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Yoga asana for healthy liver

Naghma Hashmi and MP Gaur

Abstract
The liver is a vital organ in the body. It plays a vital role in homeostasis and the proper functioning of the body. Today's world is becoming materialistic due to globalization and urbanization. Man faces fierce competition, strains, and risks in his pursuit of a comfortable life. This leads to various psychosomatic disorders. Poor functioning of the liver is due to lifestyle changes, wrong diets, lack of exercise, smoking, alcohol consumption, drugs, etc. Also, liver diseases such as jaundice, cirrhosis, and hepatitis can cause albumin changes and globulin values. One solution is the practice of yoga, which soothes both body and mind. Treatment can be done through yoga practices. This paper concentrates on the Yoga asana for a healthy liver.

Keywords: Healthy liver, Dhanurasana, Paschimottanasana, Ardha-Matsyendrasana, Gomukhasana, Trikonasana

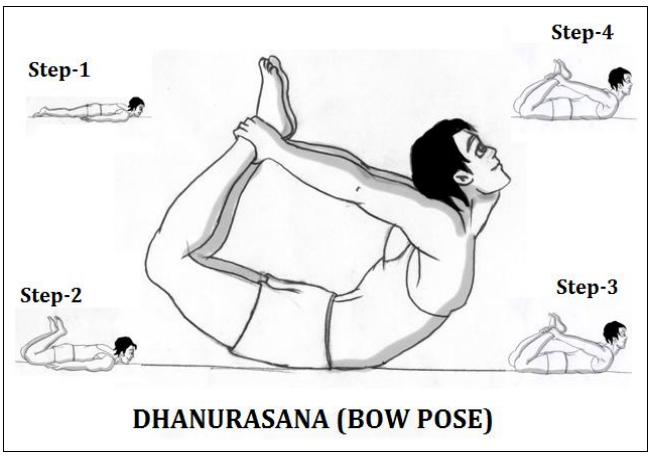
Introduction
The liver is a significant organ only found in vertebrates, and it performs many essential biological functions such as detoxifying the organism and synthesizing proteins and biochemicals necessary for digestion and growth. In humans, it is located in the right upper quadrant of the abdomen, below the diaphragm. The liver is essential for digesting food and ridding your body of toxic substances. The liver holds about one pint (13%) of the body's blood supply at any moment. Liver disease can be inherited (genetic). Liver problems can also be caused by a variety of factors that damage the liver, such as viruses, alcohol use, and obesity.

Symptoms
Liver disease doesn't always cause noticeable signs and symptoms. If signs and symptoms of liver disease do occur, they may include:

- Skin and eyes that appear yellowish (Jaundice)
- Abdominal pain and swelling
- Swelling in the legs and ankles
- Itchy skin
- Dark urine color
- Pale stool color
- Chronic fatigue
- Nausea or vomiting
- Loss of appetite
- Tendency to bruise easily

Over time, conditions that damage the liver can lead to scarring (Cirrhosis), which can lead to liver failure, a life-threatening condition. Early treatment and practicing some Yoga Asana can maintain and enhance the proper function of the liver. They are:-

Dhanurasana
Dhanur means 'Bow'. This Asana represents the appearance of a Bow. It combines the benefits of both Bhujangasana and Shalabhasana.



Technique

(1) Lie on your chest with faces downwards. (2) Keep the arms by the sides. (3) Exhale, raise your hands backward, then hold your ankle with your hands and lift them. (4) Bend your head and Neck back, and pull your legs upwards, bending your body like a bow. (5) Raise the chest and head; Extend the chest; Look upwards; maintain the position in normal breathing. (6) Keep the arm and forearm relatively straight and stiff. (7) Only the abdomen bears the weight of the body. (8) Hold the posture for 5- 15 seconds. (9) In the beginning, keep your knees apart from your legs; after practicing, knees will be closed.

Duration

15 -20 seconds Repeat for 2-3 Times.

