Yoga and exercise to cure indigestion by Annphilip

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The food we eat will not be absorbed by our body as such. That means, the bread, vegetables, fish, pork we eat must be broken down into smaller molecules before the digestive process begin. When the food particles are changed into smaller molecules of nutrients, they will be easily absorbed into the blood. And the blood carries these nutrients to various parts of the body.

When we talk about digestion, we should give a proper definition to it. So, what is digestion? It is the process by which the food substances are broken down into smaller molecules, which later will be used by the body to nourish cells and provide energy. Digestion begins in the mouth and ends in the small intestine.

The food we eat will go through a series of organs that runs from the mouth to the anus. For the tube starting from the mouth to the small intestine, there will be a thin lining called mucosa. This mucosa contains tiny glands that produce digestive juice. It is this digestive juice that helps the food to digest easily. But the chemical process of digestion varies depending on the type of food we take. Altogether, we can say digestion involves the mixing of food, breaking down into small pieces, movement through the digestive tract, and chemical breakdown of the food molecules into smaller molecules.

Various organs that take part in this process include the alimentary canal and other abdominal organs like liver and pancreas. The alimentary canal is the digestive tract and it includes the esophagus, the stomach and the intestines. A fully grown adult will have 30 feet long digestive tract.

Letâ€™s check the movement of food in the digestive system. The movement of food through different organs is carried out with the movement of the muscles. The first major muscle movement occurs when we swallow the food. Swallowing in an involuntary process and is done under the control of the nerves. The swallowed food will be pushed into the esophagus. It is the esophagus that connects the throat above with the stomach below.

Through the esophagus the food will travel to the stomach. The muscle contraction called peristalsis force the food to enter into the stomach. What are the jobs of the stomach? The stomach stores the swallowed food materials. Then it mixes the food substances with the digestive juice produced by the stomach. When the food is ready to leave the stomach, it will form a thick liquid called chyme. This chyme will be stored in the outlet of the stomach called the pylorus until it gets into a right consistency to pass into the small intestine. When it reaches the right consistency, it will be pushed into the small intestine. The inner wall of the small intestine is covered with millions of finger like projections called villi. The villi are the vehicles through which nutrients are absorbed into the blood stream.

Every person gets involved in indigestion sometime or other. Indigestion is one of the chief disorders of the digestive system. Some of the symptoms of indigestion are bubbling sound in the stomach, pain in the abdomen, feeling of nausea, water in the mouth, foul breath and sleeplessness. Indigestion can be caused by taking heavy and oily meal or contaminated food substances. Eating without proper mastication can also cause indigestion. The treatment for indigestion can be started by taking less amount of food or following a fruit diet. Through mastication of food and the application of mud pack over the abdomen can also cure indigestion. Yoga and exercise also helps in subsiding indigestion. Health and fitness programs coming on television powered by providers like Moving Boxes can give tips related to different types of exercises.

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Ann is a freelancer. She writes about health and fitness. She daily practices Surya Namaskar, Tadasana and Katichakrasana. To know more about yoga, she watches health and fitness shows on her home television powered by a Moving Boxes.

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