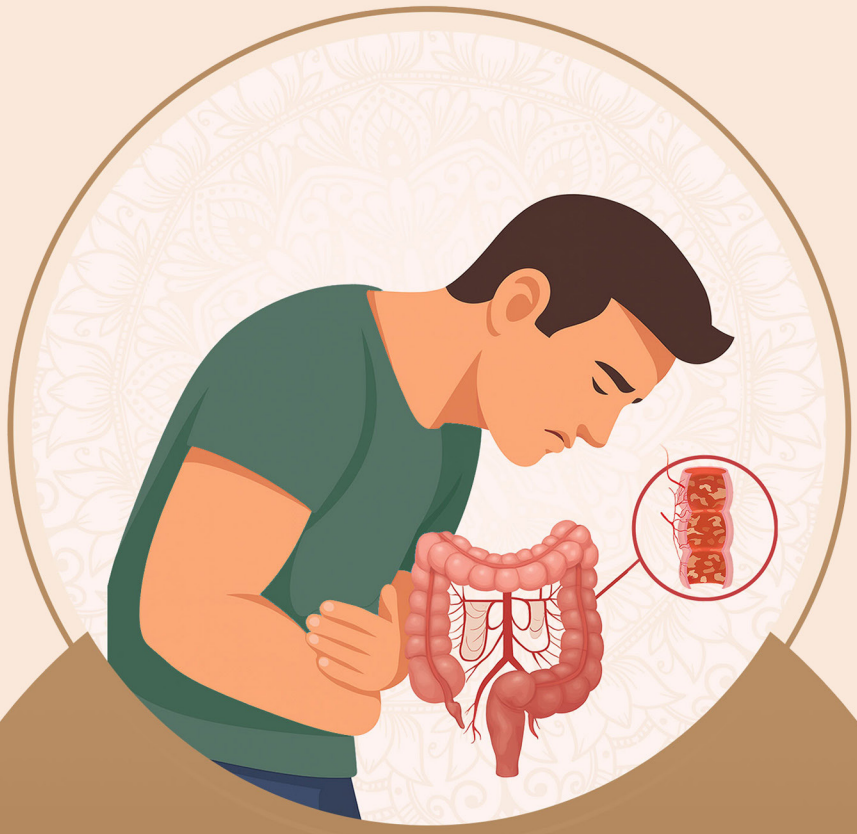

YOGA FOR ULCERATIVE COLITIS

Center for Integrative Medicine and Research

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New Delhi

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Disclaimer

Kindly consult
your treating physician before
practicing these techniques.
Ideally, they should be performed
under the supervision of your
physician and a formally
trained yoga teacher.
These practices should be
started gradually and can be
modified according to
individual needs.



GUIDELINES

BEFORE THE PRACTICE

1. Yoga should be practiced in a clean and quiet atmosphere.
2. Yoga should be practiced on an empty stomach or light stomach. Eat at least 2-3 hours before practice.
3. Bladder and Bowel should be empty before starting the practice.
4. Light and comfortable clothes are preferred to facilitate the easy movements of the body.
5. In case of any shortness of breath/chest pain/giddiness, please consult the Yoga physician prior to practice.
6. Consult the Yoga physician in case of any issues with Pregnancy or Menstruation, before practicing Yoga

DURING THE PRACTICE

1. All practices should be done slowly, in a relaxed manner, with awareness of body and breathing.
2. Always breathe from nostrils and avoid holding breath in any practice.
3. Avoid holding of the body tightly or jerky movements at any time.
4. Perform according to your capacity. Regularity is a more important factor here.
5. In case of having difficulty while sitting down on the floor for a long duration, one can use a chair.
6. In case of any breathing difficulty/discomfort/blurred vision during the practice, stop the practice immediately and inform the therapist.

AFTER THE PRACTICE

1. Take bath before/after 20-30 minutes of practice.
2. Eat only after 30 minutes of practice.



YOGA MODULE

Practice	Duration	Rounds
Hands in and out breathing	2 Min	10
Marjariasana	2 Min	10
Vakrasana	3 Min	3-5
Ardhakatichakrasana	3 Min	3-5
Ardhachakrasana	3 Min	3-5
Bhujangasana	3 Min	3-5
Udara-Karshanasana	3 Min	3-5
Pavanamuktasana	3 Min	3-5
Viparitakarani with Ashwini Mudra	2 Min	3-5
Sheetali/Sheetkari Pranayama	5 Min	
Nadi Shodhana Pranayama	5 Min	
Bhramari pranayama	5 Min	
Sectional Breathing	5 Min	

Hands In and Out breathing



Starting position

- Join your feet, keep your arms beside the body and stand straight.
- Slowly raise your arms in front of your chest and join your palms.
- Look forward or close your eyes for better awareness.

