



**GLOBAL INTERSTITIAL CYSTITIS,  
BLADDER PAIN SOCIETY**

# NEWSLETTER

VOLUME 2, ISSUE 7 (OCTOBER 2020)



## Yoga and Interstitial Cystitis



### GIBS EXECUTIVE BOARD

- Dr. Rajesh Taneja (Chairman-GIBS)
- Dr. Sanjay Pandey (Secretary-GIBS)
- Dr. Rajeev Sood
- Dr. Uttam Mete
- Dr. Shivam Priyadarshi
- Dr. Apul Goel
- Dr. Ranjana Sharma
- Dr. Navita Purohit
- Dr. Amita Jain



### FOR ANY ASSISTANCE CONTACT US

✉ [info@gibsociety.com](mailto:info@gibsociety.com)

☎ +91 8169746459

🌐 [www.gibsociety.com](http://www.gibsociety.com)



### CALL FOR NEWSLETTER ARTICLES

Be the  
**NEXT** Author!

Please send your contributions to  
[info@gibsociety.com](mailto:info@gibsociety.com)



### FOUNDER PATRON



**SWATI SPENTOSE PVT.LTD.**

**JOIN US! BECOME A MEMBER OF GIBS**  
<https://gibsociety.com/become-a-lifetime-member/>

**YOGA** is an ancient type of physical , mental and spiritual activity that has been used as a therapy in traditional Indian medicine for centuries. It has recently been quite popular in the western world as a part of complementary medicine.

Chronic urologic disorders like chronic pelvic pain, prostatodynia, orchalgia, vulvodynia and Interstitial cystitis are conditions difficult to diagnose and are often a diagnosis of exclusion. Traditional allopathic treatment is often unsuccessful in managing these chronic disorders leading to frustration amongst both health care practitioners and patients.They are often forced to look elsewhere for other modalities to provide pain relief and improve quality of life.<sup>1</sup> Yoga is one of these modalities which has been extremely useful to many patients in reducing the suffering seen with these chronic urologic conditions .

The American Urological Association defined first-line treatments for IC/PBS to include relaxation/stress management, pain management and self-care/behavioral modification. Second-line treatment is pelvic health rehab and medications.<sup>2</sup> Yoga can often help a patient to achieve relaxation of body and mind, with progressive relaxation of tense and tender pelvic floor muscles, which may help in reducing pain.

Manual physical therapy for the pelvic floor muscles, abdomen and viscera can help free the restricted tissues and decrease secondary muscle tightness. For those seeking ways to decrease symptoms on their own, yoga can be an effective and complementary option to clinical treatment.<sup>3</sup>

Breathing, centering and awareness techniques offered in a yoga practice help reduce stress, and consequently, increase function. Certain yoga poses and flows help calm the sympathetic nervous system.

The fact that it could be done at home, giving patients control of their own healing and thus making them more self sufficient. Hatha Yoga is a complete fitness art and is often used in India as medical tool to prevent illness, aid healing, induce relaxation, and reduce stress and its effects.

Students of it gain physical strength, muscle tone, flexibility, stamina and endurance, plus relaxation and inner calm.<sup>4</sup>

Hatha Yoga is not an alternative to traditional treatments. Rather, it should accompany long-standing methods, providing the patient with another potential tool to benefit their overall health.

Regular practice of yoga has been shown to increase endorphin release, resulting in improved pain control and stress reduction. Since reduced levels of stress have been noted, often, the patient practicing yoga changes their perception of stress, which results in an increased sense of well being. Often, the practitioner of yoga feels a sense of accomplishment and control over their chronic pain, which, until they began practicing yoga was absent in their lives. Improved musculoskeletal function has also been linked to the practice of yoga providing the patient a legitimate exercise format to regain or keep muscle strength and aerobic capacity.

Yoga utilizes neuromuscular reeducation techniques like postural training, breath work, and body mechanics. Therapeutic exercise prescription includes mobilizing what needs to move and strengthening what needs to stabilize.

Asana incorporates gentle and slow movements combined with conscious breathing. This calms the sympathetic nervous system (fight or flight response),lengthens and strengthens pelvic floor muscles, and promotes myofascial release. Relaxation technique after the asans not only relaxes the muscles but also allows body, mind, and spirit to integrate the changes that occurred during the practice.of asanas.







