

# Yoga for Constipation

For adults and kids

## What is SAUCHA?

Saucha is the first Niyama in Yoga which we follow not only to keep our body cleanliness but also our mental thoughts.

### Textbook definition:

Saucha literally means purity, cleanliness and clearness. It refers to purity of mind, speech and body. Saucha is one of the Niyamas of Yoga. It is discussed in many ancient Indian texts such as the Mahabharata and Patanjali's Yoga Sutras. It is a virtue in Hinduism and Jainism.

This Blog is coming to you from a very personal and repetitive question I hear from adults and parents.

You might have read/googled or went to doctors regarding this problem but believe me the medicine is in your own hands. As you know sometimes too much information is useless. Going to potty is a habit you need to inculcate with in the kid at the very young age, so the body gets to know the best hygiene methods and these were some common principles followed by my parents as we grow up. Indian system always makes sure you are at your best hygiene at all times.

Yoga being the Origin of India it has been inculcated into the culture in many many ways and I would like to introduce one of the **NIYAMA** called **SAUCHA**.

## Natural Constipation Relief for Kids

I am coming up with some Natural Reliefs

Read on if this interests you:

1. First thing in the morning is to give some Warm water to yourself and Kid. If plain water doesn't work 🍋 + 💧 + 🍯 is a great combination. Generally the bowel moment starts this lubrication.
2. If still need more do 10-20 sit and stand squats for the bowel moment.

### TIPS:

1. Please make sure you drink lots of water through out the day.
2. Ripen 🍌 every day in the evening helps the digestive system to fasten up and helps in constipation.
3. Adding Vegetables and fruits to your diet rather than relying on fiber supplements or powders.
4. Poor eating habits along with wrong combinations of foods. May be another blog to talk on this.
5. Last but not least is to do YOGA! Yes for you and your kid.

Now if you are having the question of how exactly elimination comes into this Saucha category and also trying to justify that it is not in your hands to work on this then read along.

Some serious underlying medical problems if you leave this problem.

# Underlying medical problems

The following are some underlying medical problems that can bring on constipation:

- certain diseases, such as [stroke](#), [Parkinson's disease](#), and [diabetes](#)
- problems with the colon or rectum, including [intestinal obstruction](#), [irritable bowel syndrome \(IBS\)](#), or diverticulosis
- overuse or misuse of [laxatives](#) (medications to loosen stools)
- hormonal problems, including an [underactive thyroid gland](#)

If the above list didn't get into the head, just ask yourself on how you can put in food into your mouth where your previous day food is not digested or eliminated. Doesn't it seem Gross or doing wrong for body. Your body is your temple and isn't it your responsibility to take care of it?

And if you as a parent do not follow and implement what are we going to teach kids? Remember kids learn from you and watch like a hawk. It is a good thing, believe me then your habits get to be straight.

Notice your day and go to lu with out book or electronics. Notice what your body is telling your. Thats your personal moment to notice how your digestion is working and to know how much of gut bacteria you have.

We are so lost right from the moment you open your eyes until you collapse your body on the bed. Is this life? Well I guess this is another blog itself.

I have taken an attempt from my-side to help you and your kid to teach some basic beginner friendly poses hoping you would benefit from it.

In below I would like to update on how Yoga helps in Constipation.

## CONSTIPATION - YOGA

Though [yoga](#) may not be the first thing that comes to mind when it comes to [constipation](#), there is some evidence that suggests yoga can help alleviate it.

Below are some top **10 poses** which I have selected for better bowel movement. Remember every Yoga pose has many many benefits just like any vegetable has but each vegetable is rich in certain vitamins or minerals. Same way the below poses have strong connection with Abdominal and digestive region.