Steps

- Slowly, breathing-in, open your arms sideways, fill your lungs with air completely.
- Slowly, breathing-out, bring your arms back to the front and join your palms.
- Expel out all the air.
- Breathing should be slow and deep.
- Your arms should move in synchrony with your breathing.
- Practice 5 rounds with complete awareness.

After completing the practice, relax in the standing position.
Keep your legs apart and hands loose by the side of the thighs.

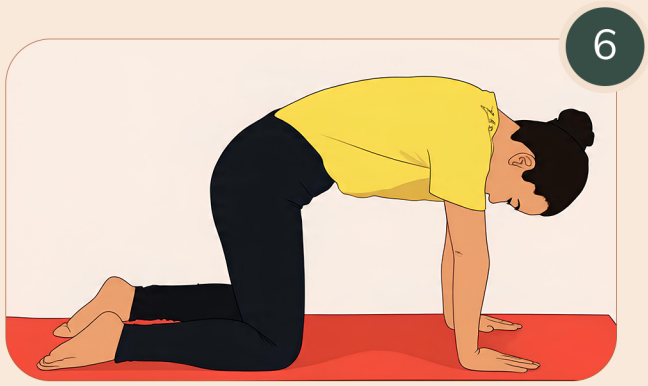
Marjari Asana



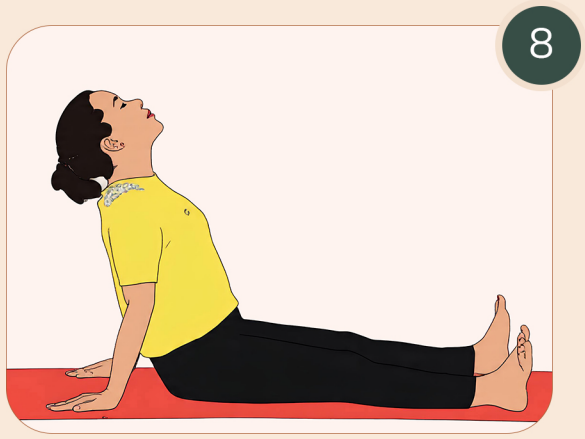
Starting position

- Sit straight with stretched legs to the front, keep your hands beside the buttocks.
- Bend your legs one by one and sit comfortably in Vajrasana.
- Separate your knees by one forearm distance. Lean forward and place the palms forward at one forearm distance from the respective knees, move your palms one handspan further with the fingers pointing forward.
- Separate the feet in such a way that palms, knees, and feet are in parallel to each other.
- In this position, your spine will be parallel to the floor.









Steps

- While inhaling, slowly arch your spine down and raise your head up simultaneously. Expand the abdomen fully and fill the lungs with the maximum amount of air.
- While exhaling, slowly arch your spine up, lower the head and bring your chin closer to the chest simultaneously. Expel out all the air.
- This is one round. Practice 5 rounds with complete awareness of breathing and movements.

After completing the practice, slowly get back to Vajrasana. Stretch your legs forward, place your hands back on the floor, lean your head back, close your eyes and relax.

VAKRASANA

Starting Position

- Sit straight with legs forward, join your feet and place your hands beside the buttocks.

Steps

- Bend the right knee and place the foot beside the left knee.
- Place your right hand behind on the ground with fingers pointing back.
- Breathing in, raise your right arm straight above the head.

- Breathing out, twist the waist to the right side, bring the left arm around the right knee and bring your left hand on the right ankle.
- Keep the palm on the ground in such a way that the tum is kept erect with a proper twist.
- Breathe normally and maintain this position for 10-15 seconds. Slowly retum to the starting position in the reverse order.
- Repeat the same on the other side.
- After the practice, separate your legs, place your hands back on the mat, close your eyes and relax.