Mindfulness and body awareness techniques reduce stress that often accompanies interstitial cystitis.. By integrating these into the overall pelvic health strategy, we implement another strategy for self-healing and increase the potential to live our healthiest, happiest life.<sup>5</sup>



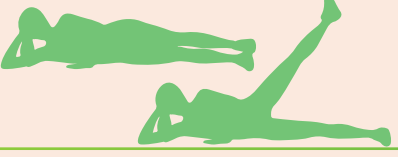



It is important to encourage holistic methods of building strategies to handle the challenges of IC/BPS.

Besides giving immediate results in the form of pain relief ,it also helps to develop resiliency in the face of persistent pain. As it has been rightly said,“hope serves us best when we do not attach specific outcomes to it”.

Using Yoga as an aspect of a holistic treatment plan for Interstitial cystitis allows to have a tool that is safe, portable, and effective in improving quality of life.

### List of Asanas which help in IC/BPS:<sup>6</sup>

POSE/ASAN	ACTION/BENEFIT	
Bridge Pose	Restore flexibility in hips, strengthen torso and leg muscles	
Cobra Pose	Reduce muscle tension in back	
Cow Pose	Relax tension in hips, back and shoulders	
Crocodile Pose	Increase upper body and back strength	
Downward Facing Dog	Improve sacroiliac joint function, strengthen upper body	
Frog Pose	Realign of sacroiliac and coccyx, stretch and relieve tension in pelvic floor muscles	

POSE/ASAN	ACTION/BENEFIT	
Half-Shoulder Stand/Fish Pose	Teaches pelvic floor muscle awareness, decreases tension in lower back and pelvic floor muscles, strengthens torso muscles	
Locust Pose	Increases upper body strength and back flexibility	
Side Leg Lifts	Reduces side hip and waist muscle tension, strengthens side hip and waist muscles, stretches pelvic floor muscles	
Squatting Pose	Greatly increase hip, pelvic, and leg strength and flexibility	
Wind Relieving Pose	Improves leg, hip and pelvic flexibility	
Alternate Nostril Breathing, Sitting Resting Pose	Aids in concentrative abilities, helps reduce stress	

## AUTHOR:



### Dr. Shivam Priyadarshi

Professor & Unit Head

Dept. Of Urology

SMS Medical College & Hospital, Jaipur

## References:

1. Atchley MD, Shah NM, Whitmore KE. Complementary and alternative medical therapies for interstitial cystitis: an update from the United States. *Transl Androl Urol.* 2015;4(6):662-667. doi:10.3978/j.issn.2223-4683.2015.08.08
2. Colaco M, Evans R. Current guidelines in the management of interstitial cystitis. *Transl Androl Urol.* 2015;4(6):677-683. doi:10.3978/j.issn.2223-4683.2015.11.03
3. Pang R, Ali A. The Chinese approach to complementary and alternative medicine treatment for interstitial cystitis/bladder pain syndrome. *Transl Androl Urol.* 2015;4(6):653-661. doi:10.3978/j.issn.2223-4683.2015.08.10
4. Ripoll, E., Mahowald, D. Hatha Yoga therapy management of urologic disorders. *World J Urol* 20, 306–309 (2002). <https://doi.org/10.1007/s00345-002-0296-x>
5. Kanter G, Komesu YM, Qaedan F, et al. Mindfulness-based stress reduction as a novel treatment for interstitial cystitis/bladder pain syndrome: a randomized controlled trial. *Int Urogynecol J.* 2016;27(11):1705-1711. doi:10.1007/s00192-016-3022-8
6. Yoga Poses : [www.yogajournal.com](http://www.yogajournal.com)



**GLOBAL INTERSTITIAL CYSTITIS,  
BLADDER PAIN SOCIETY**

# NEWSLETTER

VOLUME 2, ISSUE 7 (OCTOBER 2020)



THE UROLOGICAL SOCIETY  
OF INDIA



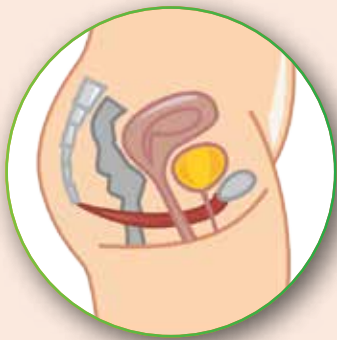
GLOBAL INTERSTITIAL CYSTITIS,  
BLADDER PAIN SOCIETY



INDIAN SCHOOL OF UROLOGY

# 5<sup>th</sup> ANNUAL (VIRTUAL) MEETING OF GLOBAL INTERSTITIAL CYSTITIS BLADDER PAIN SOCIETY (GIBS-2020)

Under the aegis of Urological Society of India and  
Indian School of Urology.



