



## EFFECTIVE YOGIC PROGRAM FOR PREVENTION AND MANAGEMENT OF HERNIA

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### ABSTRACT:

Hernia is an abnormal protrusion of an organ as well as tissue through a defect in its surrounding walls which is commonly involves the abdominal wall, particularly the inguinal region. The prevention options for hernia ranges from simple yogic program to modern surgeries. The effect of yogic program is for prevention and management of hernia and hence this study is undertaken the secondary data that is available in the books, internet, various reports.

### KEYWORDS:

**PROGRAM, PREVENTION, ABDOMEN, OCCUR, SHATKARMA ETC.**

### INTRODUCTION

Hernia is the protrusion of any internal organ through abnormal opening in the body. Most common forms of hernia are those which occur through sites of natural weaknesses in the lower muscular wall of the abdomen through which portion or loop of the intestine may find its way and certain conditions.

### OBJECTIVES -

1. To understand the types of hernia
2. To know the causes of hernia
3. Prevent to hernia through Yogic program
4. To do the management of hernia through Yogic program

### METHODOLOGY-

Methodology used for the study is based on the secondary data that is available in books, internet, various reports, doctor reports and survey done by the medical units.

### TYPES OF HERNIA -

Hernia occurs in male and female

#### 1. INGUINAL HERNIA -

This is the most common according for over near about 70% of all external hernias. It is near about 20 times more common in men than women and occur when a part of the abdominal contents pulses into the inguinal canal. This is a narrow passage in the groin through which the testis descends into the scrotum before birth. Contents of the hernia may pass down into the scrotum which becomes quite large. This type of hernia may be difficult to distinguish from an independent swelling of the testis such as hydromel, and medical examination is always advised in order to accurately diagnose the scrotal swelling.

#### 2. FORMAL HERNIA-

This type of hernia is the coming most common type according for near about 17% of all hernias and usually

occurs in women's. Here the abdominal contents move into the front of the thigh through an opening which carries the femoral artery into the leg. This artery is the major supplier of blood to the leg.

#### 3. UMBILICAL HERNIA-

This is the third most common type, accounting for 8% of all hernias. Here the hernia sac bulges out through the navel where natural weaknesses in the abdominal muscle exists. This form of hernia usually appears at birth or in infancy, but may also occur in an obese and week abdomen in middle age.

#### 4. REDUCIBLE HERNIA

This type of hernia the protruding sac can be pushed back inside the abdomen. Recurrently the hernia reduce itself whenever the patient lies down, but remerges again when the hernia have to be pushed back. Most of the time hernia belong to this group and can often benefited by a specific set of Yogic asanas learn under careful guidance.

#### 5. AN IRREDUCIBLE HERNIA -

It is a life threatening situation and medical emergency. This occurs when the epidemical contents become caught in the hernia and can't be pushed back. such situation can lead to strangulation, gangrene of the part in the hernia and even death. Therefore, if this does occur even if there is no pain one should go immediately to a hospital.

### CAUSES OF HERNIA

1. A number of activities or factors act alone or in combination to weaken the abdominal muscles.
2. In the first place there may be a development or congenital weakness of the abdominal muscles or ligaments so that a hernia occurs soon after birth.
3. A powerful, sudden, muscular efforts such as occur while lifting a heavy weight without care, may tear muscles and ligaments to produce hernia and this is the

usual cause of hernia in a young man and woman.

4. Any condition where the intra abdominal pressure is raised may contribute to hernia.

5. Obesity and habitual overeating, which cause the abdominal wall to be over stretched and the intestines to be over stuffed, cause a raised pressure in the abdomen.

6. Flabbiness of the abdominal muscles due to lack of exercise and general sedentary living.

7. Pregnancy and childbirth also increase abdominal pressure and frequently contribute to development of hernia in women but a carefully guided yoga program in the period before, during and after pregnancy will prevent this complications.

#### MANAGEMENT OF HERNIA-

The management of hernia depends on its nature and severity. Yogic practis are the best of preventing hernia ion, and are often curative for hernias the occur due to weak abdominal muscle and over burdened intestines, especially in newly developing hernias.

After surgical correction of hernia asanas can be adopted under careful guidance and after allowing adequate time for initial healing and recovery. This will ensure that the ultimate outcome of the operation is a positive one. 4 to 8 weeks after the operation simple asanas like the pawanmuktasan series part 1 should be adopted.

No pressure or stain should be applied to the abdominal muscles till up two three month after surgery. After this time pawanmuktasan part 2 Shakti Bandha series vajrasan maybe adopted under strict guidance. asanas Which require forward bending at the waist should not be attempted without guidance, yogasana which impose a string on abdomen should be avoided.

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##### NOTE FOR PRECAUTION -

Yogasan should not be practice when hernia remain in an unreadable situation. Any hernia should first be replaced inside the abdomen by expert manipulation.

##### 1. YOGASAN-

Ardh pawanmukta Sangh right leg, pawanmuktasan left leg, pawanmuktasan, naukasana, halasan ardha-matsyasana, vajrasan, shashankasan, marjari asana, ushtrasana, yogmudra, viprit karni aasan and mudra and Shubh vajrasan.

##### PRANAYAM-

##### 1. ANULOM VILOM-

##### 2. MILD BHASTRIKA WITH KUMBHAK-

##### 3. BANDHAS-

(i) Jalandhar band, (ii) Uddiyana band, (iii) Mool Bandha

##### 4. MUDRAS-

(i) Ashwini mudra, (ii) vajroli mudra

##### 5. SHATKARMA (CLEANSING PROCESS)-

(i) Jal neti, (ii) laghoo shankhprakshalan twice in month

##### 6. OM CHANTING-

i) Everyday

##### 7. RELAXATION-

i) Yognidra,

##### SUMMARY

Hernia happen when a part of internal organ or tissue bulge through weak area of Muscle. Most hernia are in abdomen.

Hernias are common. They are affect men, women and children. Combination of muscle weakness and streaming heavy weight Lift might contribute. Some people are born with weak abdominal muscles.

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