Irritable bowel syndrome (IBS) is a group of symptoms manifesting as a functional gastrointestinal (GI) disorder in which patients experience abdominal pain, discomfort, and bloating that is often relieved with defecation. IBS is often associated with a host of secondary comorbidities such as anxiety, depression, headaches, and fatigue. In this review, we examined the basic principles of Pancha Kosha (five sheaths of human existence) concept from an Indian scripture Taittiriya Upanishad and the pathophysiology of a disease from the Yoga approach, Yoga Vasistha’s Adhi (originated from mind) and Vyadhi (ailment/disease) concept. An analogy between the age old, the most profound concept of Adhi-Vyadhi, and modern scientific stress-induced dysregulation of brain-gut axis, as it relates to IBS that could pave way for impacting IBS, is emphasized. Based on these perspectives, a plausible Yoga module as a remedial therapy is provided to better manage the primary and secondary symptoms of IBS.
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Irritable bowel syndrome (IBS), also called spastic colon and mucous colitis, is a functional gastrointestinal disorder caused by irritability and irregularity in the movement of both the small and large intestines. Some of the most common symptoms of IBS are abdominal cramping or pain, diarrhea, constipation, bloating, gas, mucus in the stool, nausea, headache, depression, and fatigue. One in five Americans suffer from IBS. In fact, IBS is one of the most commonly diagnosed disorders.