



PSYCHONEUROBICS THERAPY IN MEDICAL AILMENTS WITH SPECIAL REFERENCE TO IRRITABLE BOWEL SYNDROME

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Abstract:

Psychoneurobics helps control the human brain, body and soul. It includes physical and mental control to achieve a calm body and mind; it controls stress and anxiety and keeps you restless. It also helps to increase flexibility, muscle quality and body tone. In this paper we talk about the beauty of psychoneurobics and exercise in human health. Psychoneurobics is the activity of bio- electrical power to drive neuro cells/transmitters through a different engine or through brain exercise; and Psycho Neurobics are the functions of transmitting Spiritual Power to neuro cells by combining Psyche. The benefits of Psychoneurobics provide temporary satisfaction and lasting change. Many patients that have mental and physical diseases can be cured using Psychoneurobics therapy based on the chakras present in the human body. Traditional writings say there are 88,000 chakras in the human body. Most are extremely small and play a minor role in your energy system. However, there are approximately 40 secondary chakras that are of significance; these are located in your spleen, the back of your neck, the palms of your hands and the soles of your feet. The chakras involved in Psychoneurobic Therapy are Muladhara (Root) Chakra, Swadhisthana (Spleen) Chakra, Manipura (Navel) Chakra, Anahata (Heart) Chakra, Visuddhi (Throat) Chakra, Ajna (Brow) Chakra, Sahasrara (Crown) Chakra: and these are associated with Shivlinga Mudra & Mahaveer Mudra (Empowering Neurobics) Varun Mudra (Purifying Neurobics), Agni Mudra & Prithvi Mudra (Joyful Neurobics) Apan Vayu Mudra (Loveful Neurobics), Vayu Mudra, Akash Mudra, Shoonya Mudra (Peaceful Neurobics) Pran Mudra (Enlightening Neurobics) Gyan Mudra (Blissful Sound Neurobics) respectively. Each Patient is treated individually in a mildly lit cabin with Red, Orange, Yellow, Green, Blue, Indigo, Violet Light (Colours associated with the involved Chakra). They were further guided to visualize Health Management Kit-3d Plates or 3rd Eye Healing Album - Concentrate & Cure. Daily session was conducted which lasted for 20-30 minutes; Also Dynamic Psychoneurobics, Neurobic Spa, Rajyoga Meditation, Easy Psychoneurobics, Light Psychoneurobics, Tripple Power Psychoneurobics (Enlightening, Blissful, Neurobic Spa) are also used.

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Irritable Bowel Sdyndrome (IBS) or Irritable Bowel Disease (IBD) is a group of conditions of inflammation of the intestines and small intestines. This intestinal disorder is associated with an abnormal bowel movement (motility) and an increase in intestinal nerve sensations. It is an incurable disease and therefore requires long-term treatment and management. Crohn's disease and ulcerative colitis are major types of inflammatory bowel disease. There are spiritual, mental and self-discipline benefits of Psychoneurobics. Numerous Psychoneurobics asanas have a significant impact on your abdominal area and can cure Irritable BowelSdyndrome (IBS) or Irritable Bowel Disease (IBD) remarkably.

Key-Words: Psychoneurobics Therapy, Swadhisthana (Spleen) Chakra, Muladhara (Root) Chakra, Anahata (Heart) Chakra, Visuddhi (Throat) Chakra, Ajna (Brow) Chakra, Sahasrara (Crown) Chakra, Irritable Bowel Syndrome or Irritable Bowel Disease (**IBS or IBD**).

Introduction:

The specialty of rehearsing Psychoneurobics helps in controlling a person's brain, body and soul. It unites physical and mental controls to accomplish a tranquil body and psyche; it oversees pressure and nervousness and keeps you unwinding. It additionally helps in expanding adaptability, muscle quality and body tone. Psychoneurobics and contemplation, keeping your heart solid is simple. Studies have demonstrated that Psychoneurobics is connected to a decreased danger of coronary illness on account of its cardiovascular advantages that take out blood vessel plaque. Reflection additionally helps bring down pulse and enhance blood dissemination. In this paper we talk about the advantages of psychoneurobics and exercise on human wellbeing.

