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The gravity of excretion

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Abstract

Most diseases germinate in our body because of accumulate wastes which gets stuck in the organ systems of the body. In this article, emphasis is given on usefulness of excretion through faeces, urine, breath and sweat and the ways in which excretion can happen in an efficient manner. Exercises, deep breathing movements, pranayama, yoga etc. are some of the ways in which our body follows the rhythm of nature and works efficiently while developing each and every system stronger. Importance of meditation has also been given utmost importance to release the mental toxins which gets accumulated in the body and mind. Role of breath in maintaining a stable and healthy lifestyle has also been pointed out. It is necessary to get all the wastes thrown out of the body to live a disease-free life.

Keywords: Excretion, yoga, pranayama, meditation, healthy lifestyle

Introduction

The four natural pillars of strength for excretion are – faeces, urine, sweat and breath. Most diseases which germinate in our body are a product of all the accumulated wastes which resides in our bodies. When body waste is stuck inside of your internal organ systems, it can cause problems by releasing toxins back into your body. *Hyperammonaemia* - An example of what can happen if excess metabolic waste is not removed from the cell.

The detoxi cation process of liver works best from 11 p.m. to 3 a.m., and if we go against the rhythm of the body then it may lead to diseases like fatty liver or type 2 diabetes.

And in today's disintegrating world, most of the youth has lost the ability to sleep early due to many reasons. Some of which are: late night parties, night shifts for work, engagements on social media et cetera. These reasons of today will become the diseases for tomorrow, as at later stages of life, an individual's body systems or its organs will lose the energy and strength in order to cope up with the demands of the world which will eventually lead to major health issues.

The liver is also responsible for converting nitrogenous waste (in the form of ammonia) from food into urea, which can be disposed of in the urine. When the liver has broken down harmful substances, its by-products are excreted into the bile or blood. Bile by-products enter the intestine and leave the body in the form of faeces. Blood by-products are filtered out by the kidneys, and leave the body in the form of urine.

We can understand the role of faeces excretion through a simple example, Yuri was having bad loose motions at school, so he was taken to the sickroom for rest. The health professional gave him a tablet to stop the motions, Yuri took it without knowing that a mild acute discomfort will now become a prolonged disease as the excreta will now deposit in different places in the stomach, in small and large intestine and other areas of the organs in order to stop. As a result, it will become a chronic disease and will start appearing again and again in difficult and different forms. Accumulated waste stored in the body can reach the blood and can cause infections or if it goes to the heart can cause heartburn and many other diseases. That day Yuri rested for a while but after a year he got tested for heart condition.

Simple medications can bring a lot of difficulties in the body in the same way excretion can be helpful too. Natural ways are the best to keep your life healthy and working.

Simple tip to keep your faeces excretion in a good position

- **Exercise:** Exercising your body is an effective way to achieve it and following the nature's rhythm is full of worth.
- **Yogasana:** MALASANA also known as garland pose is very helpful for smooth digestion.

**Picture 1:** Malasana

Coming next is again a boon to a healthy life, and its known as "SWEAT"

SWEAT - A friend who doesn't smells good! Although it's your own body's hormone and bacterial smell.

It is a perfect indicator of your body being responsive to the climate or at least there is no anhidrosis.

A rare condition in which the sweat glands make little or no sweat. It can affect the whole body or a small part of the body. Anhidrosis may be caused by severe burns, radiation, infection, inflammation, or other injuries to the skin.

It excretes out, the wastes accumulated in the body which can cause major diseases if not worn out.

If sweat is coming above than normal, it indicates that one must be obese, or have diabetes or a thyroid disease.

Hyperhidrosis is classified as a skin condition resulting from overactivity of sympathetic nerves.

Sweat glands are present all over the body. Sweating is a natural function of your body when you exercise or have a fever. Although we associate sweat with temperature control, sweat also has numerous other benefits such as helping clear your body of heavy metals, PCBs and BPAs. Sweating is natural way of body to keep the temperature regulated inside.

