

## ROLE OF YOGA IN ACID PEPTIC DISEASE: A REVIEW

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## ABSTRACT

The acid peptic diseases, also known as acid peptic disorders are a collection of diseases involving acid production in the stomach and nearby parts of the gastrointestinal tract. It includes gastroesophageal reflux disease, gastritis, gastric ulcer, duodenal ulcer, esophageal ulcer, Zollinger–Ellison syndrome and Meckel's diverticulum ulcer.<sup>[1]</sup> Acid peptic disorders are the result of distinctive, but overlapping pathogenic mechanisms leading to either excessive acid secretion or diminished mucosal defense.<sup>[1]</sup> Acid peptic disease – commonly called APD – includes a number of conditions. All these conditions are the result of damage from acid and peptic activity in gastric secretions. APD occurs when the acid starts irritating the inner cells (mucosal layer) of the stomach. Acid peptic diseases mostly affect the oesophagus, stomach, and duodenum.<sup>[2]</sup> “Acid peptic disease” is a collective term used to include many conditions such as gastro-esophageal reflux disease (GERD), gastritis, gastric ulcer, duodenal ulcer, esophageal ulcer, Zollinger Ellison Syndrome (ZES) and Meckel's diverticular ulcer. The commonest ulcers are the gastric and the duodenal ulcers.<sup>[3]</sup> Yoga is one of the most efficient and natural cures for acidity. It is also one of the easiest and quickest ways to not only overcome the effects of acid reflux but also helps strengthen your digestive system.

**KEYWORDS:** Acid peptic disease, ulcer, yoga.**What causes acid peptic disease?**

- Acid peptic diseases are caused by the excessive presence of acid and pepsin. The two main types of acid peptic diseases are gastric and duodenal ulcer. However, they can also occur at the GJ Stoma, lower end of oesophagus, and Meckel's diverticulum. According to duration and complexity of symptoms they can be acute or chronic
- **Helicobacter pylori:** H.pylori is responsible for around 60%-90% of all gastric and duodenal ulcers.
- **NSAIDs:** Prostaglandins protect the mucus lining of the stomach. Non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, diclofenac and naproxen prevent the production of these prostaglandins by blocking cyclo-oxygenase enzyme leading to ulceration and bleeding.
- **Smoking, alcohol and tobacco:** Cigarettes, alcohol and tobacco cause an instant and intense acid production.
- **Blood group O:** People with blood group “O” are reported to have higher risks for the development of stomach ulcers as there is an increased formation of antibodies against the Helicobacter bacteria, which causes an inflammatory reaction and ulceration.
- **Heredity:** Patients suffering from peptic ulcer diseases usually have a family history of the disease, particularly the development of duodenal ulcer which may occur below the age of 20.
- **Steroids/Other medicines:** Drugs like corticosteroids, anticoagulants like warfarin (Coumadin), niacin, some chemotherapy drugs, and spironolactone can aggravate or cause ulcers.
- **Diet:** Low fiber diet, caffeinated drinks and fatty foods are linked to peptic ulcer.
- **Other diseases:** Chronic liver, lung and kidney diseases especially tumors of the acid producing cells all predispose to peptic ulcers. Zollinger-Ellison Syndrome (ZES) is a rare pre-cancerous condition which causes peptic ulcer disease. It is a syndrome disorder wherein tumors in the pancreas and duodenum also known as gastrinomas produce a large amount of gastrin which is a hormone that stimulates gastric acid secretion. Endocrine disorders such as hyperparathyroidism are also implicated in the development of peptic ulcers.
- **Stress:** Stress and neurological problems can also be associated with the Cushing ulcer and peptic ulcer.

### Symptoms of acid peptic disease

The most common symptom of a peptic ulcer is burning abdominal pain that extends from the navel to the chest, which can range from mild to severe. In some cases, the pain may wake you up at night. Small peptic ulcers may not produce any symptoms in the early phases.

Other common signs of a peptic ulcer include:

- Changes in appetite
- Nausea
- Bloody Or Dark Stools
- Unexplained weight loss
- Indigestion
- Vomiting
- Chest Pain

### Factors that lead to acid peptic disorder

- Smoking
- Alcohol

### NSAIDs including aspirin

- Drugs, such as aspirin and types of steroids
- Helicobacter pylori

### Foods to limit when you have acid reflux and an ulcer

Some people who have an ulcer also have acid reflux. In some people, certain foods can relax the lower part of the esophagus, known as the lower esophageal sphincter or LES. A relaxed LES makes it easier for acid to back up into the esophagus and cause heartburn, indigestion, and pain.

### Foods that may make acid reflux worse include:

- Coffee
- Chocolate
- Spicy food
- Alcohol
- Acidic foods, such as citrus and tomatoes
- Caffeine

Overeating and eating within two to three hours before bed may also worsen reflux symptoms.

