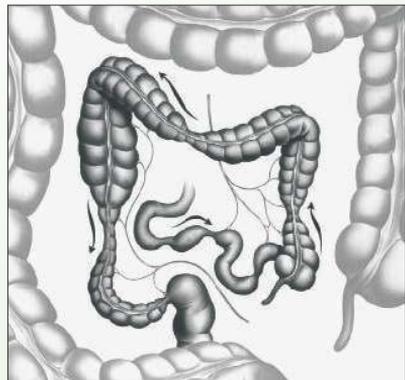
Symptoms of IBS

The symptoms of IBS are usually worse after eating and tend to come and go in bouts. The most common symptoms of IBS are :

- Abdominal pain and cramping - often relieved by emptying the bowels
- Change in bowel habits - such as diarrhoea, constipation or sometimes both
- Bloating and swelling of the abdomen
- Excessive wind
- An urgent need to go to the toilet
- A feeling of not completely emptying the bowels
- Passing mucus from the bottom

However, symptoms can vary from person to person. Some people have constipation, which means hard, difficult-to-pass or infrequent bowel movements. Often these people report straining and cramping when trying to pass stool, but cannot eliminate any stool or they are able to eliminate only a small amount. If they are able to pass stool there may be mucus in it. Some people with IBS experience diarrhea, which is frequent, loose, watery stools. People with diarrhea frequently feel an urgent and uncontrollable need to pass the stool. Other people with IBS alternate between constipation and diarrhea.

Sometimes people find that their symptoms subside for a few months and then return, while others report a constant worsening of symptoms over time.





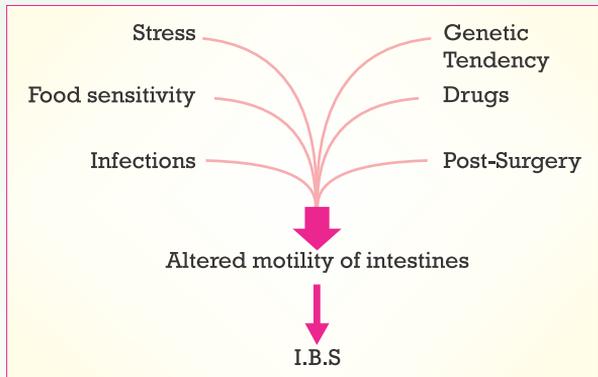
Causes of IBS

Researchers have yet to discover any specific cause for IBS. One theory is that the colon (large bowel) of the people who suffer from IBS is sensitive and reactive to certain foods and stress. The immune system, which fights infection, may also be involved.

Pathophysiology

The lining of the colon (epithelium), which is affected by the immune and nervous systems, regulates the flow of fluids in and out of the

colon. In IBS, the epithelium appears to work properly. However, when the contents inside the colon move too quickly, the colon loses its ability to absorb fluids. The result is too much fluid in the stool. In other people, the movement inside the colon is too slow, which causes extra fluid to be absorbed. As a result, a person develops constipation.



Triggers of IBS

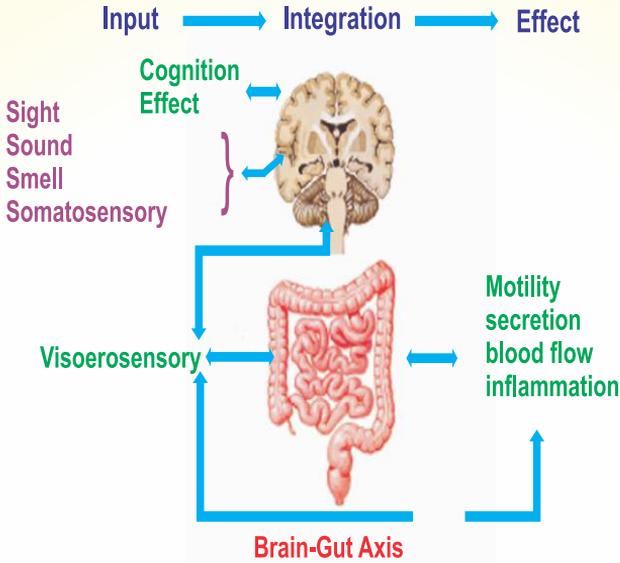
Certain foods and drinks can trigger the symptoms of IBS. Triggers vary from person to person, but the most common ones include :

- Fizzy drinks
- Alcohol
- Chocolate
- Drinks that contain caffeine, such as tea, coffee or cola
- Processed snacks, such as crisps and biscuits
- Fatty food
- Fried food

Keeping a food diary may be a useful way of identifying possible triggers in the diet.

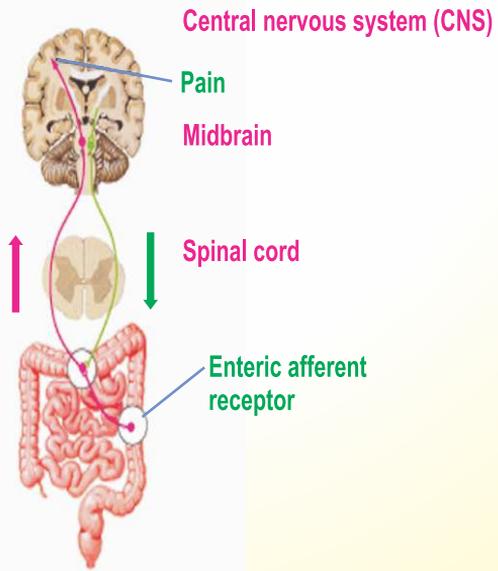


Irritable Bowel Syndrome (Pathophysiology)



All gut function (motor, sensory, and secretory) are controlled by intrinsic and extrinsic neural systems.

