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CRITERIA BASE SCHEDULE OF YOGIC INTERVENTION FOR LIVER IMPAIRMENT

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ABSTRACT

Yogic intervention shows significant results in many diseases. Everyone knows the importance or usefulness of yoga. Several research and books mention the usefulness of yoga in the treatment of different kinds of disease. In this research paper, we introduce a criteria base schedule of yogic intervention for liver impairment. We are preparing a six-week schedule for liver problems. The liver's main job is to filter the blood coming from the digestive tract, before passing it to the rest of the body.

KEYWORD: Liver Impairment, Yogic Intervention

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INTRODUCTION

The liver, the largest organ in the human body, plays a crucial role in our health and well-being. The liver is multifunctioning organ in the body, the liver is also responsible for maintaining blood sugar levels, storing important vitamins, iron and copper, regulating the proteins which cause the blood to clot when necessary, and detoxifying toxic substances. Modern lifestyle and imbalance eating habits damages the liver and causes liver problems. Due to insufficient physical activity, bad consumption of food and bad habits, it affects the other parts of the body and disturbs the function of the body.

Yoga is the best lifestyle ever designed. Each part of yoga provides the basis for a human to live. Yoga is popularly understood to be a programme of physical exercises (asanas) and breathing exercises (pranayama). The yogic lifestyle approach shows significant results in different diseases. Major benefits of yoga may occur due to its lifestyle components (healthy diet, yogic exercise, relaxation, and positive attitude) as well as the psychosomatic harmonising effects of pranayama and yogic relaxation.

Selection of Patients for the Week Schedule

1st WEEK ;

According to the report, patients will be under bio-chemical testing for their diagnosis and those who are not well. They will be the subjects of this research.

AIMS AND OBJECTIVES: To condition the human subjects for advanced and specific yoga practices.

ASANA:

- ❖ Warm up course- 10-20 minutes Viz. Jogging action, Complete Knee bending action – 20 -30 counts; arms rotation (clockwise and anti-clockwise) 20- 30 counts
- ❖ Arms swinging (left to right and vice – versa) 20-30 counts
- ❖ Beating of opposite shoulder, touching of opposite feet, lateral bending action (20-30 counts), Neck rotation (clockwise and anti-clockwise).
- ❖ Forward and Backward roll (spinal massage) Cycling of legs (40-50 counts) , Alternate touching of feet, chappu chalan (20-30 counts)
- ❖ Shavasna-2min

CONDITIONING COURSE

AIM: To Increase range of body movement for practicing asanas.

Note: Every movement will be counted 20- 30 times.

SITTING POSE WITH LEGS STRETCHED STRAIGHT IN RELAXED WAY

Toe and fingers contraction and relaxation, Forward and upward ankle stretching, ankle rotation (clockwise and anti-clock), Half butterfly action, full butterfly action ,Legs squatting pose, hand action, wrist rotation, elbow bending ,shoulder rotation ,horizontal and vertical stretching of facial muscle.

LEG STRETCHING POSES

(CONDITIONING OF SPINAL JOINT)

- ❖ Forward and upward movement of back with legs strengthen.
- ❖ Lateral bending by putting back side of neck.
- ❖ Feet apart and alternate touching of feet.
- ❖ (Do) and Chakki chalana kriyas.
- ❖ Shavasna for 2 mins.

During learning phase of conditioning course 30 to 40 mins may be consumed, but practicing phase will need only 20 minutes.

PRANAYAMA

CONDITIONING COURSE (20- 30 MIN)

(A) Correct yogic breathing action i.e.

Inhalation- Belly coming out with diaphragm being lowered.

Exhalation- Belly going inside /upside with diaphragm being raised up.

1. Above stage practiced in Shavasna for 50 counts in 2-3 rounds.

2. Above stage got practiced in sitting posture (Sukhasana/ Vajrasna/ Padamasna)

(B) 1:1.5 for Purak and Rechak

1:2 for Purak and Rechak

(Initially with muscular efforts later on with natural effort)

(C) Teaching of factors affecting double ratio of Rechak in comparison to Purak viz. glottis contraction and relaxation, nostril-based compression etc.

(D) Teaching of Hast mudras for nostril control and Bandhas for kumbhakas.

SHATKARMA

1. Theoretical and practical instructions for Jal Neti (1st day)

2. Practical practice of Jal Neti(2-4th days).

3. Kapalbhathi- it's learning phase in slow action with correct abdominal movement and it's

4. Learning phase of agnisar and uddiyana bandh.
5. Teaching of five asanas of shankhaprakshalana.

2nd WEEK SCHEDULE

1. Warm up course of 1st week – 8 mins.
2. Conditioning course of Pawanmukta asana series (20 mins).
3. Learning of Surya Namaskar in three stages i.e. 1, 2, 3, 10, 11, 12 (1st phase), 4, 5, 8, 9 (2nd phase), 4, 6, 7, 8 (10min)
4. Five asanas of Shankhaprakshalana (learning phase)

PRELIMINARY COURSE i.e. half stage of full asana stage

AIM AND OBJECTIVE: To prepare the human body for full stages of specific asana schedule.