### Factors that minimise the effects of acid peptic disorder

- Successful treatment of H pylori infections decreases the risk of several APDs such as peptic ulcers, MALToma, and possibly gastric cancers.
- PPI (Proton Pump Inhibitor) therapy reduces the recurrence of peptic ulcer bleeding in patients taking NSAIDs and aspirin.

### Yogic management of ulcer

Complete rest and a change of environment is highly recommended as the first step in ulcer therapy. If sufferer goes to the natural places. It has a great effect in treatment. The sufferer become free from his commitments and responsibilities. Enormous mental relief will be experienced almost immediately.

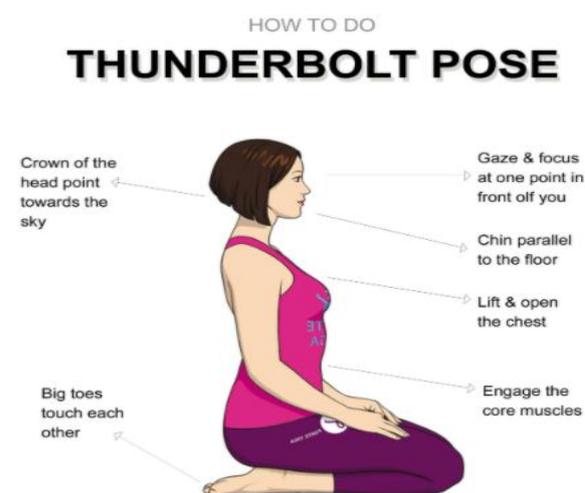
1. **Asana:** When sufferer feels some relaxation after one or two-week rest, he can do some relaxing asana. The sufferer can practice joints movements. If the sufferer is comfortable, he can practice suryanamaskara.
2. **Pranayama:** Relaxation pranayamas are recommended. So the sufferer should practice nadi sodhana pranayama (alternate nostril breathing) and bhramari(hummig bee sound) pranayama. But the sufferer should not apply any force while doing these pranayamas.
3. **Shatkarma:** Neti and laghooshankprachalana (cleansing of lower digestive tract) would be helpful for the sufferer. These should be practiced only if the sufferer has got some recovery.
4. **Relaxation:** In many studies, it has been found that yoga nidra(yogic sleep) has great calming effect on mind. So the sufferer should practice yoga nidra every day. Yoga nidra is effective in reducing anxieties and inner conflicts.
5. **Diet:** Initially a diet consisting of milk and non-acidic fruit is highly recommended to promote healing. Alternatively, a liquid diet of vegetables is acceptable. Spicy food, smoking and alcohol is completely avoided.

### Yoga to cure acid peptic disease<sup>[4]</sup>

Yoga poses to cure acidity and gas are simple and can be practiced daily at home.

### Vajrasana (Thunderbolt Pose)

This pose increases blood flow to the stomach and intestine and helps to digest food effectively, even if you have a weak digestive system.



### Pavanamuktasana (Wind-Relieving Pose)<sup>[5]</sup>

Regular practice of Pavanamuktasana helps stimulate bowel movement which is very necessary for removing waste material and toxins from our digestive system.



**Benefits of Pawanmuktasana**

1. Strengthens the back and abdominal muscles
2. Tones the leg and arm muscles
3. Massages the intestines and other organs in the abdomen
4. Helps in digestion and release of gas
5. Enhances blood circulation in the hip joints and eases tension in the lower back

**Kapal Bhati Pranayama (Skull Shining Breathing Technique)**

It is effective in curing stomach disorder, obesity, digestive disorder and many such problems related to the stomach.

“When you do pranayama, 80% of the toxins in our body are released through the outgoing breath. The regular practice of Kapalbhathi Pranayama detoxifies all the systems in our body. And the obvious sign of a healthy body is a shining forehead,” shares Dr. Sejal Shah, a Sri Sri Yoga teacher.



Kapal Bhati literally translates to ‘the shining forehead,’ and this is precisely what happens with regular practice of this pranayama – a forehead that glows not just from outside, but also an intellect that becomes sharp and refined.

**Ustrasana (Camel Pose)**

This pose is especially good for alleviating backache. It helps relax the mind and improves blood circulation. It is also good for the respiratory, endocrine and nervous systems



**Benefits of the Camel Pose (Ustrasana)**

- Improves digestion.
- Stretches and opens the front of the body. It also strengthens the back and shoulders.
- Relieves the body of lower back ache.
- Improves flexibility of the spine and also improves posture.
- Helps overcome menstrual discomfort.

**Eatables for ulcer sufferer**

It is clear that H. Pylori bacteria is a cause of ulcer. So if the sufferer eats a food which can fight against the infection, it would be good for healing purposes.

In addition to taking the antibiotics and acid-blocking medications recommended by your doctor for your ulcer treatment, eating these foods may also be helpful against the ulcer-causing bacteria:

- Cauliflower
- Cabbage
- Radishes
- Apples
- Blackberries
- Strawberries
- Cherries
- Carrots
- Broccoli
- Leafy greens, such as kale and spinach
- Olive oil and other plant-based oils
- Honey
- Garlic
- Turmeric

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