

YOGA TREATMENT FOR PILES

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योगेन चित्तस्य पदेन वाचं मलं शरीरस्य च वैद्यकेन।

योऽपाकरोत्तं प्रवरं मुनीनां पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥¹

Introduction to Yoga –

The origin of Yoga goes back to many thousands of years and considered to be divine rather than human. The elements of Yoga are found in the Indus Valley civilization, Vedas, Upanishads, Smurithis, Puranas, Ramayana and Mahabharata.

Yoga is one of six Indian philosophical systems and it is one of the most important facets and earliest manifestations of India's cultural heritage. In ancient India, the heritage of yoga was handed down from the tradition of Preceptor and Disciple [Guru and Sishtasampradaya]. It is an open path for all people having different faiths belonging to different religious and races. It is also the best path of spiritual enquiry, for understanding the life and the entire phenomena associated with it. It is a science of personal growth for spiritual experience and has simultaneously grown as science of health and healing.

According to Sanskrit literature there is a prominent place for Darshna Sastra.

Definitions and Meaning of Philosophy -

Philosophy is the science of knowledge-FISCHRE.

Philosophy is the sum total of all scientific knowledge-PAULSEN.

Philosophy is the science of sciences – KAMTE.

Definitions and Meaning of the Yoga –

The term yoga means union, join together, connection etc., Vachaspati lexicon mentioned nearly fifty meanings to the term yoga. The Bhagavad-Gita defined yoga as योगः कर्मसु कौशलम्² which means “Yoga is skilfully doing duties responsibilities and functions of an individual in his respective field”. In another context it defines yoga as समत्वं योगमुच्यते³ means “an undisturbed sameness in all conditions of life”. The Sage Yajnavalkya says “Yoga is the union of the individual soul with the universal soul”. Patanjali defines Yoga as – चित्तवृत्ति निरोधः⁴ i.e. restraining the fluctuations of the mind. Further, Amarakosha gives five meanings to the word Yoga viz., **armour, means, union, conjunction and meditation.**

Yoga says that man's true nature is divine, perfect and infinite. But his ignorance and false identification with his body, mind and objects of the external world made him unaware of this divinity. Through the yogic meditative methods, he can cast off his ignorance and becomes aware of his own true self and divinity.

Yoga is a practical and active education that which cannot be shown and cannot prosper. Yoga is practical in all respects. Yoga means union with the God by controlling the senses. It is an endeavour to unite our mind with the God. Yoga can also be explained as union of all the mental powers of a human being. The word yoga has been originated from the Sanskrit word YUJ{YOJ} which means unite or connect. As per Vedanta which means uniting Atma with Paramatma, means yoga is the union of life with soul. There are many ways to ensure health, peace and salvation by practising yoga. Whatever be the way we will eventually reach the abode of the supreme. Among the ways those we can cite are one Rajayoga, Hathayoga, Gnanayoga, Mantrayoga, Karmayoga, Layayoga and Bhaktiyoga.

The fifth chapter of Bhagavadgita explain the state of Yogi in a crystal manner in these verses -

योनः सुखोऽन्तरामः तथान्तर्जोतिरेव यः। स योगी ब्रह्मनिर्वाणं ब्रह्मभूतोऽधिगच्छति॥⁵

{One who is happy with the soul, who finds bliss with the soul, who shines in the soul will attain the form of Brahma and reach the feet of the almighty. It helps one to achieve self realisation. It gives one extreme bliss. It blesses one with wealth and strength. Our old generation lived for hundred years enjoying peace, health and other worldly pleasures. They followed noble principles of Ashrama Dharmas at every stage of their life. The

¹ वाक्यपदीय- ब्रह्मकाण्ड-3

² भगवद्गीता - 2.50.4

³ भगवद्गीता - 2.48.4

⁴ पातञ्जलयोगदर्शनम्. समाधिपादः - 25.