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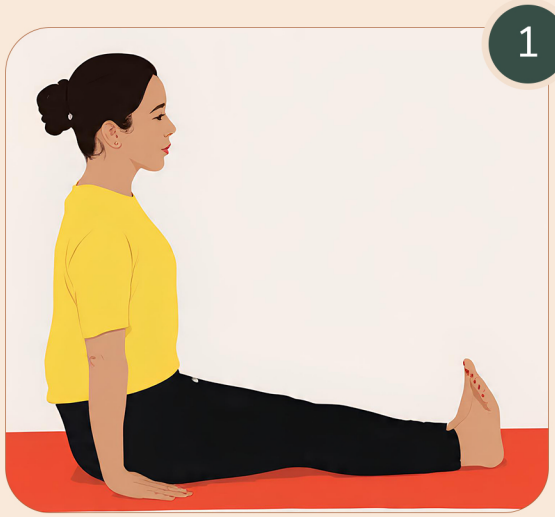

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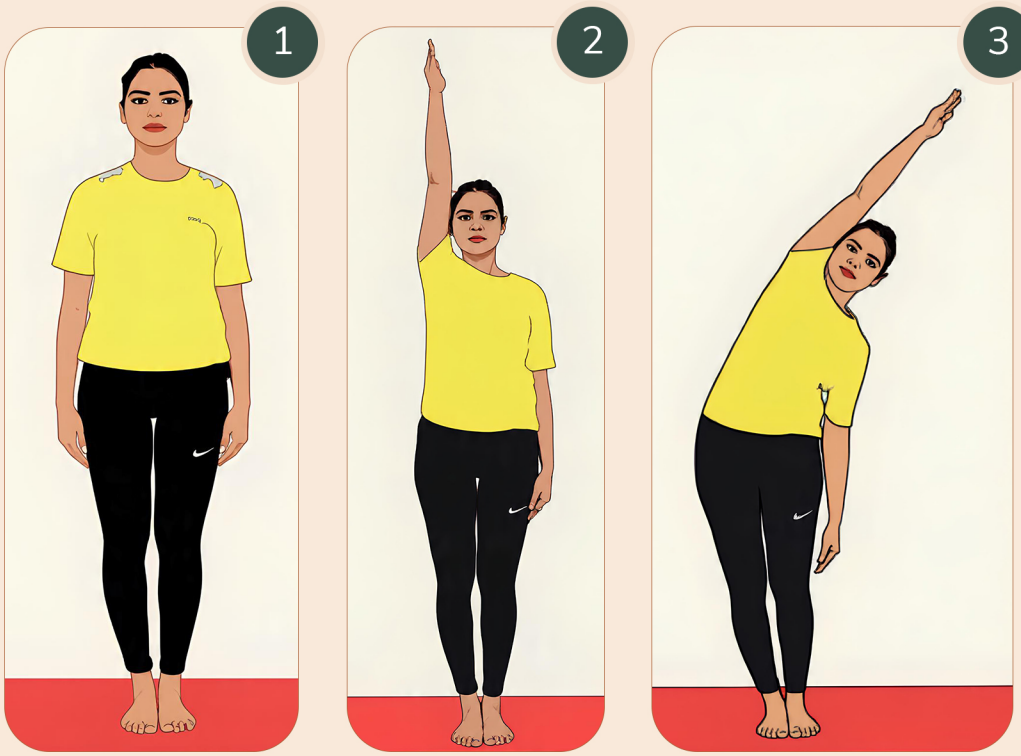
3



