

Prevention and Curative Aspect of Siddha Therapeutic Yoga *Sarvangasanam* in Uterine Disorders

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Abstract

Siddha system of medicine is well known unique treatment and popular in Southern part of India. Siddhars conquered death, attained perfection and have discovered and endowed the valuable yogic asanas to the human beings. Enormous traditional formulations and yogic asanas are mentioned for various ailments in many Siddha texts. *Sarvangasanam* is one of the reputed asanas in Siddha system that deals with the management of uterine disorders and in prevention of morbidity and increases the life span of human being. This article highlights the conspectus on *Sarvangasanam* and its benefits especially in the management of uterine and endocrine disorders in women.

Keywords Siddha, Yoga, *Sarvangasanam*, Uterine Disorders.

1. INTRODUCTION

Yoga is the science of life to develop the sixth sense to its fullness and to enable and to equip man to enjoy peaceful and blissful life. It is an art of understanding all about the soul, which is the only life force and make to realise its relationship with the body, the society, the world and the universe to maintain the harmony and finally getting it merged with the universal soul. *Sarvangasanam* can refer to the entire body of knowledge or it can refer to the physical body, *Sarvangasanam* also called 'shoulder stand' in English, is named so because it engages the entire body only in shoulders^[1]. The Siddha Textbook of '*Siddha Maruthuva Sirappu*' describes about *Sarvangasanam* as a management in uterine disorders^[2].

2. ROLE OF YOGA IN HEALTHY LIVING

Yoga provides all facilities and opportunities for improving the esoteric consciousness to get satisfaction with worldly enjoyment and to obtain detachment and obliterate the impressions of sins by streamlining the activities of the mind.

- For the liberation of the soul, the attachment with material enjoyments should be neutralised and full satisfaction (contentment) should be achieved.
- The impressions of sins should be obliterated in order to attain these two, Soul-Consciousness is imperative.

3. YOGA AASANA AND PHYSICAL BODY

For maintaining the physical body in proper state, two conditions have to be fulfilled. They are,

- To satisfy the needs arising from appetite, changes in atmospheric

conditions and excretory forces of the body

- To guard against the malfunctioning of the human system, the enmity of other living beings and natural disasters.

4. BENEFITS OF SARVANGA AASANA FOR REPRODUCTIVE SYSTEM

- It is known as the Queen of all the *Asanams*. It is beneficial for the reproductive system as there is fresh blood to the pelvic region as the stagnant blood is flushed from the organs and therefore increased efficiency of the reproductive organs.
- It strengthens the uterine ligaments as the gravity acting on the ligaments in *Sarvangaasanam* is in the opposite direction.
- It improves the functioning of the ovaries.
- It helps to balance the moods and calm the mind.

It is recommended for the management of the menstrual disorders.^[2]

4.1 Method

1. Lie down fixed on your back in the *Sava Asana – The Corpse Pose*.
2. Breathe in by your nostrils slowly and put your palms facing in downward direction flat on the floor.
3. Holding the hips fixed on the floor slowly curve your knees and get them upward towards the abdomen though breathing out.
4. Breathe in tardily by the nostrils, pressing your hand in downward direction try to raise your body from the waistline upwardly away from the floor, curving the backbone backwards and unbending the arms, your hips should be on the floor.
5. Breathe in, and then whilst breathing out, arouse your legs directly upward

perpendicular to the floor. You can support your hips with your hands.

6. Making sure that your legs should be united, knees straight and toes pointed straight up.
7. Keep your head straight, don't turn it to any side.
8. The chin should be compressed against the chest.
9. Holding the posture for a while breath softly through the nostrils. Invert the steps to come back to the *Sava Asana– The Corpse Pose*.^[3]

4.2 Duration

It should be maintained for 3 minutes after enough practice to get the desired results.

4.3 Precaution

- People suffering from retinal detachment, herniation, high blood pressure should avoid this asana.
- People having cardiovascular disease, cervical spondylitis, neck injury, ruptured intervertebral disc shouldn't practice this asanam.
- Women must avoid this asanam during menstrual periods.^[3]

5. DISCUSSION

Yogic posture or asana quoted in Siddha system of medicine has been used in therapeutic procedure and for prevention purposes. Yogic poses can also be used in treating uterine disorders such as PCOD, dysmenorrhea. Also, various yoga postures are helpful in getting pregnant and also during pregnancy, of these *Sarvangasanam* showed beneficial effect in several endocrine gland anomalies.^[4]As uterus is invariably under the influence of hormones like pituitary, thyroid and ovarian hormones *Sarvangasanam* could be a better option to regulate the imbalance of such hormone, studies show that

Sarvangasanam is beneficial in soothing the pain of dysmenorrhea.^[5] Also, *Sarvangasanam* along with asanas such as *Pavanamuktasana*, *Kabhalabhathi*, *Ardhahalasana*, *Bhramari pranayama* is effective in the management of endometriosis by relieving symptoms like pelvic pain, weight gain, irregular menstrual bleeding.^[6]

Along with the benefits for uterus, *Sarvangasanam* can also be used in problems like overweight, tiredness, hair loss, constipation, tremor, laziness and improper hormone level. It is also evident from studies that *Sarvangasanam* is included in the yoga package for the treatment of Hypothyroid disease which greatly affects the reproductive system.^[7]

6. CONCLUSION

Modern research evidence of *Sarvangasanam* are compared with Ancient's Siddha textual evidence which become true to this modern era. *Sarvangasanam* brings us to a state which fulfills the purpose of being healthy and keeps living in harmony with nature. This overview

further focused on modern research of *Yogasanam* to this modern era in prevention of endocrine and uterine disorders.

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