

Management Of Back Ache Through Yoga Techniques

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Abstract

Back pain is one of the most common and costly medical conditions in modern society normally condition improves within a few weeks or months. These muscle inequities create unequal distribution of forces around and weaken the vital joints of the trunk and upper limbs, thus making the person more susceptible to muscle strain, stress and pain. Yoga is now emerging as a promising mode of treatment for chronic back pain. Yoga offers a holistic approach to health and considered as a form of mind-body technique. Yoga works on improving the elasticity of the muscle & strengthens the muscles thereby improving the condition of the spine. Yoga is now emerging as a hopeful means of alleviating backache like upper back (Neck), lower back and scapular pain. The present aim of this article studied the Yogic management for Back ache.

Keywords: Yoga, Back ache, Pain, Management.

1. Introduction:

Back pain is one of the most common and costly medical conditions in modern society normally condition improves within a few weeks or months. Commonly the pain arises in the Lower back although it may occur anywhere in the spine starting from neck to hip. According to the locality of the pain its commonly called back pain and Neck pain. These muscle inequities create unequal distribution of forces around and weaken the vital joints of the trunk and upper

limbs, thus making the person more susceptible to muscle strain, stress and pain. Currently, several non-invasive modalities used to treat Acute and chronic back pain like transcutaneous electrical nerve stimulation, hot packs, ice packs, massage and other conventional treatments which helps to provide symptomatic temporary relief. Yoga is an art as well as science of living with a history of more than 4,700 years and increasingly popular in India as well as all over the world.

Yoga is now emerging as a promising mode of treatment for chronic back pain. Yoga offers a holistic approach to health and considered as a form of mind-body technique. Recent Research studies have revealed a reduction in pain and functional disability in samples with chronic lower back pain who undergo a yoga practice. Main principle in treating backache is rest and physical therapy Yoga helps in both. Yoga gives relax to the body, postural stability, increases power, increases mobility and awareness on the proper posture. This article aims to discuss how Yoga can be used to help in correcting postural alignment difficulties that leads to chronic back pain. Backpain is commonly classified into Lower back and upper back pain or Neck pain. The low back pain is the commonly seen condition and mostly occupation oriented. International guidelines for the management of low back pain recommend an initial diagnostic classification process, a diagnostic triad, which differentiates among possible serious spinal pathology, nerve root problems, and nonspecific Low Back pain.

2. Review of literature:

Galantino ML et al. (2004) investigated a research on impact of modified hatha yoga practice on low back pain, administered daily one-hour hatha yoga twice a week for 6 weeks after 6 weeks functional measurement score showed improved balance and flexibility and decreased depression and disability. And improved relaxation and fastened awareness/Learning in the subjects.

Tekur et al. (2008) examined a residential yoga intervention with physical exercise (control) on low back pain patients with pain and spinal flexibility problems. one week intensive

Yoga intervention program improved spinal flexibility and also reduction in pain when compared to physical exercise group.

Cramer H et al. in 2013 systematically reviewed and done a meta-analysis on Yoga for low back pain. They have taken 10 randomized clinical trials with total 967 chronic low back pain patients. In these eight studies were with low bias risk and provided very strong evidence for the effectiveness of yoga in the management of Low Back Pain. In a RCT on Chronic neck pain by Cramer et al (2013) randomly assigned yoga or exercise program in 51 patients for a 9-week yoga training program. After the completion of the study post test yoga group result reported less disability and improved quality of life when compared to the exercise group. Range of motion and pressure pain threshold also improved in Yoga Group.

3. Causes of back pain:

- Trauma,
- age related degeneration on Backbone
- Tumours,
- any inflammation in joints,
- pregnancy,
- any intra-abdominal disorders,
- any psychogenic disorders
- Depression
- Stress

4. Risk Factors:

Certain risk factors increase the chances of developing back pain. They are as follows,

- Obesity
- Smoking with unhealthier lifestyles

- Pregnancy the extra weight of carrying a baby may give additional strain on the back
- Long-term use of medication- weaken the bones
- Stress may be responsible for tension in the back muscles which can result in back pain
- Depression - back pain can make people feel depressed, sometimes result in back pain.
- Weight gain which leads to increased pain and worsening depression

5. Signs and Symptoms of back pain:

- Muscle Pain
- Muscle Stiffness, Stabbing or Shooting pain
- Pain that radiates down to Shoulder and arms and neck
- Pain that spread outs down to legs
- Limited flexibility or lessened range of motion of the back

6. Yoga and Backache:

Yoga is a widely practiced for physical, mental, and spiritual well-being which focuses on specific body postures or asanas while incorporating with concentrate breathing and meditation. Its popularity has dramatically grown in India as well as over the world due to its positive effects on mental and physical health, helps in stress reduction, improves flexibility of joints and strength, gives pain relief from common musculoskeletal disorders.

Yoga is an excellent way to prevent and cure back pain. Yoga works on improving the elasticity of the muscle & strengthens the muscles thereby improving the condition of the spine. The performance yoga postures and techniques are designed to strengthen the body and increase flexibility in a manner that creates and maintains balance between opposing muscle groups. Pranayama's consists of inhalation, exhalation and retention of breathe, helps to links the

postures together and strengthen the respiratory muscles to improve oxygenation. One of the first steps in practicing yoga is to correct postural dis-alignment, which should help in alleviating pain. Yoga can selectively stretch shortened, tightened muscles and strengthens the weak, elongated muscles. Stiffness in the body and lack of movement makes the muscles rigid due to which even the lightest movement often leads to a back injury or perpetual back pain. Yoga softly

- stretches the muscles,
- soothes the nerves,
- enhances blood circulation
- strengthens the muscles as well.

7. Yogic Management for Back ache:

1. Starting Prayer.
2. Preparatory practices
3. **Yogasanas**: Tadasana, Artha Katichakrasana, Ardha chakrasana, Parivritta trikonasana, Uttanpadasana, Sethu bandhasana, Ustrasana, Vakrasana, Konasana, Matsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana.
4. **Pranayamas**: suga pranayama, Nadi Shodhana Pranayama, Shitali Pranayama, Bhramari Pranayama.
5. Yoga Nidra.
6. **Dhyana**: OM chanting Meditation.

8. CONCLUSION:

Weight gain, poor posture, improper lifestyle and few other reasons are the main causes results in back pain are becoming gradually more prevalent nowadays due to the sedentary modern lifestyle nature. Abundant Number of studies have found yoga to be beneficial for certain back problems. The physical postures used in Yoga are a method of therapeutic application that integrates the balance between mind and body, coordination, flexibility and core

strength of the human body. Yoga is now emerging as a hopeful means of alleviating backache like upper back (Neck), lower back and scapular pain and may be of great benefit to patients, particularly when performed in conjunction with or without (in some conditions) other established conventional and alternative treatments, such as lifestyle modification, exercise, massage and physiotherapy, exercise therapy and other types manipulations. Yoga appears to be an effective and safe intervention for chronic low back pain. Overall, yoga is an intervention which appears to be well positioned, as the healthcare system shifts from caring mostly for patients with acute illness to caring mostly for patients with chronic disease, and where healthcare providers seek to design preventative strategies against the chronic conditions of modern society.

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