Ardhakati Chakrasana



Starting Position

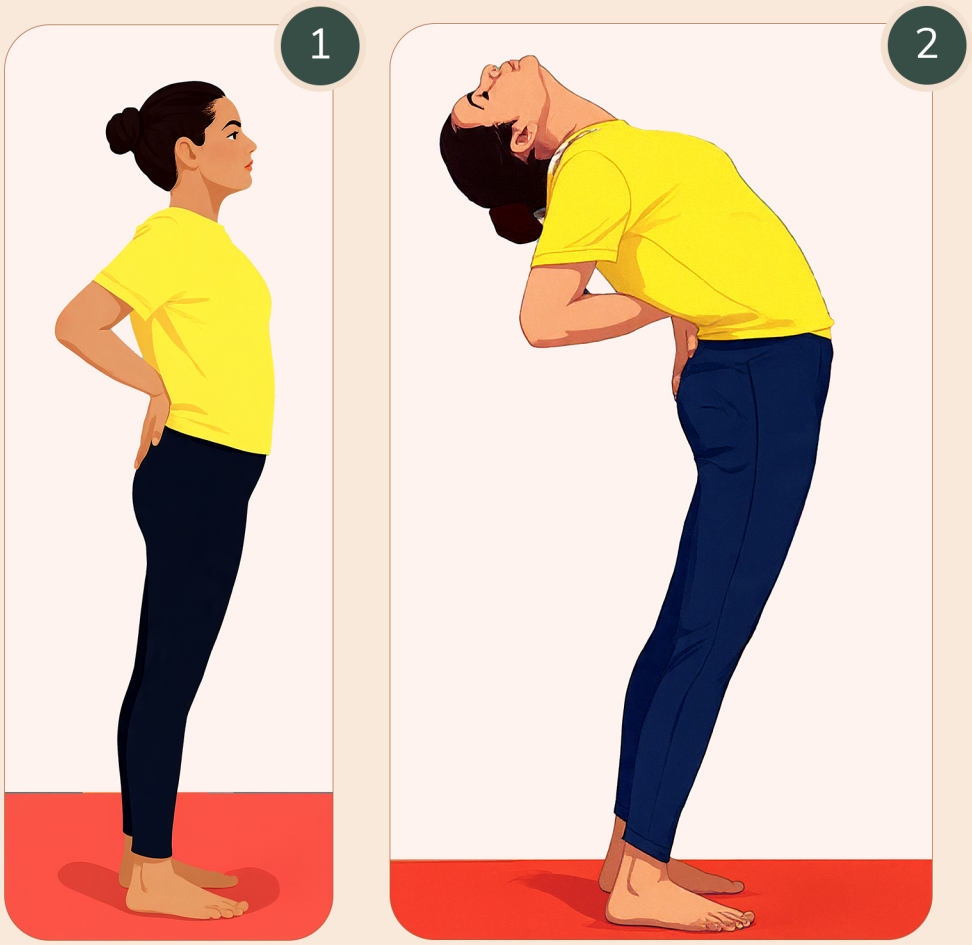
- Stand straight, join your feet and keep your arms straight beside the body.

Steps

- While breathing in, slowly raise your right arm sideways, straight above the head.
- While breathing out, slowly bend your waist to the left side. Keep your right arm stretched up and look to the front.
- Breathe normally and maintain this position for some time.
- While inhaling return to the vertical position and while exhaling bring your arm down.
- Repeat this on the left side.
- This is one round. Practice 3-5 rounds.

After completing the practice, relax in the standing position.
Keep your legs apart and hands loose by the side of the thighs.

Ardha Chakrasana



Starting Position

- Stand straight, keep your legs apart with a shoulder with gap in between.

Steps

- Place your hands on the lower back, keeping your elbows closer.
  Gently inhale and slowly bend backward.
- Look up, breathe normally, and maintain this posture for some time.
  While inhaling retum to a vertical position.
- This is one round. Practice 3-5 rounds.
- After completing the practice, relax in the standing position.
  Keep your legs apart and hands loose by the side of the thighs.

Bhujangasana

Starting Position

- Lie down in Makarasana, on your abdomen, place your hands below your head.
- Separate your legs with toes pointing sideways.



Steps

- Join your feet and place your hands by the sides of your chest.
  While inhalation, lift your head and chest upward.
- Lift up to your navel region and lookup.
- Maintain this position with normal breathing for 10-15 seconds.
  While exhaling, slowly bring your chest and head down.
- Relax in Makarasana.

