An Analytical Study to Ascertains the Usage of Yoga Āsana as a Supportive Measure in Management of Haemorrhoids

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Abstract

Haemorrhoid is a fairly common and bothersome problem seen in the society. It has a link with food and behavioral habits as well as hereditary factors. Sedentary life style and constipation also play a major role in the etiology. Most of the patients who seek medical help only receive medicinal, surgical and para-surgical remedies. But sometimes these remedies are not enough to control the problem successfully and to minimize recurrence. Yogic exercise speaks of a range of asanas that provide substantial amount of exercise to the abdominal and pelvic regions. A literature based study was carried out through referring the major texts on yoga to find out whether there are any set of specific asanas that can be adopted as a supportive measure in treating haemorrhoids. 87 asanas mentioned in the main texts were studied. Among them 26 asanas showed qualities which can be specifically beneficial in supporting haemorrhoid treatments. From the selected list of asanas 10 were derived as relatively easy to practice asanas. All the selected asanas agreed with either 1 or more points of Arshas Chikithsa Sutra. It was concluded that The Asana types discussed in Yoga Philosophy includes ones which can be used on haemorrhoid patients, through correction of body functional and postural errors.

Keywords: Asana, Haemorrhoids, Posture, Yoga