CRITERIA OF SELECTION

1. To increase pranic flow in abdominal area of liver and pancreas i.e., activating Manipur chakra area concerned with increase of Agni tattwa.
2. To increase pranic flow in neck region for activating thyroid gland for increased metabolic rate (Burning of fat for mechanical energy).
 - a. Half stage of Pawanmukta asana (left and right side for ½ min) In Shavasna.
 - b. Uttanpadasna (1/2 min)
 - c. Ardh Halasana (½ min)
 - d. Ardh matsyasana
 - e. Ardh Bhujangasana
 - f. Ardh Dhanurasna
 - g. Vakrasana
 - h. Janushirshasna
 - i. Ardh supt vajrasana
 - j. Ardh ustrasana
 - k. Mandukasana
 - l. Shashank
 - m. Poorna bhujang
 - n. Cat pose
 - o. Vyagrihasana
 - p. Tad, Triyakchakra, kati chakra, Katibhujang, Udarakarshan of Shankhaprakshalana.
 - q. Meditative pose – Sukhasana/ Ardh Padam, Vajrasana /Padam/ Swastika etc. Shavasna /Makarasna after every 2-3 asana. Duration ½ -1 min

PRANAYAMA

- ❖ Practicing of 1:2 ratio of the abdominal breathing in lying and sitting position.
- ❖ Practicing of three Bandhas for kumbhak phase.
- ❖ Practice of hast mudras for Pranayama.
- ❖ Practice Nadi shodhan and Anulom Vilom (5min).
- ❖ Practicing of Ujjai / Suryabhedan /Bhastrika for increase of gastric fire /Agni tattwa for burning of fat of liver.

SELECTION CRITERIA

In Liver impairment, excess of kapha and decrease Agni tattwa characterised by a decrease in fire element for the deposition of fat in the liver. Ujjai is traditionally known to decrease kapha dosha, Suryabhedan and Bhastrika for an increase of fire elements for burning fat. Nadi Shodhan is practised for correcting imbalanced functioning of swara, i.e., excess flow of Chandra nadi for conservation of energy through fat deposition in the liver

SHATKARMA

Repeating 'learning and practising' aspect of Agnisar, Jal Neti, Kapalbhati, Vaman dhوتي, Sutra Neti, laghu and major Shankhaprakshalana, Uddiyana bandh (standing pose) as an initial stage of Nauli.

MUDRAS

In meditative pose, use Hast mudra to increase fire element and decrease Jal and Prithvi tattwa; Vipritkarni mudra.

Mudras involving the neck region for thyroid activity viz. Mahamudra, Mahabandh mudra, Shatichalini, Uddiyana mudra, Tadagi mudra, Bhujang mudra.

3rd WEEK SCHEDULE

- a. Warm up course -8 min; Suryanamaskar 5-8 round
- b. Preliminary course ½ hour as per 2nd week schedule.
- c. Learning phase of full postures w.r.t half posture of 2nd week (1/2 – 1 min) and rest of same duration after 2-3 asana.

PRANAYAM

Anulom Vilom-10mins

Suryabhedan -5mins

Ujjai - 5min

Bhastrika - 5mins

SHATKARMA

Jal Neti 4 days a week, Vaman Dhوتي-2 days a Shankhaprakshal 2-3 mins, Kapalbhati-5 to 10 minutes, Varisar- once a month. Nauli / Uddiyana Bandhas.

MUDRAS

Hastmudra 5-10 mins, Mahamudra ,Mahabandh, Vipritkarni, Uddiyana, Shaktichalini, Tadagi

4TH WEEK SCHEDULE

SHATKARMA

(Either practiced at home or yoga center as per advice specifically for water involving practice) viz. Jal Neti, Sutra Neti , Vaman, Varisar Dhوتي.

PRACTICE IN YOGA CLASS

Kapalbhati -5 mint , Agnisar-2-3 mint

Nauli/ Uddiyana bandha -- 1-2 mint

ASANAS

Warm up Course – 8 mint

Surya Namaskara – (with breathing consideration chanting of 12 mantras)

ADVANCE/SPECIFIC COURSE

Pawanmukta asana ,Uttanpadasna, Halasana, Matsyasna, Bhujangasana, Ardh Matsyendrasana, Paschimottanasana, Supt Vajrasna, Mandukasana, Ustrasna,Shashank, meditative pose -1/2 min(Duration each with relaxation for same duration in between).

PRANAYAMA

1. Anulom Vilom – 5 min

2. Surya bhedan / Ujjai15 min

Rest of mudras as per 3rd week schedule .

Note: 4th week schedule will be continued in 5th and 6th week to see the effect of learning as well as practicing phases on liver management.

RESULTS

The criteria base schedule of yogic intervention has been introduced and effective for liver impairment. This is a six-week schedule for liver problems. The yogic lifestyle approach shows significant results in different diseases. The main

functions of the liver is to filter the blood coming from the digestive tract, before passing it to the rest of the body.

CONCLUSION

Yoga is the best lifestyle for every disease. Yoga includes physical exercises (asanas) and breathing exercises (pranayama). The major benefits of yoga may occur due to its lifestyle components (healthy diet, yogic exercise, relaxation, and positive attitude) as well as the psychosomatic harmonising effects of pranayama and yogic relaxation. Thus, one should adopt yogic lifestyle for prevention of liver problems.

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