

YOGA

FOR

DIGESTIVE
SYSTEMS



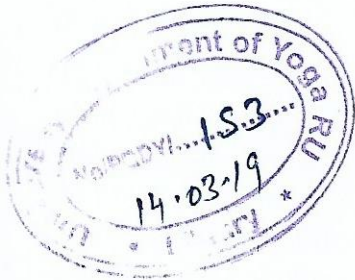
YOGA

FOR

DIGESTIVE DISORDERS

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Yoga For Digestive Disorders

This is one of the series of books on "Integrated approach of yoga therapy for modern ailments" published by Swami Vivekananda Yoga Prakashana. The authors of this book are both scientists who have carried out systematic research at the yoga research foundation and developed these integrated yoga therapy modules in tune with both the traditional yoga texts and the modern medical understanding of the ailments. Research by these authors since 1980 has validated the efficacy of these techniques through scientific observations published in Indexed Medical Journals.

Digestive Disorders is the commonest manifestation of stress. Instantaneous effects of any acute anxiety showing up as butterflies in stomach or examination diarrhoea is a common man's experience that reflects the connection between mind (stress) and digestive system. Many of the common illnesses of digestive tract are now traceable to stress.

The integrated approach of yoga is a systematic approach to handle the problem holistically using Asanas, Kriyas, Pranayama and meditation along with counseling for a happier and healthier life style change.

Chapter one of this booklet highlights the modern medical understanding of what, why and how of some of these chronic ailments of digestive disorders such as Peptic Ulcer disease, Irritable Bowel Syndrome, and Ulcerative Colitis.

Chapter two gives the description of yogic management and Chapter three gives a detailed instructions illustration of the yoga modules used at this centre for these digestive disorders.

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