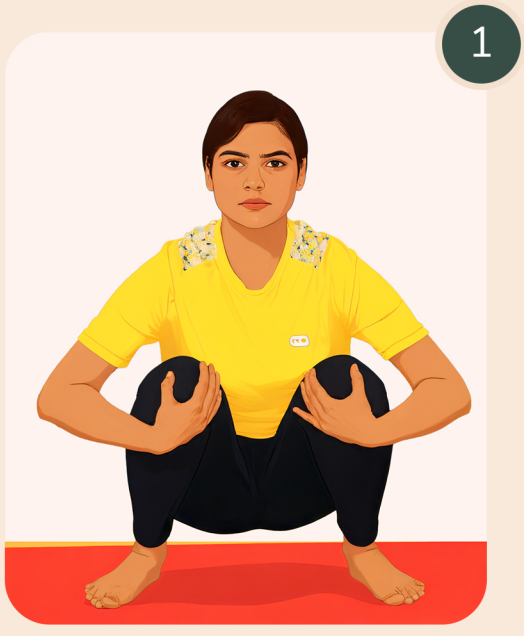




Udarkarshanasana

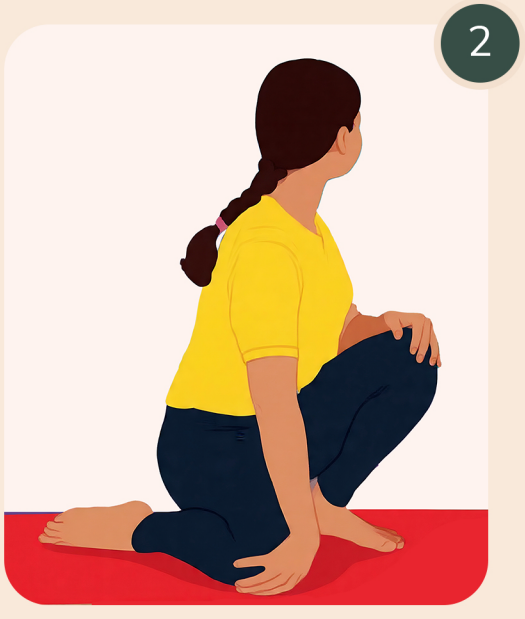
Starting Position

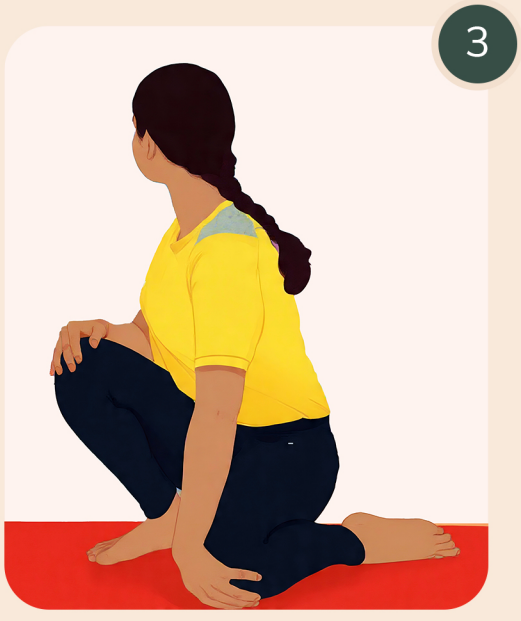
- Keep your legs apart and squat on the floor as shown in the picture.
  Keep your hands on the knees.



Steps

- While exhaling, slowly bring your right knee down near the left foot.
  Simultaneously tum your upper body to the left and look back.
- Breathe normally and maintain this position for some time.
- While inhaling return to starting position and while exhaling repeat the same on the right side.
- This is one round. Practice 3-5 rounds.
- After the practice, lie down in Shavasana. Separate your legs, place your hands slightly away from the waist, tum your palms up and relax.





Pawana Muktasana

Starting Position

- Lie down in Shavasana.





Steps

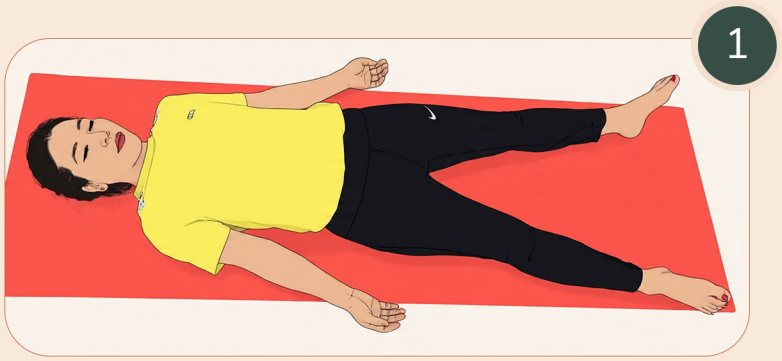
- Join your legs and keep your arms beside the body. Slowly bend the knees and bring them above your chest. Interlock your finger and hold both of your knees.
- With exhalation slowly lift the head up and bring the forehead closer to your knees.
- Maintain this posture with normal breathing for 10-15 seconds. While inhaling, slowly bring the head down.
- While exhaling, slowly stretch your legs forward. Relax in Shavasana.