These systems interact in a bi-directional network between the brain and gut => brain-gut axis.





Lifestyle Guidelines

- ❖ Exercise regularly – 30 to 60 minutes of moderate exercise every day.
- ❖ Daily practice of Yoga can significantly reduce stress-related symptoms.
- ❖ Pay attention to the body’s signals. When feeling the urge to move the bowels, take the time to do so.
- ❖ Make sleep a priority—inadequate sleep reduces the body’s ability to manage stress effectively.

Yogic management :

Since one of the basic causative factor is stress, every effort should be made to root out the stress. Simultaneously, the management of physical symptoms, if any, has to be taken care. Efforts should also be made to rule out the organic involvement of the disease.

The specify yogic practices recommended for the treatment of IBS are :

- a. **Kriyas** : Kapalabhati, Agnisara, Nauli, Shankaprakshalana.
- b. **Suryanamaskara**
- c. **Selected practices of Yogic Sukshma vyayama** : Udara shakti vikasaka kriya
- d. **Yogasanas** : Uttanapadasana, Pawanamuktasana, Sarvangasana, Sarala Matsyasana, Bhujangasana, Dhanurasana, Gomukhasana, Vajrasana, Shashankasana, Ushtrasana, Marjariasana, Vakrasana, Tadasana, Katichakrasana
- e. **Pranayama** : Nadishodhana Pranayama, Suryanadi Pranayama, Bhramari, Bhastrika.
- f. **Relaxation** : Shavasana, Yoga Nidra
- g. **Meditation** : Simple breath watching, Om chanting, Om Meditation

Disclaimer: This material is meant for general awareness and not for disease management through Yoga. It should not be treated as a medical prescription. All practices should be performed under the guidance of a qualified Yoga expert.

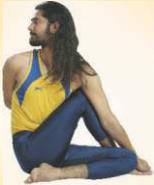
YOGIC PRACTICES FOR THE MANAGEMENT OF IRRITABLE BOWEL SYNDROME



Kapalbhati Kriya



Tadasana



Ardha Matsyendrasana



Vajrasana



Shashankasana



Nauli



Katichakrasana



Pavanamuktasana



Gomukhasana



Nadishodhana Pranayama



Suryanamaskar



Sarvangasana



Matsyasana



Ushtrasana



Marjari asana



Bhramari



Meditation

EDUCATION AND TRAINING

Institute is presently running PG, UG, Diploma, Certificate and Foundation courses of Yoga

Sr. No.	Courses	Duration	Intake Capacity
1	M.Sc. (Yoga) Affiliated to GGSIPU, New Delhi	02 Years	30
2	B.Sc. (Yoga) (Affiliated to GGSIPU, New Delhi)	03 Years	30
3	PGDYT for Medicos and Para-medicos (Affiliated to GGSIPU, New Delhi)	01 Year	20
4	Diploma in Yoga Science for Graduates	01 Year	97
5	Certificate Course for Yoga Therapy Assistant (CCYTA)	06 Months	30
6	Certificate Course in Yoga for Wellness Instructor (2 batch in a Year)	06 Months	2/ Odq A` sbg
7	Certificate Course in Yoga for Protocol Instructor (4 batch in a Year)	03 Months	2/ Odq A` sbg
8	Foundation Course in Yoga Science for Wellness (12 batch in a Year)	01 Month	2/ Odq A` sbg
9	Basic Course in Shatkarma Practices (Weekend)	01 Month	2/ Odq A` sbg
10	Foundation Course in Yoga Science for Wellness (Weekend)	02 Months	2/ Odq A` sbg

HEALTH PROMOTION & YOGA THERAPY PROGRAMMES

11	Health Promotion Programme (HPP)	01 Month
12	Individual Yoga Therapy Session	30-45 Minutes

OUT PATIENT DEPARTMENT (OPD)

- Running a Yoga Therapy OPD in its premises.
- Yoga Therapy and Diet Consultation are provided to the needy people.
- Institutional Bio-chemistry Lab is attached to the OPD for assessment.
- Senior Medical Officer, Dietician, Yoga Consultant, Yoga Therapists & Yoga Instructors, Ayurveda and Naturopathy Consultants provide consultation in OPD.
- Timings of OPD - 8:00 am to 6:00 pm on all working days including Saturday.
- Mainly the NCDs are being treated in the OPD.
- Established Preventive Health Care Units in CGHS dispensaries, and Yoga Therapy Centers in Tertiary hospitals.



For further details please contact:

Director

Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

68, Ashok Road, New Delhi-110 001

Ph : 011-23730418, 23351099, Telefax : 011-23711657

Email : dir-mdniy@nic.in Website : yogamdniy.nic.in

For more details
scan this QR code