Sweat is described as AMMONIA, UREA, SALT AND Sugar Eliminator. Which if pertained in the body for longer period of time can be harmful. And here enters exercise which is essential for sweat to keep coming and remove the toxins from the body.

Simple tips to keep your sweat excretion in a good position

- **High Intensity Exercises:** It can be a helpful way to eliminate sweat from the body and keep it cool rather than increasing heat in the body which can again cause many life-threatening diseases.
- **Yogic Sthool Vyayam:** HRIDGATI or yogic jogging is an easy way to keep your muscular system healthy.

**Picture 2:** Hridgati**Another milestone for a good excretion is urine**

Urine helps remove excess water, salts, and nitrogen from your body. Your body also needs to remove the wastes that builds up from cell activity and from digestion. If these wastes are not removed, your cells can stop working, and you can get very sick. The urinary system works as a filter, removing toxins and wastes from your body through urine. It uses a series of tubes and ducts to pass this waste. These tubes are connected to your blood vessels and digestive system. Your urinary system helps the rest of your body work properly. Urine can reveal important information about your kidneys as well as your overall health, according to the National Kidney Foundation.

Do not hold your urine for a longer period of time, as it can be harmful for your bladder or reproductive organs. If you are not urinating in sufficient intervals then it is also an indication that you are not drinking the proper amount of water as required by your body system. The urinary bladder is a hollow, pear-shaped organ that forms part of the urinary system. The bladder's role is to store urine until a person is ready to use the restroom. If holding pee becomes a habit then it can cause some possible side-effects such as pain, urinary tract infections, kidney stones and damage to pelvic floor muscles.

The capacity of a healthy adult bladder is about 16 ounces or 2 cups, of liquid and even less for a child. The bladder can stretch to hold more than this, but doing so too often can be dangerous. It is not advisable to regularly put off going to the bathroom.

Hydration is more important than we think because our body is working through the flow of blood to every organ of the body system and it moves majorly with the help of water. As we are 75% of water, hence, keep hydrating yourself and be aware if there are any changes or differences in the color of your urine. Do not let the excess amount of water stay in your body for a long period of time and get rid of it as soon as possible.

Drinking water is one of the best and fastest ways to flush out toxins from your system. Water transports toxins through your system via your bloodstream, making sure they're expelled from your body.

Hydration is the key to a healthy life.

Simple ways to keep your urine excretion in a good position

- **Kegel exercises:** A helpful way of exercising and giving strength to your pelvic floor muscles.
- **Utkatasana:** A useful asana to keep you strengthened and improve muscle tone.



Picture 3: Utkatasna

The paramount of all types of excretion happens through breath.

If we can take charge of this the other excretory processes of bodily systems will be handled very well. Mental Waste- The generation in which we are living is full of overthinking people, who are getting panic attacks just by thinking rather than the world posing it upon them, means the world may pose threats later but just by over thinking they are becoming anxious and stressed. Certain diseases like asthma breathing shortening of breath and lung cancers can also emerge when we live in air-conditioned houses and are not going towards the nature to get some fresh air.

Let's have its insight through an example, Amu is living alone in a metro city, working in a multinational company, earning 2 crores a month and is diagnosed with anxiety symptoms. Here goes her life- the house in which she lives is a flat at 12th floor, fully air conditioned, the timing of her shift goes from 9 to 5, she goes to her office in a cab (air-conditioned) and then steps in the office which is again duct air conditioned and comes back to the house, the same way. Then, sits at home thinking about what others feel about her as she is a new recruit and thinking goes on and on for her until she manages to sleep, which is again quite late at night. The same cycle repeats itself every day. Hence, the anxious energy from the thoughts, loneliness and other stressors creeps in like an uninvited guest, which as a result can cause many major mental health disorders.