# I. Apanasana

## APANASANA

### Knees to chest pose

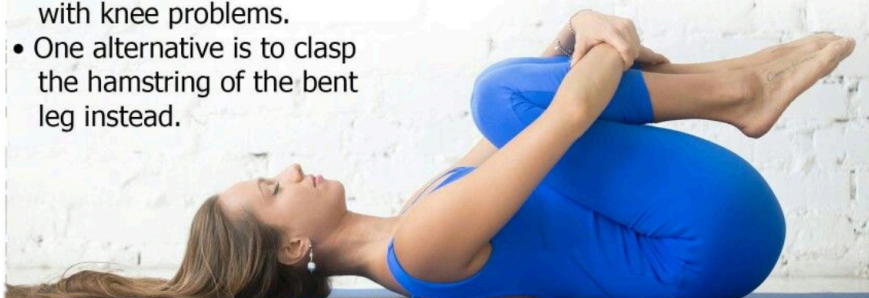
**Duration: 30 seconds to 1 Minute.**

#### **Benefits:**

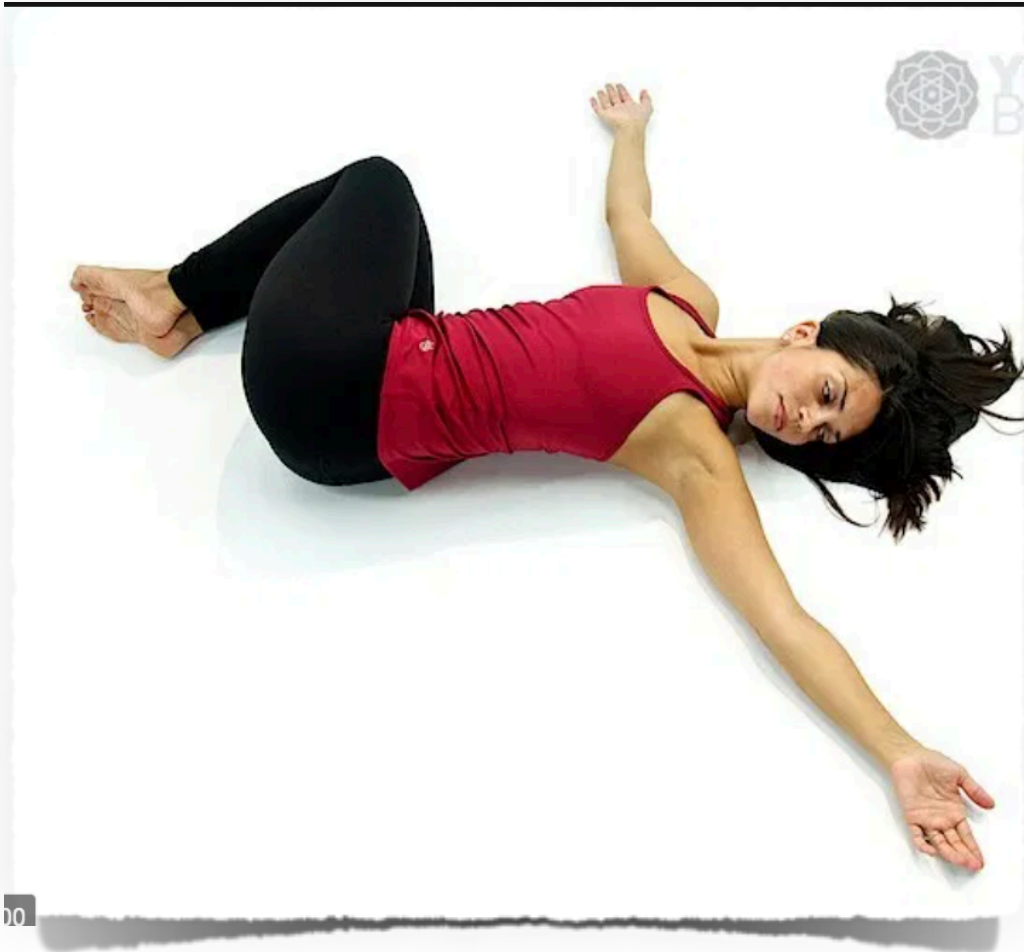
- Stretches and stabilizes the pelvis and low back and can reduce lower back pain.
- Reduces excessive anger, excitement, anxiety and high blood pressure.