Contraindication

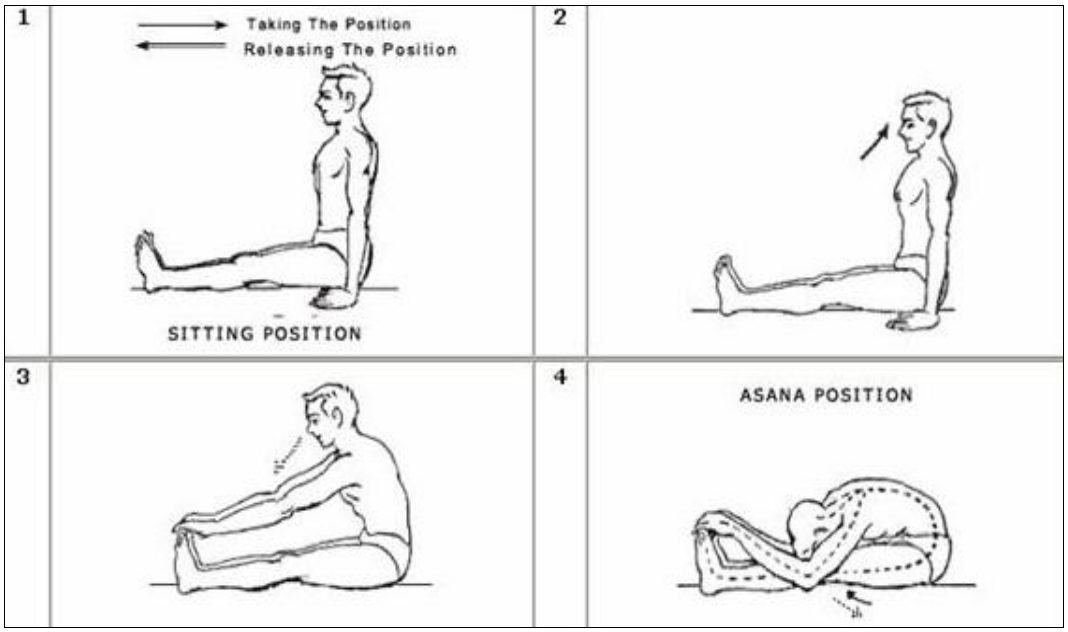
- Hernia
- High (or) Low blood pressure
- Recent abdominal surgery
- Migraine
- Pregnancy

Clinical Uses

During this Asana, pull over the Rectus abdominis muscles and strengthen the abdominal muscles and back. A good massage to the abdominal organs and abdominal wall. Helpful for chronic constipation, Indigestion, sluggishness of the liver, and Fatty liver. It increases the circulation to the vertebral column, Arms, Forearms, and Legs. It stimulates the Liver, Pancreas, Kidney, and Ovaries.

1. **Paschimottanas NA**

   Paschima means 'West' or 'back,' Uttana means 'intense stretch,' i.e., intense stretch of the west.



Technique

(1) Sit on the ground upright. (2) Keep both legs together; place the hands by the sides of palms resting on the ground; Fingers should remain together, pointing forward. (3) Stretch your arms up and close to the head near the ears. (4) Inhale slowly; bend forward. Your forehead should touch the knees, elbows should touch the ground, and keep the head between the hands. (5) Both the legs and knees should not bend]. (6) Hold your toes with the thumb, index, and middle fingers. [You cannot reach, bend your knees, and hold the big toes] (7) maintain the pose in normal breathing if it is comfortable. (8) Come back by, loosen your hands, and exhale, raising your head and chest from the body.

Duration

30-60 seconds. Repeated for 3-5 times.

Contraindication

- Asthma
- Diarrhea
- Back and Neck injury
- Pregnancy
- Menstrual time

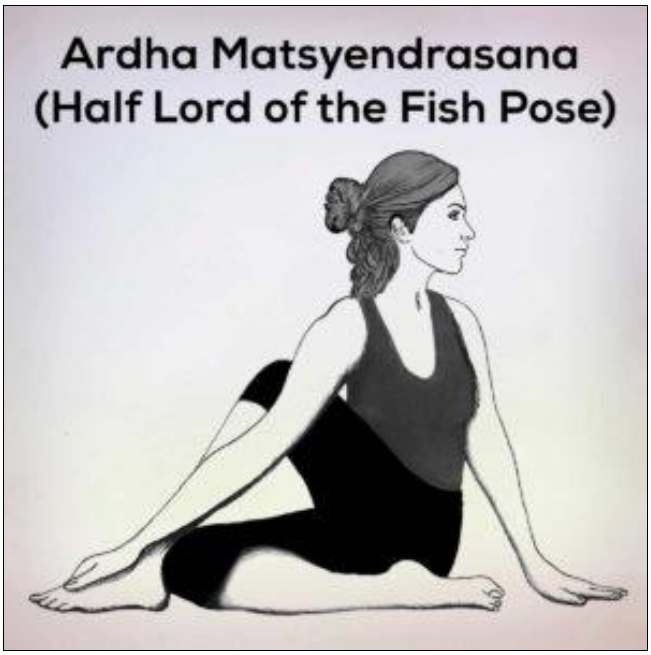
Clinical Uses

This Asana gives good stretches to the Psoas major, minor, Quadratus lumborum, and Rectus muscles. Abdominal muscles will contract and increase intra-abdominal pressure, compressing the contents of abdominal organs. So, the abdominal muscles will get stronger, and the liver, spleen, stomach, and pancreas function will be reactivated. During this Asana, the lumbosacral region is affected; the lumbosacral plexus is stretched and toned up. Increase the peristaltic movement and cure the constipation and digestive

problems. It also cures the Diabetes mellitus.

2. Ardha Matsyendra Asana

'Ardha' means 'half,' Matsya means 'Fish' and Indra means 'king.' Matsyendra was one of the great Yogis founders of the Hatha Yoga. This Asana is also known as 'Vakrasana'. Vakra means 'twisted'.



