



EFFECT OF MAHARASANA YOGIC EXERCISE FOR LOW BACK PAIN AMONG WORKING WOMEN

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Abstract: Low back pain is one of the working women's perennial problems, a malady as widespread as the common cold, as painful and the times as crippling as a stroke. With the reference of the studies, this article explains Maharasana Yogic Exercise can help to relieve from low back pain problems among working women. It may help to check any imbalance in muscular development, movement of vertebrae and will enable both mind and body to function more efficiently. Practicing of yogic exercise, release physical tension and improve concentration, poise to free from body pain and strengthens the muscles. Yogic exercise limbs balanced, strong and relaxed. This yogic exercise improves flexibility, provides good balance and movement of vertebrae. Yogic exercise can help for low back pain sufferers to relax and replenish their energy. It also promotes calm, clear thinking even in situations that call for fast reaction. This article summarizes the Maharasana Yogic Exercises as an alternative solution and home remedy for low back pain problems.

Index Terms - Maharasana, Low back pain, Yogic Exercise, Working Women

I. INTRODUCTION

Women are a little more vulnerable to health problem than men, possibly due to the influence of work and lifestyle of women which can usher them. When compared to adolescents, posture and low back pain problems in adults are more frequent, has different causes, different treatments, and different outcomes. As a result, any comfort that comes from familiarity and practice in dealing with adolescent low back pain is not sufficient to deal with adult posture and common back pain. Thus, this article deals with the lower back pain problems among working women.

Low back pain is not a disease. It is a lifestyle disorder. Getting better out of this is essential to be fully mobile, totally active completely free of low back pain. Surveys reveal that four out of every five people around the world will be affected by a severe backache at some times in their lives. In the UK nearly One third of people suffer an episode of a backache in any given fortnight. In India, the problem is being seen more and more, even in younger people. Most take some form of self-help treatment, but only one or two in every fifty bother to consult their doctors. The treatments they take are notable mainly for their variety and eccentricity. Some wear copper bangles, others carry a slice of potato in their pockets or circle their waists with a band of pink ribbon. Many cures have their roots in ancient witchcraft. Other cures for lumbago are more obvious examples of faith healing.

Doctors today are anxious to adopt a more scientific approach to the treatment of low back pain. Before they instigate treatment they always try to establish an accurate diagnosis. This is not easy because there are over a hundred different causes of a back ache which often overlap and rarely present some of the common causes of low back pain are muscle tension, ligament strain, disc injury, lumbar spondylosis, poorly designed office chairs, improper sleeping positions, wrong selection of footwear, wrong postures etc. So the society is finding a simple, easy, affordable, practically possible and harmless solution for the physical problems. Moreover, society is trying to find one solution for more problems. In such period Vethathiri Maharishi formulated a Simplified Kundalini Yoga (SKY) which includes Simplified Physical Exercise, Kayakalpam, Meditation, and Introspection to overcome the physical, mental and social problems. Maharasana exercise is a part of the SKY simplified physical exercise.

SPINE – IS BASE OF THE BODY

Yoga science regards the vertebral column - spine as the most important part of the body because, the supports and connects the skull, chest, hands, abdomen, pelvis and legs. The spinal cord, a long thin tubular bundle of nervous tissue, connected to the brain, runs within the vertebral column helps in the turning and bending of the body. 24 of the bones that make the spine are articulate whereas, the remaining 9 are fused into two inarticulate bones, located in the pelvic area. The 24 articulate bones are grouped into three as follows; a) The Cervical Vertebrae - 7 bones, b) The Thoracic Vertebrae - 12 bones, c) The Lumbar Vertebrae - 5 bones. The remaining 9, fused into two are

called as The Sacral Vertebrae and The Coccyx. Human, who possessed a tail like the monkeys during the early days, later shed it as a part of the evolutionary process. But the vestige of a tail can still be seen in the Coccyx. The Mooladhara chakra, which contains the sexual vital fluid, is located in this part of the body.

LOW BACK PAIN PROBLEMS

When a woman is doing everyday activities she might do in wrong postures to lead to common low back pain problems. Examples like bending awkwardly, bending down or standing for long periods, while pushing, pulling, carrying, lifting heavy loads, when twisting, coughing, sneezing, muscle tension, overstretching, straining the neck forward, when driving or using a computer and long driving sessions without a break, even when not hunched etc. We can diagnose these problems by the symptoms of weight loss, elevated body temperature, inflammation on the back, persistent low back pain – lying down or resting does not help pain down the legs, pain reaches below the knees, a recent injury, blow or trauma at back, urinary incontinence, and many other metabolic dysfunctions.

HISTORY AND IMPORTANCE OF YOGA

Yoga is, indeed an excellent form of exercise that carries with it many immediate and long-term physical benefits from improved flexibility to stronger muscles and bones. However, yoga is not just about moving through the poses. If we really want to examine the roots of yoga, we need to go back to the Harappa culture, dating back 3,500 years when yoga was a meditative practice. According to some, around 1500 BCE, Harappa culture was diminished due to Aryan invasion. Barbarians from Normandy introduced the caste system and enforced a set of religious rituals that involved blood sacrifice practices. Along with these religious practices came sacred scriptures called the Vedas, a large body of the spiritual texts originating in India. The word “Yoga” was first mentioned in the oldest of the Vedas – Rig Veda. It referred to the concept of discipline.