Yellow Colour cabin resonates the mind and brain with 510 Trillion vibes to heal our digestive system and heal diseases like diabetes, IBS, Liver problems, hepatitis, cancer, ulcer etc. This is natural digestive pills. Psychoneurobics is the activities of making bio- electrical driving forces in neuro cells / neuro transmitters by different engine or mental exercises; also Psycho Neurobics is the activities of moving Spiritual Energy in neuro cells by associating Psyche.

The advantages of Psychoneurobics give both moment satisfaction and enduring change. Psychoneurobics can change your physical and mental limit rapidly, while setting up the brain and body for long haul wellbeing. Psychoneurobics classes are available to all ages and wellness levels. It's energizing to go into a room loaded with youthful youngsters, competitors, moderately aged mothers etc. Everyone feels acknowledged and included.

Irritable Bowel Sdyndrome (IBS) or Irritable Bowel Disease (IBD)

It is a group of inflammatory conditions of the colon and small intestine. These gastrointestinal disorders are associated with abnormal gut contractions (motility) as well as increased intestinal tract sensations.

It is a chronic condition and therefore requires a long term treatment and management. Crohn's disease and ulcerative colitis are the principal types of inflammatory bowel disease.¹ Crohn's disease affects the small intestine and large intestine, as well as the mouth, esophagus, stomach and the anus, whereas ulcerative colitis primarily affects the colon and the rectum.

Irritable bowel syndrome is a group of symptoms that occur together, including repeated pain in your abdomen and changes in your bowel movements, which may be diarrhea, constipation, or both. With IBS, you have these symptoms without any visible signs of damage or disease. A common gastrointestinal disorder involving an abnormal condition of gut contractions (motility) and gut sensation.

Symptoms:

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. Varied forms of Signs and Symptoms are there. These include Cramps, Abdominal Pain, Bloating, Gas, Diarrhoea, Constipation etc. In spite of Crohn's and Ulcerative colitis being very different diseases, both may present with any of the following symptoms.² Anaemia is the most prevalent extra intestinal complication of inflammatory bowel disease.³ Associated complaints or diseases include arthritis, pyoderma gangrenosum, primary sclerosing cholangitis, and non-thyroidal illness syndrome (NTIS). Associations with Deep Vein Thrombosis (DVT) and Bronchiolitis Obliterans Organizing Pneumonia (BOOP) have also been reported.⁴ Diagnosis is generally by assessment of inflammatory markers in stool followed by colonoscopy with biopsy of pathological lesions.

Causes:

IBD is a complex disease which arises as a result of the interaction of environmental factors and hereditary factors. These lead on to immunological responses. There are associated inflammatory reactions in the intestine.

Following factors are responsible for the onset of **IBS/IBD**.

1. Diet:-

Dietary patterns are associated with a risk for ulcerative colitis. In particular, subjects who were in the highest tertile of the healthy dietary pattern had a 79% lower risk of ulcerative colitis.⁵ Gluten

¹ Talley, Nicholas (2018), Clinical examination: a systematic guide to physical diagnosis, Chatswood, N.S.W: Elsevier Australia, P. 227. ISBN 978-0-7295-4259-3, OCLC 988941211.

² Wang GF, Ren JA, Liu S, Chen J, et.al (July 2012). "Clinical characteristics of non-perianal fistulating Crohn's disease in China: a single-center experience of 184 cases". Chinese Medical Journal. 125 (14): 2405–10. PMID 22882911.

³ Stein J, Hartmann F, Dignass AU (November 2010). "Diagnosis and management of iron deficiency anemia in patients with IBD". Nature Reviews. Gastroenterology & Hepatology. 7 (11): 599–610. doi:10.1038/nrgastro.2010.151. PMID 20924367.

⁴ Lu DG, Ji XQ, Liu X, Li HJ, Zhang CQ (January 2014). "Pulmonary manifestations of Crohn's disease". World Journal of Gastroenterology. 20(1): 133–41, doi:10.3748/wjg.v20.i1.133, PMC 3886002, PMID 24415866.