Technique

(1) Sit on the ground with the leg stretched out. (2) Bend the left leg at the knee and place the left foot on the right thigh, joining with the help of both hands. (3) Bend the right leg at the knee and place the heel in close touch with the soft portion of the perineum. (4) Keep the left footrest on the ground by the external side of the right thigh and close the hip joint. (5) Keep the spine straight. (6) Pass the right hand over the left knee joint by rotating the whole trunk to the left side till the shoulder and the left knee stand, pressing against each other. (7) Place the right arm, pit over the top of the vertically bent left knee, and the right hand should hold the right knee. (8) Hold the foot with the left hand. (9) Twist and then the spine slowly steadying to the left side. (10) Turn the neck, also to the left side. (11) The chin is in line with the left shoulder. (12) Keep the chest erect and forward. (13) Repeat from the opposite side.

Duration

10-20 seconds. Repeat for 2- 3 times

Contraindication

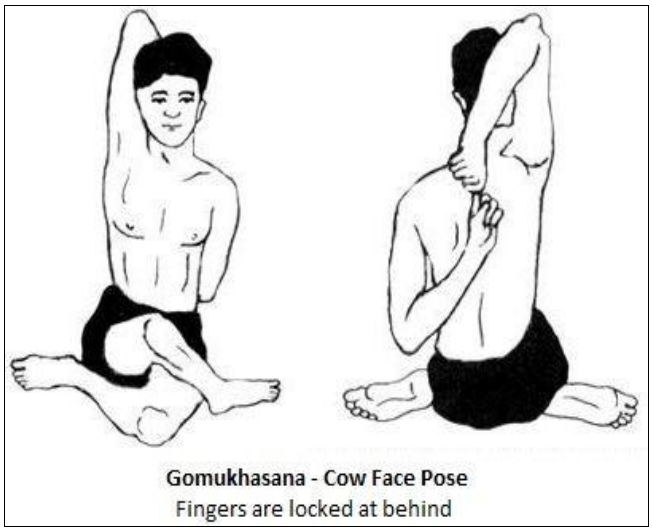
- Spine stiffness
- Back and Neck Injury
- Hernia
- Recent Abdominal surgery

Clinical Uses

Abdominal muscle compliments the effect of Ardha-matsyendrasana through the great twist that pulls the deep muscles of the back and the wall of the abdomen. The Liver, Spleen, and Pancreas are contracted. So they are toned and strengthened and cease to be sluggish. Good asana for diabetic patients. This is the Spinal Twisting Asana, which has a tremendous curative value and corrects spinal deformities. Stretches and strengthens the Shoulder, Hip, and Neck.

3. Gomukhasana

'Go' means Cow, and 'Mukh' means 'Face.' During this Asana, our body resembles the cow's body; our parted legs resemble the cow's lips, and our hands are placed up and down to look like a cow's ear.



Technique

(1) Sit erect, stretching both legs in front, hands by the side, palms resting on the ground. (2) Fold the right leg at the knee and place it on the ground by the side of the left buttock. Fold your right leg and place it over the left thigh. (3) Gently fold your left arm and place it behind your back; take your right arm over the left shoulder and stretch as much as possible. (4) Keep the trunk erect and expand your chest. (5) Breathe normally and, after a few seconds, return to the original position.

Duration

10-30 seconds. Repeat for 4-5 times.

Contraindication

- Neck and shoulder injury
- Severe knee joint pain
- Hernia

Clinical Uses

It stretches the abdomen, shoulder, and back. This asana is used to treat Liver cirrhosis and remove the toxic materials from the liver. It also increases blood circulation to the abdominal organs and improves the Liver, Pancreas, Spleen, and Kidney function. It stimulates the pancreas and cures diabetes.

4. Trikonasana

Trikone means 'Triangle'. Doing this Asana, the body resembles a triangle shape.

Technique

(1) Stand erect, keep the legs 2 feet apart and hands on the side of the thigh (2) Raise both hands up to shoulder level. (3) Inhale slowly and lift your right arm over the head that touches the right ear. (4) Exhale slowly, gradually bend your body towards your left side, and lower your right hand to touch the big toe on the right foot. (5) Keep the knee. Do not bend the left hand with the leg, but do not rest on the leg. (6) Turn your head upwards and focus your eyes on the left thumb. (7) Take normal breathing. (8) Inhale slowly comes back to the normal position.

Duration

5 seconds. Repeat 2-4 times.

Contraindication

- Diarrhea
- Low or High blood pressure
- Severe neck and back injuries
- Hernia

Clinical Uses

It improves the function of the Liver, Spleen, Pancreas, and Stomach. It increases the physical and mental equilibrium. It stretches the groin, hip, legs, and hamstring muscles. It strengthens the intercostal muscle and improves the function of the Liver.

Conclusion

Practicing the above-mentioned asana may help strengthen the intercostal muscle and improve the function of the liver. This asana may be used to treat Liver cirrhosis and can also help remove the toxic materials from the liver.

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