## Theme

***“Conquering Bladder Pain - With You”***

**Date: 5<sup>th</sup> & 6<sup>th</sup> September 2020**

**An Educational Initiative By: Swati Spentose Pvt. Ltd.**

### (A brief report)

On the occasion of teacher's day, GIBS began the journey of 5th Annual Meeting (Virtual) on IC/BPS and brought together leaders from across the globe, who took forward the changing landscape of this miserable disease.

The annual meeting of GIBS has become increasingly sought after by the practicing Urologists and Gynecologists and other clinicians looking after IC / BPS patients, not only as an invaluable source of information about the subject, but also as a guide to the practical aspects of management of these patients through the case based panel discussions. This is also a unique opportunity for the clinicians to present their views and interact with international stalwarts to deliberate about the intricacies of the subject.

Prof. Dr. Anant Kumar and Dr. Rajiv TP (the President and the Secretary of Urological Society India) were kind enough to grace the meeting with their inaugural's remarks as they included the GIBS annual meeting as part of initiative of the USI. Being a teaching activity, it was an honor for the GIBS society to host the annual meeting under the aegis of the Indian School of Urology (ISU).

Mr. Vishal Jajodia (Patron of GIBS) addressed the audience with a welcome note and discussed the future

perspectives of the GIBS and SSPL (Swati Spentose Private Ltd) journey. Mr. Jajodia happens to be a pioneer to open successfully the subject of IC/BPS in a great manner, not only in India but also in various other parts of the world, where the subject of IC/BPS had been neglected and unattended by Pharmaceutical companies and Clinicians alike. Mr. Vishal also mentioned that “We started discussing this topic when everybody believed that IC/BPS was a disease predominantly present in Western World and now we have thus come so far. We are committed to reach out at least 50 countries worldwide, and so far, we have reached out to 15 countries. Dr. Ariel Scafuri from Brazil is an outcome of such initiative “The journey which started 18 years back in India”.

The presence of international faculty during the 5th annual meeting of GIBS 2020 has been stellar. Eminent stalwarts like Dr. Philip Hanno (USA), Dr. JJ Wyndaele (Belgium), Dr. Mauro Cervigni (Italy) Dr. Sandor Lovasz (Hungary) and Dr. Ariel Scafuri (Brazil) Made the hue of faculty truly “Global”.

The two sessions of three hours duration each spread over the weekend comprised of intense Scientific presentations, case-based discussions and the annual attractive Quiz made the annual meeting of GIBS desirable as expected.

This year meeting received 517 registrations from 37 countries from all over the globe. The delegates who attended the live proceedings had registered from

- Yemen
- Vietnam
- USA
- United Kingdom
- UAE
- Sri-Lanka
- South Africa
- Saudi Arabia
- Peru
- Palestine
- Pakistan
- Nigeria
- Netherlands
- Nepal
- Myanmar
- Moscow
- Mexico
- Malaysia
- Jordan
- Israel
- Indonesia
- France
- Ethiopia
- Egypt
- Deutschland
- Cambodia
- Canada
- Brazil
- Bangladesh
- Bahrain
- Algeria
- Australia
- Namibia
- Hungary
- Tanzania
- India

During the lockdown period due to the COVID - 19 Pandemic, GIBS continued the educational commitment for the physicians committed to provide care to IC/ BPS patients. The series of GIBS webinars, conducted in collaboration with the various local scientific bodies witnessed involvement of 400 delegates from 60 countries.



The journey has just begun! GIBS is determined to disseminate the evolving science of IC/BPS in all the seven continents, hopefully by the end of next year, in order to reach out to all those patients suffering from this disease and their physicians.

The planning for the **6th GIBS (2021) annual meeting** has already started by coining the theme as **“Educate, Identify, Treat”**

Information about the other details would follow through e mails, as the program evolves through the various planning stages.

Looking forward to another exciting year full of educational activities on the subject of IC/ BPS.

*Stay **Healthy**, Stay **Safe!***

For More Information, **Visit: [www.gibsociety.com](http://www.gibsociety.com)**