



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Acharya Technique -A Solution for Back Pain

1Mrs.MANJUSHA PS, 2Dr.SHANTHI S, 3Prof. Dr. ANNIE P ALEXANDER

1PhD Scholar , 2Lecturer, 3Vice Principal

1Rani Meyyammai College of Nursing,Chidhambaram,Annamalai University.,

2Rani Meyyammai College Of Nursing ,Chidhambaram,Annamalai University,

3Upasana College of Nursing, Kollam

Abstract: Back Pain is a common and serious musculoskeletal problem prevalent in developed and developing countries. It affects the daily routine of majority of the population. Back pain means pain in the upper or lower back which radiates towards legs. If not treated properly it leads to further complication. Back pain is a very common symptom and the cause may be both specific or non specific. Gentle strengthening exercises for stomach, back, and legs are good for acute pain. It decrease back pain, help to recover faster, prevent injury to back, and reduce the risk of disability from back pain. Acharya Technique for back pain is not complicated and can be done at home without any special equipment.

Introduction

Back pain is prevalent and it may lead to chronic with reduced quality of life, and disability. It affects both gender with varying degrees of duration, severity and pain intensity. Regular Exercise may reduce pain, improve function, and restore good balance. Studies shows that performing Acharya Technique a 3 minute relaxation exercise daily will reduce medically incurable back pain.

Mr. S.M Acharya The founder of 'The Save India Association' (SIA). After finding no cure for his medically incurable 40 year old backache problems, he found a simple 3 minute relaxation exercise which cured him completely without medicines or surgery which were recommended by top orthopedics. He tried a simple stretching exercises daily before getting up from bed after sleep as trial and error base for curing his back pain. It is a simple 3 minute relaxation exercise consisting of 5 steps each with half a minute duration to strengthen the muscles of low back to reduce low back pain. Finally it was succeeded and he has taught this self-cure technique to thousands of people who have improved their quality of life by eliminating neck and back pain few weeks of practicing ATB following the prescribed Do's & Don'ts about a healthy life-style through the Nature Cure Cell of the Save India Association.

Every one must follow a healthy lifestyle at least after starts getting back problems. Prolonged sitting in one posture, improper lifting or moving heavy objects or repetitive movements may cause severe backaches. Prominent patients and celebrities expressed there gratitude to Dr S.M Acharya for introducing such a simple relaxation exercise which was immensely benefited to them for curing there back ache completely.

A senior Gynecologist working at the command hospital in Pune, not only cured her own backache through Acharya Technique but reported relief from splitting headaches as an additional benefit from ATB-SNR. Another doctor reported that her sleeping pattern was improved after following ATB-SNR therapy for her lower back

Benefits of Acharya Technique

- Reduce back pain
- Reduce Spondylitis
- Reduce Slip disc
- Reduce Knee pain,
- Get Relief from headaches and migraines
- Improvement in sleeping patterns
- Warding off or reducing prostate problems
- Reduction in varicose veins
- Minimize premenstrual tensions and muscle cramps
- Reduce post delivery aches and pains
- Relief from postmenopausal problems
- Reduce physical & mental depressions
- Reduce sciatica
- Reduce splitting headaches
- Reduce numbness of fingers, toes, frozen shoulders
- Reduce body aches and pain.

ACHARYA TECHNIQUE

Acharya Technique is a simple natural movements it would not harm or worsen any one's health. It is a five step foot exercise which is easy to perform without complication.

Step 1. Lie down straight on a hard bed facing upwards, palms under the head, relax, without moving the heels jerk up both the feet towards the head. Rotate right foot to the right and left to the left to join them again as before. Repeat ten or more number of times and relax.

Step 2. Do the same movements in the reverse direction, Repeat ten or more number of times and relax.

Step 3. Lie down straight on a hard bed facing upwards, palms under the head, relax without moving the heels, Jerk up feet upwards and release the pressure to go back to the original position, Repeat ten or more number of times and relax

Step 4. Lie down straight on a hard bed facing upwards, palms under the head, relax, Draw both the feet about two feet towards you, knees raised and feet flat on the bed. Then lift up both the feet suddenly without moving the heels. Then strike the knees together quickly but softly and jerk back the feet flat on the bed. Repeat 10 times or more.

Step 5. Draw back and straighten both the feet together slowly at a snail's pace, take a deep breath and relax completely. Get up sideways by supporting hands in bed and start walking normally.

According to Dr SM Acharya Some important Do's and Do not's to follow to reduce Back ache

Do 's

- While lifting heavy weights or heavy objects take some one's help.
- Bend your knees instead of back to lift anything lying on the floor.
- If you have to do some digging, instead of leaning better sit down and do it because leaning puts a lot of pressure on the lower back.
- Support your palms on your thighs above the knees before getting up from the sitting position
- Instead of pushing heavy objects, pull them slowly without bending yourself at the back.
- While climbing up the stairs, hold the side railing by hand.

- While climbing up if the steps are too high, climb gently by supporting the hand on above the knee..
- Sit in a convenient or comfortable postures with a back support for longer time.
- Keep your bowel movements free and regular.
- Eat more of foods having adequate dietary fiber and adequate nutrients.
- Prefer exercise that suits your state of health.
- Simple walking 3 to 5 kilometers a day is better for health.
- Instead of waiting for a bus on busy roads, better walk down to the nearest bus station. That would give you some extra exercise and help you to keep your weight under control.
- Drink 3 to 4 litres of water to generate about two liters of urine per day.
- Hold on your hands firmly on the thighs or waist, before sneezing to prevent back breaking jerks.
- While changing trousers or tying shoelaces, better sit down on the bed, sofa or a stool nearby and do, otherwise you will loose your balance and hurt your back.

Do not's

- Do not try to perform exercises of a strenuous nature..
- Do not eat too much "white poisons such as sugar, salt, fats, refined flours, eggs.
- Do not get up from the bed after sleep or after resting immediately with a sudden jerk. Instead, Get up sideways by supporting hands in bed
- Never try to run up the stairs or jump up two steps at a time.
- Do not hold on or delay going to the toilet as it could put undue pressure on the spine, ligaments, kidneys, bladder or the large intestines
- Do not keep standing for long while working at the table. Better sit down and do that work
- Do not take foods which induce indigestion or flatulence (gas)

Conclusion

Acharya technique is an effective non pharmacological intervention for Back ache This simple exercise appears to activate the various yogic charkas effortlessly without having to do scores of yogic exercises which are time consuming.

Reference

- 1) ACHARYA.S.M., Acharya Technique for Backaches and Spinal & Nervous Rejuvenation. 1965. retrieved from <http://atbsnr.tripod.com/id26.htm>
- 2) Anand M, Tamizhkodi. Effect of acharya technique upon back pain among industrial workers. Nurs J India. 2014 Sep-Oct;105(5):225-8. PMID: 25924419.
- 3) Balagué, F., Mannion, A.F., Pellisé, F. and Cedraschi, C. (2012) Non-Specific Low Back Pain. Lancet, 19, 379.
- 4) Low back pain :Exercise to reduce pain <https://www.wilsonorthopedics.com/pdf/low-back-pain-Exercises-reduce-pain.pdf>
- 5) Pergolizzi, J.V., LeQuang, J.A. Rehabilitation for Low Back Pain: A Narrative Review for Managing Pain and Improving Function in Acute and Chronic Conditions. *Pain Ther* **9**, 83–96 (2020). <https://doi.org/10.1007/s40122-020-00149-5>