⁵ Rashvand S, Behrooz M, Samsamikor M, Jacobson K, Hekmatdoost A (June 2018). "Dietary patterns and risk of ulcerative colitis: a case-control study", Journal of Human Nutrition and Dietetics, 31(3): 408–412. doi:10.1111/jhn.12544. PMID 29468761.

sensitivity is common in IBD and associated with having flare-ups. Gluten sensitivity was reported in 23.6 and 27.3% of Crohn's disease and ulcerative colitis patients, respectively. A diet high in protein, particularly animal protein, may be associated with increased risk of inflammatory bowel disease and relapses.⁶

2. Microbiota:

As a result of microbial symbiosis and immunity, alterations in the gut microbiome may contribute to inflammatory gut disease. IBD-affected individuals have been found to have 30–50 percent reduced biodiversity of commensal bacteria, such as decreases in Firmicutes (namely Lachnospiraceae) and Bacteroidetes. Further evidence of the role of gut flora in the cause of inflammatory bowel disease is that IBD-affected individuals are more likely to have been prescribed antibiotics in the 2–5 year period before their diagnosis than unaffected individuals. The enteral bacteria can be altered by environmental factors, such as concentrated milk fats (a common ingredient of processed foods and confectionery) or oral medications such as antibiotics and oral iron preparations.⁷

3. Breach of intestinal barrier:

Loss of integrity of the intestinal epithelium plays a key pathogenic role in IBD. Dysfunction of the innate immune system as a result of abnormal signaling through immune receptors called toll-like receptors (TLRs)- which activates an immune response to molecules that are broadly shared by multiple pathogens- contributes to acute and chronic inflammatory processes in IBD colitis and associated cancer⁸ Changes in the composition of the intestinal microbiota are an important environmental factor in the development of IBD. Detrimental changes in the intestinal microbiota induce an inappropriate (uncontrolled) immune response that results in damage to the intestinal epithelium. Breaches in this critical barrier (the intestinal epithelium) allow further infiltration of microbiota that, in turn, elicit further immune responses. IBD is a multifactorial disease that is nonetheless driven in part by an exaggerated immune response to gut microbiota that causes defects in epithelial barrier function.

4. Genetics:

A genetic component to IBD has been recognized for over a century. Research that has contributed to understand the genetics includes studies of ethnic groups (e.g., Ashkenazi Jews), familial clustering, epidemiological studies, and twin studies. With the advent of molecular genetics, understanding of the genetic basis has expanded considerably, particularly in the past decade. The first

⁶ Andersen V, Olsen A, Carbonnel F, Tjønneland A, Vogel U (March 2012). "Diet and risk of inflammatory bowel disease". *Digestive and Liver Disease*, 44(3): 185–94. doi:10.1016/j.dld.2011.10.001. PMID 22055893.

⁷ Kotanko P, Carter M, Levin NW (August 2006). "Intestinal bacterial microflora-a potential source of chronic inflammation in patients with chronic kidney disease". *Nephrology, Dialysis, Transplantation*, 21 (8): 2057–60, doi:10.1093/ndt/gfl281. PMID 16762961.

⁸ Cario-E (September 2010). "Toll-like receptors in inflammatory bowel diseases: a decade later", *Inflammatory Bowel Diseases*, 16(9): 1583–97. doi:10.1002/ibd.21282, PMC 2958454. PMID 20803699.

gene linked to IBD was NOD2 in 2001. Genome-wide association studies have since added to understanding of the genomics and pathogenesis of the disease. More than 200 single nucleotide polymorphisms (SNPs or “snips”) are now known to be associated with susceptibility to IBD. One of the largest genetic studies of IBD was published in 2012.⁹ The analysis explained more of the variance in Crohn's disease and ulcerative colitis than previously reported. The results suggested that commensal microbiota are altered in such a way that they act as pathogens in inflammatory bowel diseases. Other studies show that mutations in IBD-associated genes might interfere with the cellular activity and interactions with the microbiome that promote normal immune responses.¹⁰

Diagnosis

The diagnosis is usually confirmed by biopsies on colonoscopy. Fecal calprotectin is useful as an initial investigation, which may suggest the possibility of IBD, as this test is sensitive but not specific for IBD.