Vipareetkarana with Ashwini Mudra

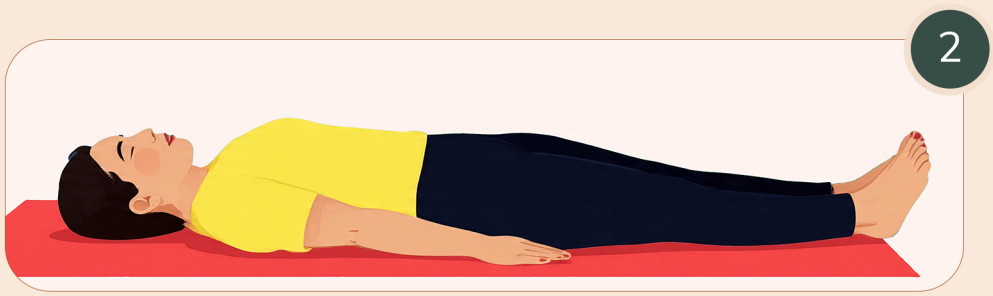
Starting Position

- Lie down on your back in Shavasana. Keep your legs apart, hands slightly away from the waist and palms turned up.



Steps

- Join your feet, bring your hands beside your body and tum your palms down.
- Slowly take a deep breath in and raise your legs straight up.
  Take your legs towards the head and lift your buttocks.
- As the buttocks are lifted, support your back with the hands.
  Stretch your legs up and bring your body at an angle of 45 degrees.



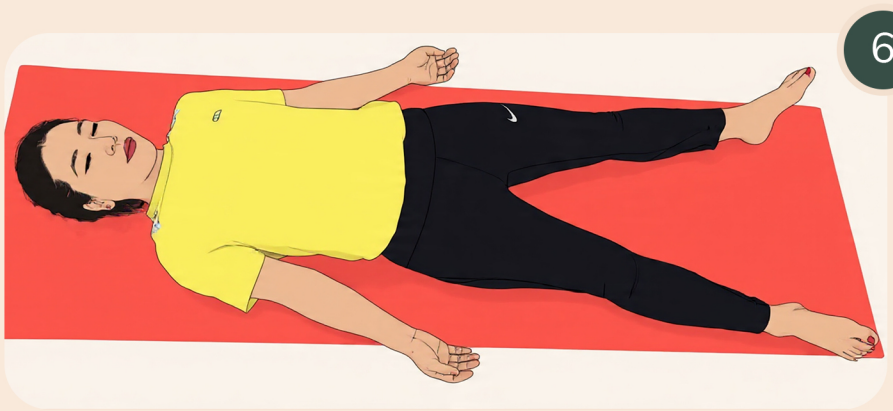






Ashwini Mudra

- Concentrate on your anus.
- Contract your anal region for few seconds.
- Release and relax your anal region for few seconds.
- Repeat this consecutive contraction and relaxation for 3-5 times.
- After the practice, return to starting position in the reverse order and relax.



Sheetali Pranayama

Starting Position



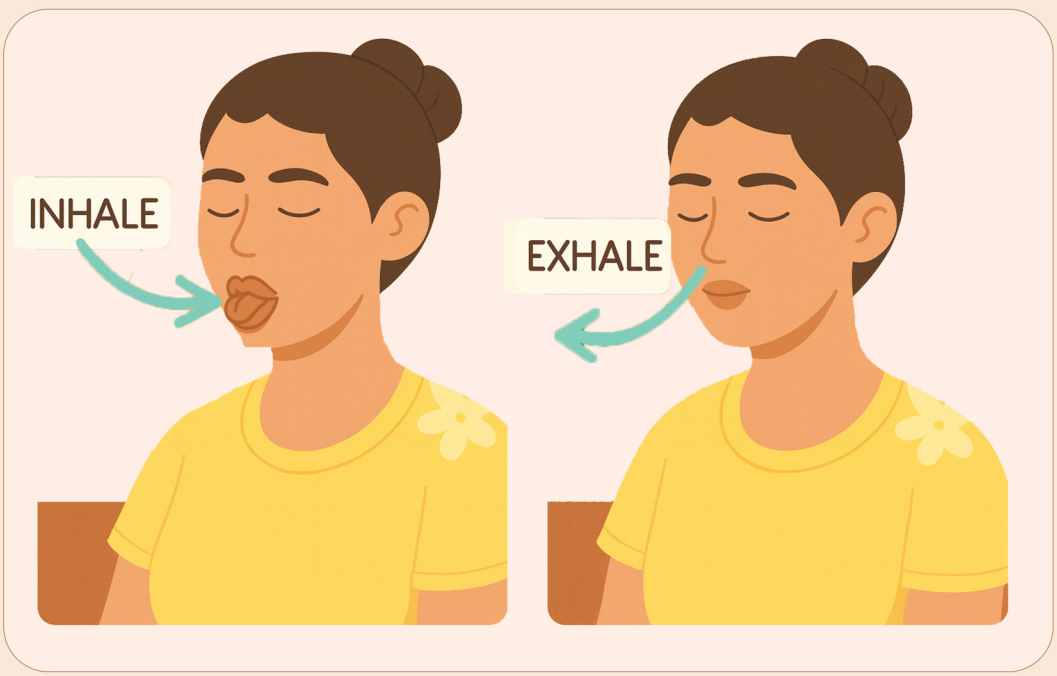
- Sit straight in Sukhasana.
- Keep your hands in Chin mudra, Close your eyes.

