



Research Article

ENLIGHTENING THE ROLE OF UDDIYAN BANDH IN ANO RECTAL DISEASES

1*Dr. Prachi D. Dalvi, 2Dr. Sujata P.Jadhav, 3Dr. Ashwini A. Shirke and 4Dr. Sneha P. Borkar

¹Associate Professor, Dept. of Swasthavritta, R.A.Podar Med College (Ayu.), Worli, Mumbai, India

²Assistant Professor, Department of Kayachikitsa, Yashwant Ayurveda College, Kodoli, Kolhapur, India

³P.G. Scholar, Dept. of Swasthavritta, R.A.Podar Med College (Ayu.), Worli, Mumbai, India

⁴P.G. Scholar, Dept. of Swasthavritta R.A.Podar Med College (Ayu.), Worli, Mumbai, India

ARTICLE INFO

Article History:

Received 20th June 2016

Received in revised form

17th July 2016

Accepted 25th August 2016

Published online 30th September 2016

Keywords:

Ano-rectal Diseases,
Constipation,
Yogabhyas,
Uddiyan Bandh.

ABSTRACT

Ayurveda has given emphasis on balanced healthy diet, balanced physical activity and balanced sleep for healthy and qualitative life. Now a day faulty food habits and drastic change in lifestyle, leading to ill health. The most common and emerging problem of society are ano-rectal diseases. The commonest etiopathogenesis of these diseases is constipation, which is risk factor for other metabolic diseases. The fast food culture has again worsened the condition. *Ayurveda* mainly focuses on preventive aspect rather than the curative measures. Primary principal treatment of disease in *Ayurveda* is, to correct and ignite the Agni (Digestive Fire) along with detoxification of body. This will maintain normal metabolic activity. *Yogabhyas* plays a crucial role in maintaining healthy lifestyle. Here, an effort has been made to elaborate, an important aspect of *Yogabhyas*- The *Uddiyan Bandh* in prevention of ano rectal diseases.

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INTRODUCTION

The ancient science of medicine & positive health, *Ayurveda*, is still relevant and beneficial to modern life. Along with system of preventive medicine, *Ayurveda* also emphasizes a healthful & enlightened lifestyle a concept that's gaining wide acceptance across the globe. The best way to increase the general life force of the body is by good nutrition (*Ahar*), sufficient deep sleep (*Nidra*), a positive mental attitude (*Manasik Swasthya*) and *Yogabhyas*. The commonest problem which is faced by today's society is ano rectal problems. This article focuses on benefits of *Uddiyan Bandh* in preventing ano rectal diseases.

MATERIALS AND METHODS

All available authentic books have been referred for the specific materials. Different related websites on internet, magazines, articles etc. have been used as literary materials.

*Corresponding author: Dr. Prachi D. Dalvi,
Asso. Professor, Swasthavritta Dept. R.A.Podar Med College (Ayu.),
Worli, Mumbai, India.

Conceptual View

Ano-rectal disorders are progressively increasing in the society. Commonly seen ano rectal problems include Piles (Hemorrhoids), Fissure-in-ano (Anal fissure), Fistula-in-ano (Anal fistula), ano rectal abscess etc. Few important causes out of a number of them are; sedentary life style, irregular and inappropriate diet, prolonged sitting and/or standing work and psychological disturbances like anxiety, depression etc. Ano-rectal problems coupled with psychological manifestations are the causes, inter-related to each other. As per *Ayurveda*, these above mentioned causes result in derangement of '*Jatharagni*' (the digestive power) which leads to constipation and other associated symptoms. Constipation leads to generation of hard stool (fecolith) which when expelled leads to trauma in anal canal and ultimately generates anal fissure. Constipation increases the back pressure on haemorrhoidal vessels to produce Piles/Hemorrhoids. Crypto-glandular infection leads to ano-rectal abscess and Fistula-in-ano. Thus constipation seems to be the very important cause for most of these disorders. These disorders are utterly embarrassing to the patient. The peri-anal skin is one of the most pain sensitive region in the body due to rich nerve endings. So, even a mild form of disorder can produce great discomfort to the patient.

BANDH

Bandhas are neuro-muscular locks, which prevent the outward flow of energy by directing energy inward thus activating the nadis and the energy body. *Bandhas* not only affect the body and energy, but also builds the mind and spiritual centers. *Bandhas* when mastered is believed to accelerate, progress in asana, *pranayama*, *mudra*, and meditation. *Bandhas* increase secretions in the body and are tools that restore hormonal balance in the body.

UDDIYAN BANDH

The third chapter in *Hathayogpradeepika* describes ten *mudras*. *Uddiyan bandh* has been described as one of the *mudras*. The prana (Zeal) in the body is raised due to the performance of this bandh and the muscle of the diaphragm is stretched in upward direction; hence this bandh is termed as *Uddiyan Bandh*. This is described as if it were a lion to the elephant death. Amongst the *Bandhas* Uddiyan is of special importance. If it is properly practiced, it naturally leads to liberation.

PRE-POSITION

The *bandh* involves action of muscles of the stomach and hence it may be performed while being in Standing Pose or Sitting Pose. The *bandh* can also be performed while being in *Padmasan*, *Siddhasan*, *Vajrasan*. Or it may be performed independently while being in these *asanas* too.