Treatment:

- Surgery
- Medical therapies
- Nutritional and dietetic therapies
- Microbiome
- Alternative medicine
- Novel approaches especially Psychoneurobics

1. Surgery:

CD and UC are inflammatory conditions. However, ulcerative colitis can be cured by proctocolectomy, although this may not eliminate extra-intestinal manifestations. An ileostomy will collect feces in a bag. Alternatively, a pouch can be created using the small intestinal wall which will serve as the rectum and prevent the need for a permanent ileostomy. Between 25% and 33% of the patients with ileo-anal pouches do manage.

Surgery cannot cure Crohn's disease but may be needed to treat complications such as abscesses, strictures or fistulae. Severe cases may require surgical interventions including bowel resection, strictureplasty etc; temporary or permanent colostomy or ileostomy may also resolve the discomfort. In Crohn's disease, surgery involves removing the worst inflamed areas of the intestine and connecting the

⁹ Jostins L, Ripke S, Weersma RK, et.al.(November 2012). “Host-microbe interactions have shaped the genetic architecture of inflammatory bowel disease,” *Nature*. 491 (7422): 119–24. Bibcode: 2012Natur.491..119.. doi:10.1038/nature11582. PMC 3491803. PMID 23128233.

¹⁰ Chu, Hiutung; Khosravi, Arya; Kusumawardhani, Indah P.; Kwon, Alice H. K.; Vasconcelos, Anilton C.; Cunha, Larissa D.; Mayer, Anne E.; Shen, Yue; Wu, Wei-Li (2016-05-27). "Gene-microbiota interactions contribute to the pathogenesis of inflammatory bowel disease". *Science*. 352 (6289): 1116–1120, Bibcode: 2016 Sci... 352, 1116C. doi:10.1126/ science, aad9948, ISSN 1095-9203, PMC 4996125, PMID 27230380.

healthy tissues, but unfortunately, it does not cure Crohn's disease completely or eliminate the disease. At some point after the first surgery, Crohn's disease can recur in the healthy parts of the intestine and that too usually at the resection regions. For example, if a patient with Crohn's disease undergoes ileocecal anastomosis, in which the caecum and terminal ileum are removed and the ileum is joined to the ascending colon, then Crohn's disease will nearly always flare-up near the anastomosis site or may be in the rest of the ascending colon.¹¹

2. Medical therapies

Medical treatment of IBD is individualized to each patient. The choice of which drugs to use and by which route to administer them (oral, rectal, injection, infusion) depends on factors including the type, distribution, and severity of the patient's disease, as well as other historical and biochemical prognostic factors, and patient preferences. For example, mesalazine is more useful in ulcerative colitis than in Crohn's disease. Generally, depending on the level of severity, IBD may require immunosuppression to control the symptoms, with drugs such as prednisone, TNF inhibitors, azathioprine (Imuran), methotrexate, or 6-mercaptopurine.¹²

Steroids, such as the glucocorticoid prednisone, are frequently used to control disease flares and were once acceptable as a maintenance drug. Biological therapy for inflammatory bowel disease, especially the TNF inhibitors, are used in people with more severe or resistant Crohn's disease and sometimes in ulcerative colitis.¹³

Treatment is usually started by administering drugs with high anti-inflammatory effects, such as prednisone. Once the inflammation is successfully controlled, another drug to keep the disease in remission, such as mesalazine in UC, is the main treatment. If further treatment is required, a combination of an immunosuppressive drug (such as azathioprine) with mesalazine (which may also have an anti-inflammatory effect) may be needed, depending on the patient. Controlled release Budesonide is used for mild ileal Crohn's disease.

3. Nutritional and dietetic therapies:

Nutritional deficiencies play a prominent role in IBD. Malabsorption, diarrhea, and GI blood loss are common features of IBD. Deficiencies of B vitamins, fat-soluble vitamins, essential fatty acids, and key minerals such as magnesium, zinc, and selenium are extremely common and benefit from

¹¹Cappello, Maria; Randazzo, Claudia; Bravatà, Ivana et al (2014). "Liver Function Test Abnormalities in Patients with Inflammatory Bowel Diseases: A Hospital-based Survey". *Clinical Medicine Insights: Gastroenterology*, 7: 25–31. doi:10.4137/CGast.S13125, ISSN 1179-5522. PMC 4069044. PMID 24966712.

¹²Karimuddin A, Gilles G. "Surgery for Abdominal/Intestinal Crohn's Disease". *Trusted Therapies*. Trusted Therapies. Retrieved 19 May 2015.

