



YOGA FOR LOWER BACK PAIN

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ABSTRACT

Mostly both young and old get back pain, but if it is not treated in time the disease takes a permanent shape. Ladies suffer back ache to a great extent during the period of menstruation and pregnancy. It is also possible that this pain may result in fever if the pain is excessive. Lower back pain is muscle tension (or) stiffness localized below the costal margin and above the inferior gluteal folds with (or) without leg pain (or) discomfort pain in the region of the back (or) spine. Pain felt in your lower back may come from the spine, muscles, nerve (or) other Back pain can be result of Poor posture, Back strain from poorly designed furniture, Weak back and stomach muscles due to lack of exercise Yoga is a powerful art with incredible healing power. Many incurable and longstanding diseases can be cured through yoga. The yoga treatment is scientific .se, structures in that region etc Yoga is a safe and effective alternative form of medicine for back pain. It helps stretch and strengthens the muscle of the back, abdomen muscle, extremities reduce the tension, increase the flexibility, promotes respiratory and cardio vascular function and maintain posture .It is also reduce risk of disabilities. It increases awareness of the body and how to keep health body. It build muscle mass and maintain muscle strength which protect from lower back pain. It may be concluded that yoga training had a highly positive impact in management of lower back pain.

KEYWORDS: Lower back pain, Yoga , pranayama

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(or) other structures in that region. It may also radiate from other areas like your mid or upper back, a hernia in the groin (or) a problem in the testicles (or) ovaries. It is otherwise known as back ache (or) lumbar pain. The complaint of lower back pain is among the most common medical problem. Infact eight out of ten adults will experience an acute episode of back pain at some point in their lifetime. While most episode of back pain are self limited, 5% to 10% of cases will become chronic. These chronic conditions account for 90% of the health care, fortunately most episodes of back pain resolve with time.

Typically individuals (30 to 60 years old) are more likely to experience back pain from the disc space itself (eg. lumbar disc herniation or degenerative disc diseases) older adults (eg. 60 years old and above) tend to suffer from degeneration of the joints in the back (eg. Joint osteoarthritis).

Signs and Symptoms

Pain in the lower back or in the back of one leg or buttocks or foot, Feeling of tearing back, Swelling, Muscle spasm in lower back, In some case, crackling feeling and sound when the injured area is pressed with fingers.

Causes for back pain

Back pain can be result of Poor posture, Back strain from poorly designed furniture, Weak back and stomach muscles due to lack of exercise, A sudden weight straining the ligament of the Lifting heavy weight in an odd manner, Odd manner of seating, Difference in the length of both the legs or if one walks with a leg improperly supported, A slip-disc, if the spinal column is uneven, Tumor in the spinal cord, Chronic constipation, Chronic colitis, Heredity and Life style.

Life Style

The modern life style that is responsible for this increasing problem of back pain. Sitting or standing in one position for long time, Getting an injury. Met with an accident, Pregnancy, lot of bending and twisting your back (e.g. track drive), over weight. Risk increase with following factors, Any sports in which movement causes downward or twisting pressure on the spine, Family history of low back pain or disc disorder, Previous injury, Sudden movement while one leg is in front and the other is behind, Inadequate protection from equipment, Poor nutrition.

Yoga for Back Pain

Yoga derived from the Sanskrit word “YUJ”. Yoga is the collective components of asanas, pranayama, meditation, mudras etc. Now a day’s 90% of the health abnormalities is due to psychosomatic disorder. Stress is one of the most serious causes amongst. Yoga means the experience of the oneness or unity with inner being. Regular yoga exercise help to maintain good muscle tone .Most of the yoga studies were supported yoga was reduced pains and disabilities like Arthritis, Obesity, Lower back pain etc.

Beside the below mentioned Asana practice of yoga nidra, pranayama and meditation gives the best result. Asanas –removes rigidity and brings flexibility to joints and help correct improper posture. Pranayama – Breathing patterns can affect the spine in various ways, such as movement of the ribs and changes in pressure within the chest and abdomen. Exhaling can help relax muscles. Relaxation and Meditation – Relaxation provides a physiologic antidote to stress.

Yoga is a powerful art with incredible healing power. Many incurable and longstanding diseases can be cured through yoga. The yoga treatment is scientific .In yoga a strong flexible back is very important for maintaining posture, for insuring that the nervous system pathways are strong and clear, for improving circulation to the brain and for maintaining the erect posture necessary for seated meditation in intermediate practice.

These asana should be practiced for 15 to 20 minutes (assans consists of Bridge pose, Copra pose, Wind liberating pose, locust pose, cat pose, child pose, Triangle pose, Butterfly pose 10 minutes for nadi shodhana pranayama each morning without fail, followed by 10 to 15 minutes in Shavasana. This program is specifically designed to increase the functional efficiency of the various muscle groups responsible for back pain and should be learned under expert guidance. Doctor advice is must for before beginning the yoga training. Physicians should encourage their patients to choose yoga to manage the symptoms of back pain under the guidance of experienced instructors or practitioners. Start with slowly perform whatever is comfortable without disturbing. Care must be taken that yoga do not make pain. your back.

Conclusions

Yoga may benefit patients with back pain simply because it is an integrated approach of exercise which involves stretching the tight structure and strengthening the weak structures combined with posture correction using balance and co-ordination with increased mental focus accomplished in a relaxed manner.

Yoga is a safe and effective alternative form of medicine for back pain. It helps stretch and strengthens the muscle of the back, abdomen muscle, extremities reduce the tension, increase the flexibility, promotes respiratory and cardio vascular function and maintain posture .It is also reduce risk of disabilities. It increases awareness of the body and how to keep health body. It build muscle mass and maintain muscle strength which protect from lower back pain. It may be concluded that yoga training had a highly positive impact in management of lower back pain.

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