⁵ भगवद्गीता - 5.24

present generation we observe, is suffering from ill-health and distress although it enjoys the fruits of science and technology. There is an ocean of changes in their life style. The modern man does not give importance to his life as his ancestors. In the modern days the man is interested to earning more money but not to protect his health. Hence, his spiritual life falling down day to day which causes to attain complete misery. Owing to his love to acquire material things, peace has disappeared not only in his personal life but also in his social life this is exploiting others being selfish. These are the causes of present unrest in the lives of the people in this Universe.

Today although new medicines are invented for deadly diseases. New diseases are cropping up and causing a challenge to the field of medicine. Medicines are actually chemicals which cause harmful side effects. In some cases modern treatment is not readily available to the common man. Our ancestors practised yoga and enjoyed good health. Today all over the world people are recognising the importance of Yoga and are paying much attention in practising it. Yoga has no side effects and also improves the health of the practitioners of all ages. Scientists also had conducted many experiments on yoga and have recognised its efficacy. It is heartening to see the people looking for yoga and practising it.

STAGES OF YOGA :

The great sage Patanjali enumerates eight limbs or stages of Yoga for the quest of the soul. They are-

यमनियमाऽऽसनप्राणायामप्रत्याहारधारणध्यानसमाधयोऽष्टाङ्गानि॥⁶

1. YAMA – universal moral commandments.
2. NIYAMA – Self- purification by discipline.
3. ASANA – Posture.
4. PRANAYAMA – Rhythmic control of the breath.
5. PRATYAHARA – Universal withdrawal and emancipation of mind from the domination of the senses and exterior objects.
6. DHARMA – Concentration.
7. DHYANA – Meditation.
8. SAMADHI – A state of super consciousness brought about by profound meditation in which the individual aspirant {Sadhaka} becomes one with object of his meditation – Paramatma or the universal spirit.

RULES OF PRACTISING YOGA :

Any person suffering from any disease can get health, strength and moksha if he shirks laziness and practise yoga.

We must get up before the sun rises and drink 500 ml of water or luke warm water to Empty our bowels. Rest for a while and brush our teeth. Have a bath. We are now ready for yoga. If one cannot have a bath at that time, he/she can take it after yoga session. He/she must use only luke warm water. But, it is better to have bath before a yoga session.

These are some of the important rules one has to follow in practising Yoga.

Spread a thick carpet on the floor to perform Asanas on it. One should not do yoga on the floor without carpet. One must select a room that gets plenty of light and air. If you are not well physically, postpone yoga till you are well again. You must not wear tight fitting clothes. You better put on langoti to prevent pain in the testicles during some yoga exercises. You must not have long nails on your fingers or toes. Do not wear any jewellery like rings, anklets or watches while doing Yoga exercise. There must be a gap of four hours between you eat food and performing yoga. In case of drinks like milk/juices, allow a gap of one hour before you start Yoga exercise. You must stop drinking coffee, tea and other intoxicating liquids besides smoking. They have a bad and damaging effect on human beings. It is good to learn yoga in the presence of a teacher rather than trying to learn it by reading in the book on Yoga.

YOGA TREATMENT FOR DIFFERENT DISEASES.:

Practising yoga can cure number of diseases including those are not even diagnosed. It must be remembered that all the suggested Asanas must be tried in one go. It is always better to the patient to practice Asanas in the presence of a yoga teacher to ensure proper execution of them.

⁶ पातञ्जलयोगदर्शनम् – साधनपादः 29

YOGA TREATMENT FOR PILES

STANDING ASANA-

UTTKATASANA –

UTTKATA means 'height'. In this asana, one feels one is sitting at a height.

STEPS:-

- Stand on the carpet.
- Extend your hand forward.
- Slowly exhale, bend legs at the knees, stand on the toes and then sit.
- In this position the entire weight of the body rests on the toes.
- Remain in this position. Inhale and exhale for 4 to 6 times.
- Come back to the normal standing position.



AWKWARD POSE
UTTKATASANA

Benefits of this asana -

- ❖ Swelling in this feet/legs will reduce.
- ❖ Increases nervous strength and improves sexual ability.

SITTING ASANAS -

VAJRASANA -

If the practitioner practices this **asana**, his body will become like **Vajrayudha**, a powerful weapon in the hands of **Indra**.