¹³D'Haens GR, Panaccione R, Higgins PD, et al (February 2011). "The London Position Statement of the World Congress of Gastroenterology on Biological Therapy for IBD with the European Crohn's and Colitis Organization: when to start, when to stop, which drug to choose, and how to predict response?", *The American Journal of Gastroenterology*, 106 (2): 199–212, quiz 213. doi:10.1038/ajg.2010.392, PMID 21045814.

replacement therapy. Dietary interventions, including certain exclusion diets like the SCD or Specific carbohydrate diet.¹⁴

Anaemia is commonly present in both ulcerative colitis and Crohn's disease. Due to raised levels of inflammatory cytokines which lead to the increased expression of hepcidin, parenteral iron is the preferred treatment option as it bypasses the gastrointestinal system, has lower incidence of adverse events and enables quicker treatment. Hepcidin itself is also an anti-inflammatory agent. In the murine model very low levels of iron restrict hepcidin synthesis, worsening the inflammation that is present. Enteral nutrition has been found to be efficient to improve hemoglobin level in patients with inflammatory bowel disease, especially combined with erythropoietin.¹⁵

4. Microbiome

There is preliminary evidence of an infectious contribution to inflammatory bowel disease in some patients that may benefit from antibiotic therapy, such as with rifaximin. The evidence for a benefit of rifaximin is mostly limited to crohn's disease with less convincing evidence supporting use in ulcerative colitis.

Fecal microbiota transplant is a relatively new treatment option for IBD which has attracted attention since 2010. Some preliminary studies have suggested benefits similar to those in *Clostridium difficile* infection but a review of use in IBD shows that FMT is safe, but of variable efficacy. A 2014 reviewed stated that more randomized controlled trials were needed.¹⁶

5. Alternative medicine:

Complementary and alternative medicine approaches have been used in inflammatory bowel disorders.¹⁷ Evidence from controlled studies of these therapies has been reviewed; risk of bias was quite heterogeneous.

6. Novel approaches:

Stem cell therapy is undergoing research as a possible treatment for IBD. A review of studies suggests a promising role, although there are substantial challenges, including cost and characterization of effects, which limit the current use in clinical practice.

7. Psychoneurobics

¹⁴Charlebois A, Rosenfeld G, Bressler B (June 2016). "The Impact of Dietary Interventions on the Symptoms of Inflammatory Bowel Disease: A Systematic Review." *Critical Reviews in Food Science and Nutrition*. 56 (8): 1370–8. doi:10.1080/10408398.2012.760515. PMID 25569442.

¹⁵Liu S, Ren J, Hong Z, Yan D, Gu G, Han G, Wang G, Ren H, Chen J, Li J (February 2013). "Efficacy of erythropoietin combined with enteral nutrition for the treatment of anemia in Crohn's disease: a prospective cohort study". *Nutrition in Clinical Practice*. 28 (1): 120–7. doi:10.1177/0884533612462744. PMID 23064018.

¹⁶Jump up to:a b Colman RJ, Rubin DT (December 2014). "Fecal microbiota transplantation as therapy for inflammatory bowel disease: a systematic review and meta-analysis." *Journal of Crohn's & Colitis*. 8 (12): 1569–81. doi:10.1016/j.crohns.2014.08.006. PMC 4296742. PMID 25223604.

¹⁷Gilardi D, Fiorino G, Genua M, Allocca M, Danese S (September 2014). "Complementary and alternative medicine in inflammatory bowel diseases: what is the future in the field of herbal medicine?". *Expert Review of Gastroenterology & Hepatology*. 8 (7): 835–46. doi:10.1586/17474124.2014.917954. PMID 24813226.

Psychoneurobics isn't just about working out; it's about a sound way of life. Harmony and peacefulness accomplished through centered preparing claims to everybody. Psychoneurobics' profound breathing and reflection rehearses help cultivate an internal move from daily agendas, children and companion's needs, budgetary concerns, and relationship battles to something somewhat greater than the issues you confront.