Fast forward to 800 BCE The Upanishads, a collection of texts that contain some of the earliest concepts of Hinduism, prescribed the method of a yoga practice. Compiled around 400 CE by Patanjali, The Yoga Sutras introduced the eightfold path to yoga practice, which is considered to be the classical yoga manual and the foundation of many of today’s yoga practices, particularly Astanga Yoga. Hatha yoga was introduced in the 10th century CE. It combined the physical and conscious intent of using bodily postures, or asana practice and pranayama breathe control for the goal of Self – Realization.

It was not until the 20th century that yoga gained any kind of popularity in all over the world. The 21st century presents us with an endless variety of yoga “Styles” or “Brand”, such as Iyengar yoga, Power yoga, Kundalini yoga and Countless more. It’s important to be open-minded, try as many styles and approaches as possible and figure out what gives you the best results in terms of achieving both your physical and spiritual goals.

A variety of physical exercises are in practice all over the world. The system of Simplified Kundalini Yoga has been designed by Thathuvagani Vethathiri Maharishi after years of research through a synthesis of many existing systems and on the basis of his own expertise in the field of medicine. Simplified Physical Exercise is made up of two parts namely, postures and movements which consists of 9 types of exercises one which includes Maharasana yogic exercise. It has been designed to twist the spine consists of 33 bones placed one on top of the other in a continuous structure.

FUNCTIONS AND IMPORTANCE OF MAHARASANA

Maharasana is a combination of supine pose and prone pose. The supine position means lying horizontally with the face and torso facing up, as opposed to the prone position, which is face down. When used in surgical procedures, it allows access to the peritoneal, thoracic and pericardial regions; as well as the head, neck and extremities. Prone position is a body position in which one lies flat with the chest down and the backup. In anatomical terms of location, the dorsal side is up and the ventral side is down. The supine position is the 180o contrast.

Maharasana yogic exercise has 2 parts, namely Maharasana Part I and Maharasana Part II. In this exercise twisting, folding, squeezing, and articulating of the spine occurs. The first part of the Maharasana yogic exercise will be performed in a supine position. Placing the fingers in Chinmudra, during part I of the Maharasana yogic exercise improves the working of the brain. The entire body becomes flexible and active. The nerves arising from the spinal cord are strengthened and activated. Circulation of blood, heat and air improve and the endocrine glands begin to function well. It is ideal for people suffering from diabetes, joint pains, nervous problems, low back pain, neck pain etc. The digestive system becomes stronger. The second part of the Maharasana yogic exercise will be performed in a prone position which helps reduce pot-belly and makes the body supple. In women, it cures menstrual and uterine problems to a certain extent. Circulation of biomagnetism improves.

Blood, heat and air constitute three layers of the human body. Changes in the position of the body, whereby one side faces the earth and other is away from it, induce changes in the circulations. The part of the body facing the earth is subjected to its gravitational pull more than the other side and blood flows into it in slightly larger quantities, while on air flows to the other side of the body. On account of its greater density, blood flows to the lower parts of the body, while air, which is less dense, travels to the upper parts. Movements of the body and the limbs induce changes in the circulations and the blood can be made to flow to all the parts. The postures and movements help control the flow of blood, heat and air to the various parts of the body, purifying and strengthening them. Maharasana yogic exercises stretch and strengthen all muscles of the body and bring peace and calm to the mind without side effects.

STATEMENT OF THE PROBLEM

The purpose of the article will be suggested, the “EFFECT OF MAHARASANA YOGIC EXERCISE FOR LOW BACK PAIN AMONG WORKING WOMEN”.

HYPOTHESIS

The Maharasana Yogic Exercise may be an alternative solution for low back pain problems among working women.

SIGNIFICANCE OF THE STUDY

- 1) As the spinal column is systematically twisted from bottom to top, the backbone and discs get strengthened and the whole body, from the head to the toes is activated.
- 2) The nerves arising from the spinal cord are toned up and strengthened, circulation of blood, heat, air and life energy is improved.
- 3) Endocrine glands function better, Diabetes, rheumatism, nervous problems, blood pressure, low back pain, neck pain, hip pain etc are cured.
- 4) Reduces potbelly and for women, it regulates the menstrual system and helps to cure uterus problems.

OBJECTIVE OF THE STUDY

- 1) To know the impact of Maharasana Yogic Exercise on the respondents.
- 2) To find out the more important and benefits of Maharasana yogic exercise.

CONCLUSION

To sum up, in the current scenario there is plenty of treatment solution for common low back pain problems like Medication, Physical therapy, Cortisone injections, CBT (Cognitive Behavioral Therapy) and Complementary Therapies. The Complementary therapies have solutions like as osteopath, a chiropractor, Shiatsu, Acupuncture and Yoga. Merging one with another is called yoga. Here in Maharasana exercise, we are merging pose and movement with consciousness. So it is referred to Maharasana Yogic Exercise. This exercise is a practice that involves specific poses movements and breathing exercises may help free from low back pain, strengthen the back muscles and improve posture. So this article is reveals that the Maharasana Yogic Exercise may significant for low back pain problems among working women.

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