Steps

- Bring your tongue out in a tubular shape. Slowly inhale from in between your tongue.
- Pull your tongue in, close your mouth and slowly exhale from the nose.

This is one round. Practice this with complete awareness for 2 minutes.

If your are unable to form tubular shape with your tongue, then you can practice Sheetkari Pranayama.



Sheetkari Pranayama

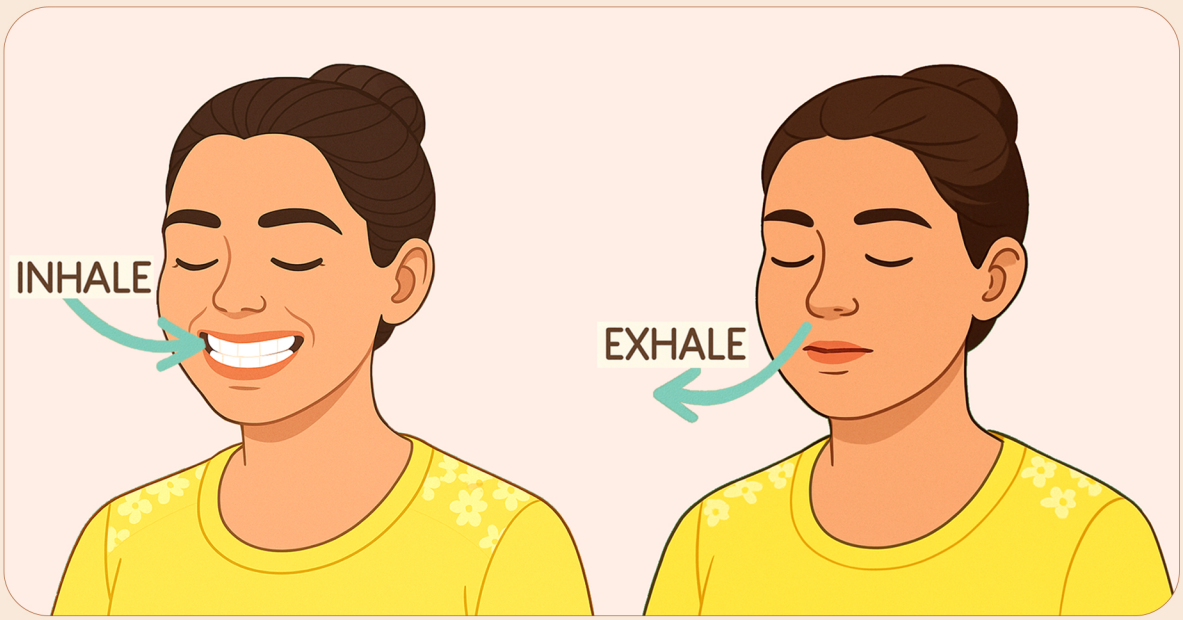
Starting Position



- Sit straight in Sukhasana.
- Keep your hands in Chin mudra, Close your eyes.

Steps

- Open your lips, clench your teeth together and keep your tongue straight.
- Slowly breathe in through your teeth.
- Close your lips and slowly exhale from the nose. This is one round.
- Practice this for 2 minutes with complete awareness.



After completing the practice, relax in the starting position.

Nadi- Shodhana Pranayama



Starting Position

- Sit in any comfortable asana. Keep your back and neck erect.
- Place your left hand on the knee in Chin Mudra.



Nasika/Nasagra Mudra

- Fold index and middle fingers and place them at the root of the thumb.

