

References:

Role of yoga therapy in improving digestive health and quality of sleep in an elderly population: A randomized controlled trial

[H R Shree Ganesh](#) ¹, [Pailoor Subramanya](#) ², [Raghavendra Rao M](#) ³, [Vivek Udupa](#) ⁴

Affiliations Expand

PMID: 34391308

DOI: [10.1016/j.jbmt.2021.04.012](https://doi.org/10.1016/j.jbmt.2021.04.012)

Yoga in Pediatric Gastroenterology

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Yoga Therapy in Functional Dyspepsia. A Narrative Review

[Garima Setia](#) ¹, [Ananda Balayogi Bhavanani](#) ², [Meena Ramanathan](#) ³, [Nilakantan Ananthkrishnan](#) ⁴, [Vinod Vinoth](#) ⁵, [B Sajeeth Manikanda Prabu](#) ⁶, [Balanehru Subramanian](#) ⁷

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Adjuvant yoga therapy for symptom management of functional dyspepsia: A case series

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Effect of Yoga in the Therapy of Irritable Bowel Syndrome: A Systematic Review

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Yoga for Digestion Updated: June 8th, 2023

Written by: CDHF <https://cdhf.ca/en/yoga-for-digestion/>

13 Yoga Poses To Relieve Gas and Bloating You can relieve gas and bloating in your belly with various yoga poses such as spinal twists or a seated heart opener.

By [Min-Ja Lee](#)

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