Steps -

- Sit on the carpet. Come to **dandasana**.
- Inhale slowly. Fold one leg under the thigh.
- Exhale, inhale slowly and fold the other leg under the thigh.
- Let the upper part of both the feet touch the floor completely.
- Let the two big toes lie one beside the other.
- Put the two hands on the thigh.
- In this position, see that the head and the spine remain straight.
- In this position, inhale and exhale for 4 to 6 times.
- Exhale slowly, release left leg. Inhale and exhale, release the right leg.
- Come back to the sitting position.

Benefits of this asana -

- ❖ This is a good asana to practice meditation and **pranayama**.
- ❖ If this asana is done immediately after eating, the food gets digested well.
- ❖ Joint pains at the knees get cured.

Health Benefits of Vajrasana



MANDOOKASANA -

Mandooka means a 'frog'. In this asana the body resembles a frog.

Steps -

- Sit on the carpet. Come to dandasana position.
- Inhale slowly take the right foot back and touch the right buttock.
- Exhale slowly, take the left foot back and touch the left buttock.
- Spread the knees apart.
- Place the hands on the knees.
- Concentrate your sight on the point between the eyebrows.
- In this position, inhale and exhale for 4 to 6 times.
- Exhale slowly; bring back the feet to the normal position.

Benefits of this asana -

- ❖ Fat in the thighs gets reduced and they get a good shape.
- ❖ Digestion improves.
- ❖ Constipation will be cured.
- ❖ Joint pains will be reduced.
- ❖ It cures piles.

MANDUKASANA THE FROG POSE



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Supine asanas -

EKAPADOTTANASANA -

Ekapada means 'single leg' and **Uttana** means 'lifting'. This **asana** is performed by lifting a single leg.

Steps -

- Lie down on the carpet.
- Inhaling and exhaling slowly rise the right leg up.
- The body will have the L shape.
- In the position, inhale and exhale for 4 to 6 times.
- Exhaling slowly, come back to the supine position.
- Repeat the steps beginning with raising the left leg up.

Note -

- People suffering from heart problems like high BP should not try this asana.
- After this asana, the person must lie down on the carpet in shavasana.

Benefits of this asana -

- ❖ All stomach ailments will be cured fast.
- ❖ Potbelly and the fat in the stomach will disappear.

DWIPADA PAVANAMUKTASANA -

Dwipada means 'both the legs', **Pavana** means 'air' and **Mukta** means 'releasing or throwing out'. By pressing both the legs towards the stomach the air in it will be sent out in this asana.

Steps -

- Lie down on the carpet. (Supine position)
- By the exhaling slowly, fold both the legs and bring them near the chest.
- Hold the folded legs with both hands.
- Exhaling slowly, bend the head to touch the knees.
- In this position, inhale and exhale for 4 to 6 times.
- Exhaling slowly, come back to the starting position.

Note –

- ❖ Patients of gastric trouble must swing from backward to forward 10 times while they are inhaling and exhaling.

Benefits of this asana -

- ❖ Helps to reduce potbelly and cures gastric disorders and back pain.

Prone asanas -

EKAPADA SHALABHASANA -

Ekapada means 'single leg' and **Shalabha** means 'locust'. While performing this asana the body of the practitioner resembles a locust which bends one leg.

Steps -

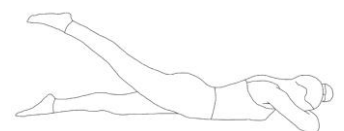
- Lie down on the carpet; turn the body and lie down on your chest and stomach.
- Place two hands under two thighs.
- Inhaling slowly, lift the left leg without bending it at the knee.
- In this position, inhale and exhale for 4 to 6 times.
- Exhale slowly and come back to the starting position.
- Repeat the steps starting with lifting the right leg.

Benefits of this asana -

- ❖ Cures piles.
- ❖ Controls diabetes.
- ❖ Cures ulcers.
- ❖ Reduces pain in the waist.
- ❖ Potbelly vanishes.

DHANURASANA -

Dhanu means 'a bow'. In this asana, the body resembles a bow.



