

## IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome aka mucous colitis, or the “yuppie syndrome” accounts for 50% of all Gastrointestinal diagnoses. This is a stress related, stress-induced disorder of motility (elimination). It affect females 5:1 over males. There are alternating bouts of constipation and diarrhea.

Separation in the physical body is due to lack of body awareness, attentiveness to signals, poor diet & lifestyle, blockages in the muladhara and manipura charkas. There is excessive secretion of adrenaline and blood is shunted away from the digestive organs to skeletal muscles. Most people with IBS suffer from adrenal exhaustion, resulting in episodes of deep fatigue.

The benefits of a yoga practice: stimulation of parasympathetic nervous system, counter action “fight or flight” response. Direct massage of organs of digestion and elimination.

Three simple and practical steps to apply:

1. fruit is best eaten alone and on an empty stomach.
2. concentrated protein are better when eaten without concentrated starches. For example, meat, chicken, fish, nuts and seeds combine well with salads and most vegetables, not with potatoes, rice, bread or pasta.
3. concentrated starches are better digested when eaten without concentrated proteins. For example, potatoes, rice, cereals, and pasta combine well with salads and vegetables, but do not combine well with meat, fish, chicken, eggs, nuts and seeds.

### **Asanas to strengthen digestion:**

Leg raises, wind relieving, spinal rocks, twists, crow walking, leg rotations, boat pose.

### **Asanas for Irritable Bowel Syndrome:**

Vadrasana, shashankasana (pose of the moon), shavasana.

### **Asanas for emotional balancing:**

Stork pose, tree.

### **Mudras and pranayama:**

Aswini mudra, apana vayu mudra, nadi shodana, sitkari, bramari

### **Ayurvedic Guidelines:**

Eat in a quiet, settled environment. Have plenty of time to eat. Only eat when hungry. Eat to 2/3 capacity. Sip on some water (not a lot). Eat fresh food that is in season. Use proper food combining. Sit quietly for a few minutes after the meal (in vajrasana if possible). It is better to eat at regular times: breakfast before 8am, lunch 11-1pm, dinner before sundown. Allow at least 3-4 hours before bed. Refer to an ayurvedic book for information on body types and specific foods.

**Mudra meditation:** Come to a comfortable seated position and allow the spine to be straight and long, sits bones firmly planted beneath you. Begin with arms resting on thighs. Once ready to engage mudra, arms come 1 inch from body. When we exhale, we release co2 and subtle energy, so begin by exhaling vigorously several times before starting to make room for what you want to achieve. Allow breath to become slow and deep. Always lengthen the little pause after inhaling and after exhaling. This is the most important part of breathing. The inner powers are developing during the pauses. Focus on the hand and fingers. Perceive a gentle pressure where they touch. While inhaling, press fingertips together a bit more and let go of pressure on exhale. Do opposite of above: apply more pressure on exhale, less on inhale.

**Effects of accessing the wisdom body:**

When access is blocked – the person sees situation thru “I”, attachment/clinging, lack of/distorted perspective, poor judgment, no sense of peace, feelings of worry, fear and hopelessness, need to remain attached to the unhealthy familiar, attempts to control actions, self-love, regret about the past, procrastination.

When there is access – able to view larger picture, level of detachment, sense of perspective, healthy decision making, trust and faith in divine, sense of peace, willingness to let go, takes responsibility for actions, trust in nature, empowered, makes loving choices.