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Integrative remedial care of irritable bowel syndrome

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Irritable bowel syndrome (IBS) is a functional gastrointestinal (GI) disorder that has both physical and mental causes. Albeit these causes, only limited studies that address the impact of yoga on IBS patients. Therefore, there is a need for a systematic study to develop a practical and concise yoga module that could be used to relieve the symptoms of IBS. We evaluated the outcome of a randomized controlled trial (RCT) and a follow-up maintenance intervention of a designed remedial yoga module (RYM) in improving the severity of IBS. The RCT comprised yoga, combination, and control groups of patients. Yoga and combination groups received RYM practices for an hour, three times a week for 12 weeks, and control group maintained their current life style. The wait-list control group from the 12-week RCT was offered the same RYM practices. All patients who completed the 12-week RYM intervention were offered an additional 12 weeks of once a week, one hour RYM intervention. Patient-reported outcomes were assessed. There were significant improvements in IBS-SSS and IBS-QOL scores in yoga and combination groups compared to control group. Further, HADS, autonomic symptom score, IBS-GAI, physical flexibility, and autonomic functions were significantly improved in the Yoga intervention groups. In correlation, the amount of medicine and supplement use was significantly reduced in these groups. Wait list-yoga group reflected the improvements of IBS symptoms as observed in yoga and combination groups. Results of follow-up group revealed that all the significant improvements observed at week 12 were sustained at week 24. The study suggests that RYM is effective not only in relieving symptoms of IBS and also impacting overall wellbeing. The presentation will discuss in the context of eastern and modern understanding of IBS and how yoga can be a viable stand-alone treatment or an integrative option with other modalities for IBS patients.

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