A nature walk can heal Amu and every other individual in the most unexpected ways, walking in the lawn or a ground, listening to the sounds of nature, to the birds chirping in the morning, spending some time under a tree, observing the beauty of the flowers and planting some trees around can be a very helpful way to release the mental tension.

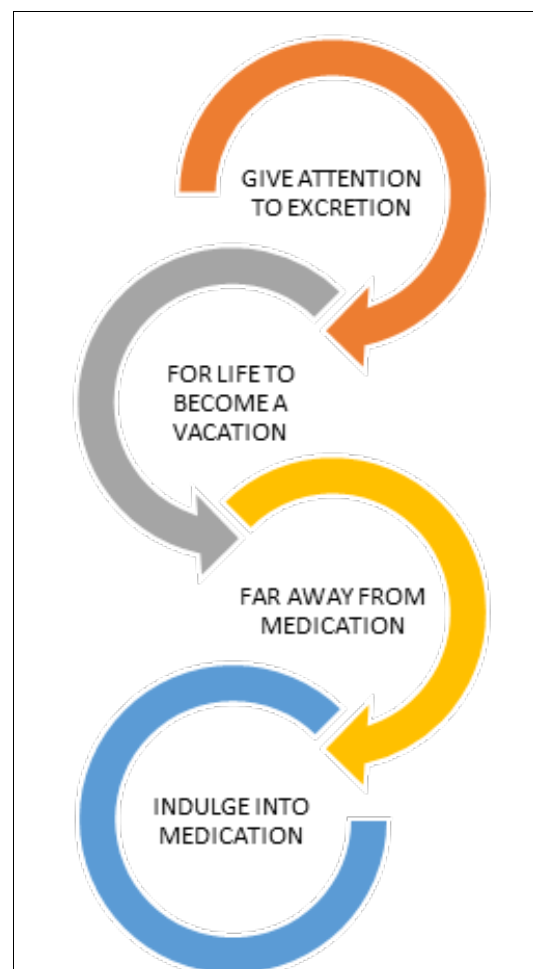
“Nature is the greatest healer”

A natural way to come out of mental toxicity is breath work and meditation. Here, breath makes its way, when you feel

anxious or stressed, as many studies have reported that regular practice of Pranayama can help us to build better relationships, become aware of our surroundings, reduce cortisol levels and the list of benefits is long. And pranayama also leads to the expansion of lungs. Just by working in a multinational company and earning rigorously will not give you that fresh air as it has given you crores.

The breath releases toxins from our lungs which are again very helpful for our health. It exhales carbon dioxide, of course, and the nose has little fibers called cilia that push contaminants out. So, if you breathe in any particles that shouldn't be there, they get trapped by mucus in the cilia and you cough it up or swallow it, and it goes away.

In the wise words of Sri Ravi Shankar – Breath is the biggest secret that nature has put in you; it is linked to your emotions. Through breathing exercises, you can control your emotions. You must do a little bit of breathing exercises regularly, then you will have more see over your mind.



Meditation is the best possible way to get rid of mental waste which can be in numerous ways; such as constant want of validation from social media, doubting oneself, feeling insecure about the body in which you are living and other difficulties which one faces. It makes you strong from within and ultimately dynamic in the world.

Simple tips to keep your breath excretion in a good position

- **Moderate exercise:** moderate exercises such as walking will act as a benefit to lead a healthy life.
- **Pranayama:** Through pranayama or simple breathing practices, one can build an immune life.



Picture 4: Pranayama

Summary

The rest of the waste can come out of you by applying the best of the natural methods; these methods are not anything big or complicated these are just being in the nature, and following its route.

By applying these ways, we can maintain a healthy lifestyle and excel in our professions.

- Exercising at different intensities
- Deep breathing
- Walking during sunrise
- Meditation
- Hydration
- Yoga

Let the nature come into you, as our body is made up of five basic elements, these elements are enough to heal it. Fire, Earth, Air, Water and Ether. Rather than getting into complicated medications, go towards the living world around you i.e., nature.

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