PROCEDURE

- Stand up with distance in feet between the legs.
- Bend a little in the knees and place left palm on the left knee and right palm on the right knee.
- Bend the shoulders a little towards the front and the neck also towards the front so that the weight of the body is shifted onto the knees through the hands. This reduces the strain on the stomach and the muscles of the stomach can be relaxed.
- Inhale deeply and then exhale fully.
- While exhaling, try to shift the muscles of the stomach towards inner side. Lift up the ribs a little bit and push the muscles from within with a gentle push towards the upward direction.
- The muscles of the stomach must be relaxed at this time, so that they can be pushed up. This results in muscles of diaphragm being pushed upwards. Do mock inhalation.
- This is the final stage of Uddiyan Bandh. Try to remain firmly in this pose. This pose is to be retained when the breath is fully exhaled. When there is an urgent need to inhale, the bandh must be released gradually as under.

RELEASING THE BANDH

- Relax the muscles of the stomach so that they are slowly released back to the normal position. Diaphragm will also be released to the normal pose.
- Relax the pressure in the shoulders and neck area and start inhaling gradually.

- After inhaling completely, bring back the hands into the normal pose and straighten out the bent knees.
- Join both the legs together and come back into the standing pose.

DURATION

The *bandh* action is to be performed after exhaling completely. The proper duration for the bandh is the time for which it can be retained comfortably but firmly after exhalation and without inhaling. Inhalation should not be immediate after releasing the *bandh* pose. The inhalation i.e. *pooraka* after releasing the bandh has to be in a controlled manner. Hence, the bandh is to be retained till the time it can be easily retained after complete.

PRECAUTION

Persons suffering from stomach ailments, heart troubles or defective blood circulation should not attempt to perform the bandh. Persons suffering from diseases like hernia too should not perform this bandh. This should be practiced empty stomach and bladder.

RESULTS AND DISCUSSION

Uddiyan Bandh involves pressure on the knees with the help of both the hands and retaining a firm pose with a particular pressure on the neck and shoulder muscles. The weight of the body is shifted onto the knees due to the pose. This relaxes the muscles of the stomach and the diaphragm. In this position, the muscles of the stomach are pushed inwards and the muscles of the diaphragm are pushed upwards. The ribs are lifted up a little bit and the chest is broadened. All these actions are performed simultaneously. The diaphragm is moved to a great extent in this bandh, hence the muscles of the diaphragm get well exercised and this movement also helps in the regular breathing. When the strength and the efficiency of diaphragm are improved, the breathing system also works more efficiently.

Physiological Effects

The main physiological characteristic feature of *Uddiyan Bandh* is, it produces negative pressure inside the visceral organs like esophagus, stomach, intestine, urinary bladder. This vacuum creation is mainly due to the ascending movement of the diaphragm, irrespective of the movement of the ribs during the expansion of the thoracic cage. The magnitude of the negative pressure varies in different cavities from -20 to -80 mm Hg. This vacuum creation would promote blood circulation in the pelvic region.

Concept of Negative Pressure -

Negative pressure means the vacuum like condition created in the body or part of it. Owing to the low pressure in the concerned region, blood is sucked in the neighboring parts i.e. in centripetal direction. With good blood flow comes good distribution of nutrients especially oxygen. With more oxygen flowing to muscles, efficiency of working increases. Having good circulation also helps stabilize body temperature, maintain our pH balance and transports nutrients and waste products to and from cells.

Vacuum production by applying *Uddiyan Bandh* would stimulate the parasympathetic nerve fibers. The gastrointestinal tract has a nervous system all its own called the enteric nervous system. It lies entirely in the wall of the gut. The enteric nervous system is composed mainly of two plexuses, an outer plexus lying between the longitudinal and circular muscle layers, called the myenteric plexus or Auerbach's plexus, and an inner plexus, called the submucosal plexus or Meissner's plexus that lies in the submucosa. When this plexus is stimulated, its principal effects are (1) increased tonic contraction, or tone of the gut wall, (2) increased intensity of the rhythmical contractions, (3) slightly increased rate of the rhythm of contraction, and (4) increased velocity of conduction of excitatory waves along the gut wall, causing more rapid movement of the gut peristaltic waves resulting in increased peristalsis. Stimulation of these parasympathetic nerves causes general increase in activity of the entire enteric nervous system. This in turn enhances activity of most gastrointestinal functions. As a result digestion is improved and ultimately constipation is revealed.

CONCLUSION

Due to drastic change in lifestyle, currently society is facing many ano rectal problems including hemorrhoids, anal fissure, anal fistula etc. The commonest etiopathogenesis of ano rectal diseases is constipation. As constipation get revealed most of these ano rectal problems get solved. The practice of *Uddiyan Bandh* stimulates gastro intestinal tract improving digestive and excretory functions.

It is stated in various ancient texts that apart from these benefits, the *bandh* is also useful for spiritual progress and awakening of *Kundalini* power. The *bandh* is indispensable for the study of *pranayama*. The air pressure resulting in *pranayama* is regulated in proper direction due to the position of this *bandh*. Otherwise, such pressures can create harmful effects on the body. However, further research is necessary to find out all such effects.

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