

TO MAKE A FUNDAMENTAL UNDERSTANDING OF THE ROLE OF YOGA AND PRANAYAMA IN HERNIA

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ABSTRACT

Ayurveda samhita has explained different types of treatments and procedures for treating the Hernia. A number of factors act alone or in combination to weaken the abdominal muscles. Any condition where the intra abdominal pressure is raised may contribute to a Hernia . This article is planned on conceptual basis for both preventing and curing the Hernia. In Ayurveda Hernia is referred to as Antravridhi.

KEYWORDS

Antravridhi.

INTRODUCTION

Hernia is the protrusion of any internal organ through an abnormal opening anywhere in the body. Hernia occurs in both sexes and is a common disorder . Yogic practices are the best for preventing and curing Hernia. Most Hernias are supposed to be benefitted from a few months of persistent practice of specific asanas , combined with modification of diet & lifestyle. In long standing Hernias & in cases where there is risk of obstruction or strangulation , or if the Hernia has developed to large and unmanageable proportions.

AIM

To make a fundamental understanding of the role of Yoga and Pranayama in Hernia .

OBJECTIVES

To present a more clear vision of the asanas and pranayama advised in Hernia.

MATERIAL AND METHODS

The study is planned on conceptual basis using the texts of Yoga and Ayurveda & then a logical approach is applied to conclude the main points of the study.

OBSERVATION & DISCUSSION

CLASSIFICATION OF HERNIAS

Based on the site where they occur in the body.

- Inguinal hernia occurs when a part of the abdominal contents pushes into the inguinal canal. This is a narrow passage in the groin through which the testis descends into the scrotum before birth. The contents of the Hernia may pass down into the scrotum before birth.
- Femoral Hernia usually occurs in women. The abdominal contents move into the front of the thigh through the opening which carries the femoral artery into the leg.
- Umbilical Hernia occurs when the Hernial sac bulges out through the umbilicus where a natural weakness in the abdominal muscles exist. This form of Hernia usually appears at birth or in infancy, but may also occur in an obese & weak abdomen in middle age.

Based on their reducibility

- Reducible Hernia : A Reducible Hernia is one where the protruding sac can be pushed back inside the abdomen.
- Irreducible Hernia : An Irreducible Hernia is a life threatening situation & a medical emergency .This occurs when the abdominal contents become caught in the Hernia & cannot be pushed back. Such a situation can lead to strangulation ,gangrene of the parts in the Hernia & even death.

CAUSES OF HERNIA

- A number of factors act alone or in combination to weaken the abdominal muscles.
- There may be a developmental defect or a congenital weakness of the abdominal muscles or ligaments.
- Any condition where the intra abdominal pressure is raised may contribute to a Hernia.
- Obesity and habitual overeating cause the abdominal wall to be overstretched & the intestines to be overstuffed cause a raised pressure in the abdomen.
- Lack of exercise (sedentary lifestyle) results in loss of muscle tone of abdomen, the abdominal organs begin to sag and the whole abdomen starts to protrude markedly.
- Pregnancy & childbirth.

MANAGEMENT OF HERNIA

- No Asanas should be practiced while a Hernia remains in an unreduced state.
- Any Hernia should be first replaced inside the abdomen by expert manipulation.
- **ASANA** Pawanmuktasana 1 & 2, especially Naukasana ,Ardhatitali asana & poorna titli asan, halasana, pashinee mudra, sarvangasana matsyasana , vajrasana, shashankasana, ushrasana , yoga mudra, vipareeta karani asana, supta vajrasana.
- **PRANAYAMA** bhramari mild bhastrika, antar kumbhaka , jalandhara & moola bandha , bahir kumbhaka with uddiyana bandha.
- **MUDRA & BANDHA** Ashwini mudra, vajroli mudra, moola bandha ,agnisar kriya.
- **SHATKARMA** Jala neti, laghoo shankhaprakshalana once per week
- **RELAXATION** Yoganidra
- Restoration of proper digestion, correction of constipation, & balance of the apana vayu.

- Avoid lifting heavy weights
- A light natural vegetarian diet

OBSERVATION/RESULT

Asanas and Pranayama are useful in both preventing and curing the Hernia. .

REFERENCES

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