Steps -

- Lie down on the carpet. Turn the body and lie down the chest and stomach.
- Lift two hands behind and hold the ankles of both the feet.
- Inhaling slowly, see that the navel touches the floor.
- In this position, pull the ankles with the hands as shown in the picture. The legs and chest go up one after the other.
- In this position inhale and exhale for 4 to 6 times.
- Exhaling slowly, come back to starting position.

Benefits of this asana

- ❖ Increases the digestion by curing all types of stomach ailments.
- ❖ Good for reducing nervous weakness, keeping all muscles in the body healthy and giving energy to back muscles.

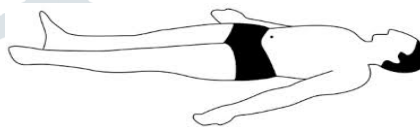
SHAVASANA -

उत्तानं शववद् भूमौ शवासनमिदं स्मृतम्। शवासनं श्रान्तिहरं चित्तविश्रान्तिसाधनम्॥⁷

Shava means a 'dead body'. While performing this **asana** the body will be without any movement.

Steps -

- Lie down on the carpet.
- Keep the feet one meter apart.
- Move the hands 75cm apart.
- Close the eyes.
- Close the mouth.
- Inhale and through the nose.
- Give commands to the body parts.
- Starting from the right foot, feel relaxed. Then hands, head and then go down to the left foot. Feel complete relaxation.
- Remain in this position as long as you feel like.



Benefits of this asana -

- ❖ Good for patients of chest pain and BP.
- ❖ Cures sleeplessness.
- ❖ Ensures peace of mind.

Pranayama -

NADI SHODHANA -

**Kushpane mrugajine, vyagharajinecha kambale sthooloosane
samaseenaha praghmkho vapyu dhghmukka. - Gheranda Samhita**

Nadi shodhana is not part of **pranayama**. It must be done before taking up **pranayama**. It endures vibrations in the 72,000 nerves and cleanses them and makes them ready to take up **pranayama**.

Steps -

- Sit on the carpet in **padmasana** or **sukhasana** or **vajrasana** position.
- Bring the right hand in the position of Chinmudra.
- Bring the thumb to close the right nostril. Inhale through the left nostril slowly.
- Use the little finger and the ring finger of the right hand to close the left nostril.
- Open the right nostril and exhale the air slowly, taking twice the time taken to inhale earlier.
- It means if you take three seconds to inhale through the left nostril you must exhale through the right nostril slowly in six seconds.
- Then, inhale through the right nostril and close it.
- Open the left nostril and exhale taking twice the time as explained above.
- Do like this 10 – 15 times. The cleansing takes place and the 72000 nerves become ready for **pranayama**.

Benefits of this asana -

- ❖ Hypertension and other heart problems will be cured.
- ❖ The nervous system becomes strong.
- ❖ Reduces nervous weakness.
- ❖ Ensures peace of mind.
- ❖ Mental tension will be reduced.



UJJAYI PRANAYAMA -

Ujjayi means 'snoring sound of small children'. While practicing this **pranayama** the practitioner produces the snoring sound of small children.

Steps -

- Sit on the carpet in sukhasana or padmasana or sidhasana or vajrasana.
- Inhale through both nostrils and fill the lungs.
- Close the right nostril with the right thumb.
- Close the left nostril with the right ring and little fingers.
- Complete the **tribandha**. (**Jalandhara bandha**, **udiyana bandha** and **moola bandha**)
- Exhale through the left nostril.
- Come back to the starting position.

Note: While inhaling both the nostrils must be kept open but while exhaling only the left nostril must be kept open. While inhaling a hissing noise must be made. Patients of heart problems and head ailments can do this without kumbhaka and get the benefits.

Benefits of this pranayama-

- ❖ Good for asthma patients because lungs get strength by this breathing technique.
- ❖ Sputum will be brought out.
- ❖ The lungs function well.
- ❖ Controls the functioning of the thyroid gland.

CONCLUSION: If all these Asanas are performed by the piles patients regularly. To get good health in this universe you have to recollect these golden words for ever - *नित्ययोगसाधनं सर्वरोगवारणम्*.

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