A total of 51 adolescents (14-17) and young adults (18-26) were randomly assigned to Iyengar Yoga or a control group. The control group received usual medical care. The Iyengar Yoga group participated in classes twice a week for six weeks. (Average number of classes attended was 9.3.) The 90-minute classes were led by an experienced Iyengar Yoga teacher and assisted by a junior teacher. All participants were taught a working list of poses. Classes were sequenced over time with more challenging poses introduced as students developed skills.

RESEARCH SUMMARY

Irritable Bowel Syndrome (IBS) is a common disorder characterized by abdominal pain and altered bowel functions (e.g., diarrhea, constipation). IBS can disrupt social functioning and cause psychological disorders (e.g., depression). Results of a study showed that Iyengar Yoga can help to relieve symptoms in adolescents and young adults.

More of the Iyengar Yoga participants reported slight or moderate overall improvement than those receiving standard medical care only (72% vs. 28%). Improvements in symptoms experienced by many participants included:

- Reduced abdominal pain
- Less diarrhea
- Relief from constipation
- Minimization of nausea
- Decreased functional disability
- Less fatigue
- Reduced psychological distress

METHOD

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YOGA POSTURES

**Reclining postures:**
- Supta Baddha Konasana
- Supta Virasana
- Supta Padangusthasana
- Supta Swastikasana

**Standing postures:**
- Ardha Chandrasana
- Prasarita Padottanasana

**Forward bends:**
- Janu Sirsasana

**Seated postures:**
- Upavista Konasana

**Inversions:**
- Adhomukha Svanasana with ropes
- Salamba Sarvangasana and variations
- Rope Sirsasana
- Setubhanda Sarvangasana on cross bolsters
- Setubhanda Sarvangasana on bench
- Viparita Karani
- Handstand
- Pincha Mayurasana
- Chair Halsana

**Backbends:**
- Viparita Dandasana
- Purvottanasana on chairs

FOR MORE INFORMATION


To find a Certified Iyengar Yoga Teacher (CIYT) in your area, click on “Find a Teacher” at IYNAUS.ORG