






# Yoga poses for digestion

Yoga is a spiritual and physical practice that involves physical postures, breathing techniques, and meditation. Research suggests that regular yoga practice may help alleviate digestive issues; decrease irritable bowel syndrome (IBS) severity, bowel symptoms, and anxiety; as well as improve physical functioning and quality of life in individuals with IBS. The table below summarizes some of the top yoga poses for digestion that have been used in IBS interventions.

Yoga pose	Description	Demonstration
<b>Marjariasana</b> (cat pose)	A gentle backbend that involves coming to hands and knees on the ground and rounding your back toward the ceiling	
<b>Trikonasana</b> (triangle pose)	A standing pose that involves placing the feet one leg-length apart and extending over the right leg to reach the right hand down to the shin, foot, or ground, with the other arm stretched up towards the ceiling (then repeating the pose on the left side)	
<b>Shashankasana</b> (hare pose)	A forward-bending pose that involves kneeling down with knees spread sideways and toes touching behind you, then sliding the palms on the ground in front of you and folding forwards	
<b>Surya Nadi pranayama</b> (right-nostril breathing)	A breathing exercise that involves covering the left nostril and taking deep breaths through the right nostril	
<b>Vajrasana</b> (diamond pose)	A kneeling pose that involves placing your hips on your heels, toes pointed backward, and palms resting on your knees	



## References

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2. Taneja, I., Deepak, K. K., Poojary, G., Acharya, I. N., Pandey, R. M., & Sharma, M. P. (2004). Yogic versus conventional treatment in diarrhea-predominant irritable bowel syndrome: a randomized control study. *Applied psychophysiology and biofeedback*, 29(1), 19–33.



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