

An Analytical Study to Ascertain 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