

## CROHN'S DISEASE, ULCERATIVE COLITIS, IRRITABLE BOWEL SYNDROME

This paper is a comparison between Crohn's Disease, Ulcerative Colitis, and Irritable Bowel Syndrome. IBS is one of the most common problems in the western hemisphere. More women than men; women more likely than general population to have experienced sexual abuse.

Symptoms	CROHN'S	UC	IBS
	Diarrhea Bloody stool Weight loss Fever Lower abdominal cramps (usually right side)	Diarrhea Bloody stool Weight loss Fever Lower abdominal cramps (usually left side)	Diarrhea Diarrhea/constipation Mucus stool Abdominal pain
AREA EFFECTED	Anywhere in GI tract 55% in last portion of small intestine and colon	Colon and rectum (large bowel)	Anywhere in the intestines
	Inflammation extends through entire wall of bowel	Inflammation in superficial lining	No inflammation. (often diagnosed when GI tests negative)
COMPLICATIONS	Liver disease Skin disorders Arthritis  Thickening of intestinal wall which obstructs 30% develop fistulas (abnormal passages between intestines or between intestines and skin) which may abscess	Liver disease Skin ulcers Arthritis Inflammation of inner eyelid High risk of colon cancer	None
LENGTH	Lifelong with remissions	Lifelong with remissions	Lifelong with remissions
WESTERN TREATMENT	Medications	Medications Surgery if medications fail	Medication during severe episodes
CAUSE	All are stress based. Patient has a genetic predisposition but stress causes and aggravates.		

How does stress effect? UC has genetic predisposition but stress (environmental, personal, etc) causes and aggravates.

KOSHAS	CONDITIONS	TOOLS
Anamaya	Excretory system—diarrhea, pain Immune system—can't differentiate between self and non-self	Body awareness (of stress on body); Asanas to releive body tension; relaxation, breath awareness
Pranamaya	Imbalance in muladara chakra Agni low (most frequently a pitta) Pitta and Vata high	Breath awareness/technique 1 <sup>st</sup> chakra asanas 1 <sup>st</sup> chakra mudras prana vidya dietaray changes (less salt, pungent, sour; more sweet, astringent, bitter)
Manomaya	Stress Feelings of hopelessness, helplessness Anxiety and anger; Humiliation Internalization of conflicts – difficulty expressing	Guided imagery Yoga nidra Mantra Mudra Affirmations

Vijnanamaya	Detached from intuition; shut down by stress, life as a closed box	Yoga nidra, meditation
Anandamaya	Detached from spiritual	meditation

## CLASS

Body awareness  
Sharing

Ujjayii breathing

Seated:

- neck exercises
- Shoulder wings
- Wrists—bend and rotate
- Hand clenching
- Ankles—bend and rotate (with and without hand)
- Bend toes
- Leg stretch with tie

Standing:

- Tadasana
- Tree
- Chair

Seated:

- Rocking Chair
- Butterfly

On Stomach:

- Cobra
- Ashvini mudra in crocodile
- Child's pose

Churning

On Back:

- Pelvic tilt
- Bridge
- Wind-relieving pose

Guided Meditation: Ring finger mudra with accompanying meditation—seed sprouting, growing into tree, giving ourselves completely to life though it's a mystery

Yoga Nidra: Healing light, once relaxed, journey through digestive system relaxing the parts  
Meditation with mantra "rama." Balances right and left currents of energy so they can work with higher stages of energy that will eventually come up the spine.

Asking what student has discovered about self in this class.