In the event that you need to build quality through utilizing your very own greater amount body's obstruction, control Psychoneurobics might be appropriate for you. In case you're prepared for a more profound practice, Bikram, additionally called "hot Psychoneurobics," might be exactly what you're searching for. In Bikram Psychoneurobics, the room temperature is set to around 105 degrees Fahrenheit, bringing about more prominent disposal of poisons from the body through the expanded creation of perspiration. Regardless of your wellness level, fat rate, or wellbeing history, Psychoneurobics has a style for you.

The stomach related framework gets back on track when the extending in Psychoneurobics is combined with a sound, natural eating regimen, which can diminish obstruction, bad tempered gut disorder and heartburn. Another of the advantages of Psychoneurobics is that extending and holding stances additionally makes muscles stretch, which gives the body a more drawn out, more slender look.

Isometric exercises are one of the best ways to build core strength. Isometric, stemming from the words "same" and "length," simply translates to holding one position without moving. Power Psychoneurobics uses isometric exercises along with other postures that are designed to make the core and back stronger. Flexibility and balance stem from your core, so it's important to train this area of the body. In turn, you can increase the strength and health of your entire body. Generally a high-temperature room is used in this practice to help keep the muscles warm and release additional toxins from the body.

Manipura (Navel) Chakra:

Worry and suppressed emotions sit in the navel center and block this chakra. "Worrying is nothing but a constant repetition of certain words in the mind". This drains away our energy and takes us out of the total awareness and bliss of this moment. Worry is a terrible waste of time, thought and energy, 99% of our worries never come true and the one percent that do, end up being good for us. Many stomach problems; skin diseases and pains are related to the navel center. Obesity is another by product of worry and depression.

Thus, the functions of digestive system are coordinated while during physical activities. In our body the two important systems i.e neural system and the endocrine system jointly coordinate and integrate all the activities of the organs so that they function in a synchronized fashion.

The cellular functions need to be continuously regulated, a special kind of coordination and integration is needed.

This function is carried out by hormones. The neural as well as endocrine systems jointly coordinate and regulate the intestinal functions in the body.

Block of energy Chakras leads to the diseases in body as specified

- Solar Plexus
- Food Allergies
- Coeliac's disease
- Diabetes
- Digestive Problems
- Gall stones
- Liver disease
- Hepatitis
- Pancreatitis
- Peptic ulcer
- Stomach problems
- Ulcers

Base Chakra

- Anorexia
- Constipation
- Colitis
- Crohn's disease
- Depression
- Diarrhoea
- Frequency of urination
- Glaucoma
- Haemorrhoids
- Hypertension (high blood pressure)
- Obesity
- Piles
- Sciatica
- Weight gain / loss

Sacral Chakra

Irritable bowel syndrome

Joyful Neurobics

The Joyful Neurobics is equivalent to jogging. The heart rate is accelerated, metabolic waste is cleared & the digestive system is strengthened.

Benefits:

- (i) Cleanse metabolic waste from the body
- (ii) Accelerate heart rate
- (iii) Strengthen digestive system
- (iv) Increase appetite

Advanced Neurobic Spa Exercise

Now, God is showering us the rays of Joy in the form of Yellow colour. Visualise the energy full of joy entering through the crown chakra and going straight to the Solar Plexus chakra. This chakra is widely open with 10 petals, rotation in its own speed. From this chakra energy is spread to our whole body. This chakra has the virtue of joyfulness. See the Joyful Energy inside with all the cells and tissues of the body completely charged and filled with Joy.

Conclusion:

There are Spiritual, Mental and Self-Discipline benefits of Psychoneurobics. Numerous Psychoneurobics asanas have a significant impact on your abdominal area quality, for example, the descending and upward pooch, while the board centers around your center. It helps significantly in curing The specialty of rehearsing Psychoneurobics helps in controlling a person's brain, body and soul. It unites physical and mental controls to accomplish a tranquil body and psyche; it oversees pressure and nervousness and keeps you unwinding. It additionally helps in expanding adaptability, muscle quality and body tone. Psychoneurobics and contemplation, keeping your heart solid is simple. Studies have demonstrated that Psychoneurobics is connected to a decreased danger of coronary illness on account of its cardiovascular advantages that take out blood vessel plaque. Reflection additionally helps bring down pulse and enhance blood dissemination. In this paper we talk about the advantages of psychoneurobics and exercise on human wellbeing.