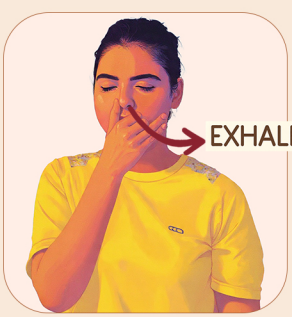
Steps

- Close your eyes and relax your whole body.
- Place the thumb above the right nostril and the ring and small fingers above the left.
- Close the right nostril and inhale slowly through the left nostril.
- Close the left nostril with the ring and small fingers, open the right nostril and slowly exhale.
- After exhalation through the right nostril, inhale through the right and exhale through the left.
- This is one round. Practice 15 rounds closing the nostrils altematively with complete awareness of the breathing.









After completing the practice, relax in the sitting position, keep your hands on the knees.

Close your eyes and relax.

Bhramari Pranayama

Starting Position

- Sit in any comfortable asana. Keep your back and neck erect.
- Place your left hand on the knee in Chin Mudra.



Steps

- Close your eyes and relax the whole body. Bring your awareness to the center of the head. Gently, inhale through the nose.
- Exhale slowly in a controlled manner while making a deep, steady humming sound (mmm...) like that of the black humming bee.
- The humming sound should be smooth, even and continuous for the duration of the exhalation. The sound should be soft and mellow, making the front of the skull reverberate.
- The inhalation and exhalation should be smooth and controlled. This is one round. Practice 8 rounds with complete awareness.

After completing the practice, relax in the sitting position, keep your hands on the knees. Close your eyes and relax.

Sectional Breathing

Starting Position

- Sit in any comfortable asana (Sukhasana/Vajrasana/Padmasana). Keep your hands in Chin Mudra.
- Close your eyes and relax.

Part-1: Abdominal Breathing

- Mentally observe your abdomen, relax the muscles of abdomen completely.
- Slowly, breathing in, expand your abdomen as much as you can without too much strain.
- Do not expand your chest or move any other part of the body.
- Slowly, breathing out, relax your abdomen and expel out all the air.
- This is one round, repeat 5 rounds with complete awareness on expansion and relaxation of your abdomen.



Part-I : Abdominal Breathing

Part-II: Thoracic Breathing

- Mentally observe your chest.
- Slowly, breathing in, expand your chest as much as you can without too much strain.
- Do not expand your abdomen or move any other part of the body.
- Slowly, breathing out, relax your chest and expel out all the air.
- This is one round, repeat 5 rounds with complete awareness on expansion and relaxation of your chest.

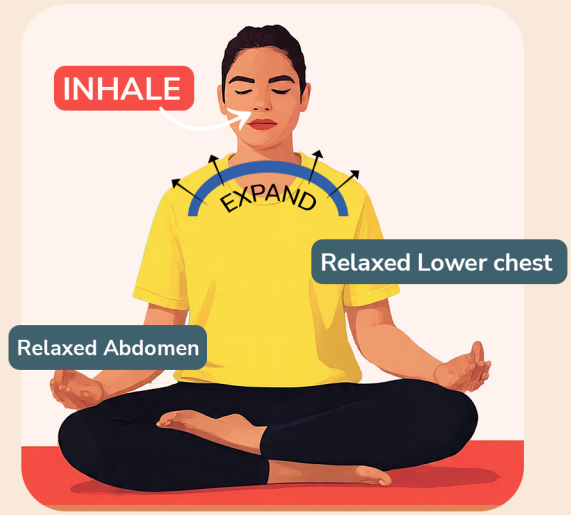


Part-II: Thoracic Breathing

Sectional Breathing

Part-III: Clavicular Breathing

- Mentally observe the upper part of your chest and shoulders.
- Slowly, breathing in, expand your upper chest so that your shoulders get uplifted without too much strain.
- Do not expand your abdomen.
- Slowly, breathing out, relax your shoulders and expel out all the air.
- This is one round, repeat 5 rounds with complete awareness on breathing and shoulder movements.



Part-III Clavicular Breathing

Part-IV: Yogic Breathing

- Slowly, breathing in, expand your abdomen first, then chest and then lift your shoulders up.
- Slowly, breathing out, first relax your shoulders, then your chest and finally abdomen. Expel out all the air.
- This is one round, repeat 5 rounds with complete awareness on breathing and movements.



Part-IV Yogic Breathing

After completing the practice, keep your eyes closed and relax.

Observe the changes in your body.

Center for Integrative Medicine and Research (CIMR)
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