#### **Contraindications**

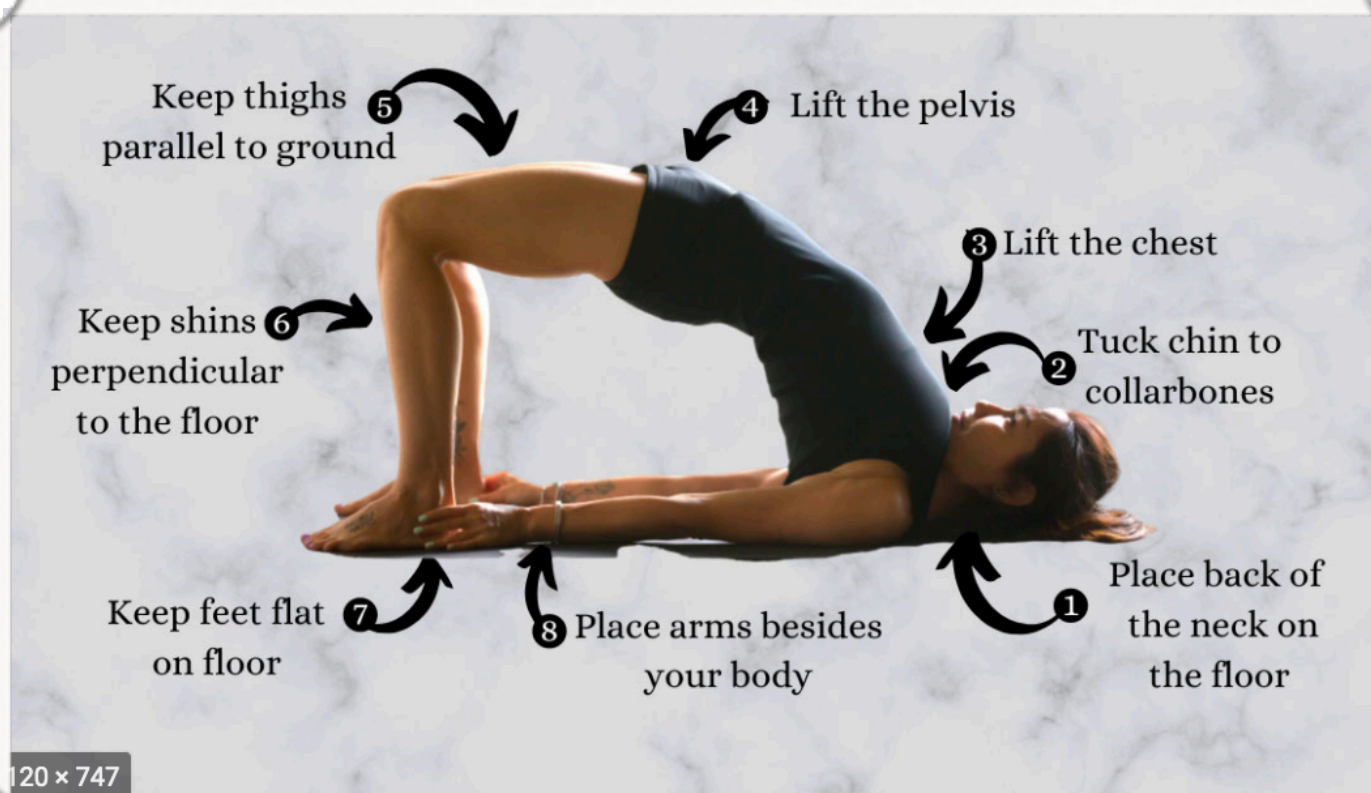
- Clasping the knee or shin can be problematic for people with knee problems.
- One alternative is to clasp the hamstring of the bent leg instead.



## 2. Jatarā Parivṛttasana

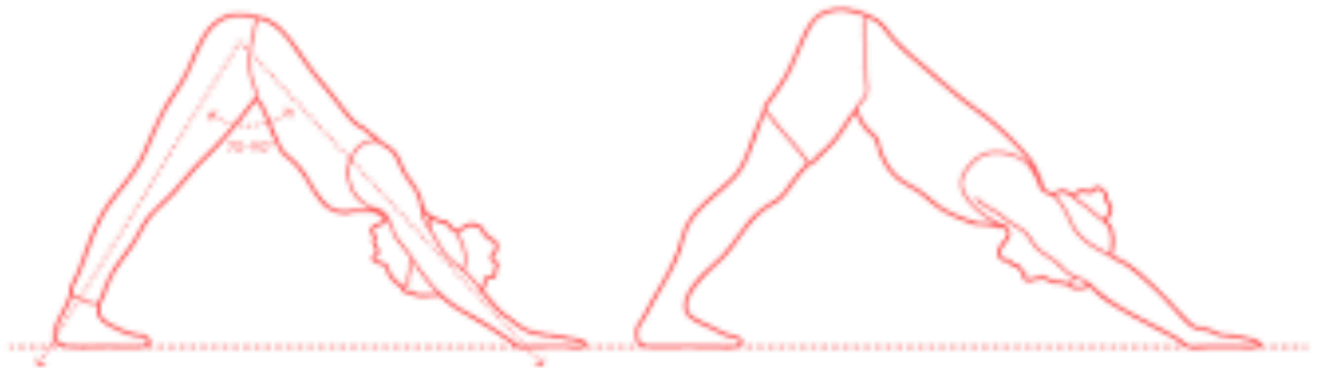


### 3. Setubandasana



## 4. Adhomukhasvanasana

*A down-dog a day keeps the the Doctor away.*



## 5. Bhujangasana



## 6. Anjaneyasana





## 7. Prasaritha padottanasana

**Prasarita Padottanasana  
(Wide-Legged Forward Bend)**



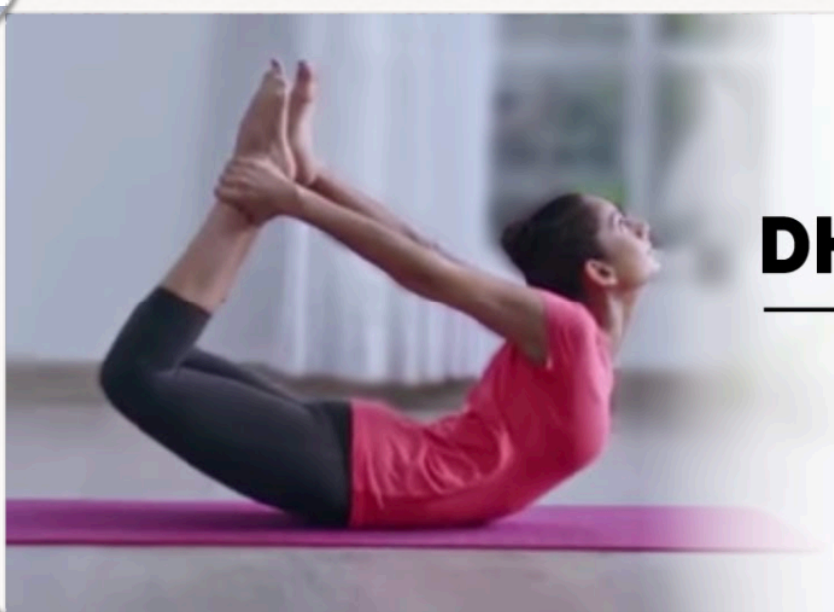
## 8. Malasana



Garland pose - Best pose for the Kids and Adults (if they can hold)



## 9. Dhanurasana



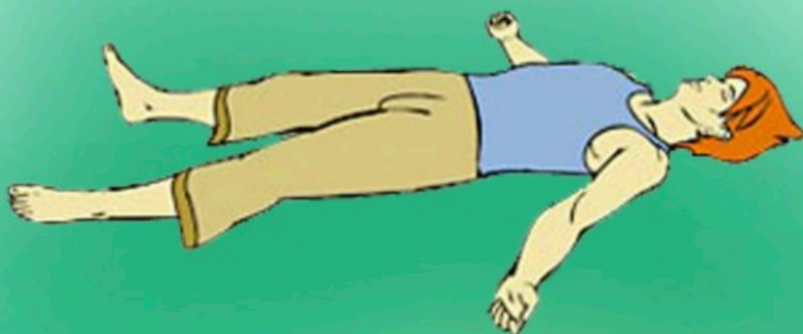
### **DHANURASANA**

**The Bow Pose**

This is one pose I debated to put in Beginner friendly poses but believe as a Kids Yoga teacher, kids can do this very easily. This is a great pose. As you see your whole abdomen is getting the massage from the floor and I just love this pose for many many other reasons.

# 10. Shavasana

## Benefits Of Shavasana (Corpse Pose)



- INCREASES THE FOCUS OF MIND AND CONCENTRATION
- RELAXES AND CALMS THE BODY
- RELIEF FROM HEADACHE AND IMPROVE SLEEP\*
- IMPROVES CARDIOVASCULAR HEALTH
- IMPROVES BLOOD CIRCULATION AND LOWER BLOOD PRESSURE
- HELPS TO REDUCE BACK PAIN

To Know more on the these poses read my other blog Top 10 Yoga poses for Beginners. <https://svadhyaya.net/SvadhyayaYoga/>