

**ROLE OF YOGA IN PREVENTION AND MANAGEMENT (SUPPORTIVE) OF
BACKACHE: A REVIEW STUDY**Dr. Himanshu Verma*¹, Dr. Yogesh Jakhar² and Dr. Anupam Pathak³¹(P.G. Scholar) Dept. of *Swasthivritta*, S.G.C.A.S.H.²Assistant Professor, Dept. of *Swasthivritta*, S.G.C.A.S.H.³Professor & H.O.D, Dept. of *Swasthivritta*, S.G.C.A.S.H.***Corresponding Author: Dr. Himanshu Verma**(P.G. Scholar) Dept. of *Swasthivritta*, S.G.C.A.S.H.

Article Received on 11/06/2019

Article Revised on 01/07/2019

Article Accepted on 22/07/2019

ABSTRACT

Ayurveda is one of the world's oldest medical system. *Ayurveda* is an Indian science, in which the human body is kept healthy, free from disease or mitigation & age- enhancing. *Yoga* is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind & body. In present era, due to unhealthy *Aahar - Vihar* (lifestyle) people are suffering from lot of diseases, among which backache is a very common problem. Back pain may have physical & Psychological consequences for the patient if not managed effectively. *Yoga* is now emerging as a preventive and promising mode of treatment for back pain. Main principal in treating back pain is rest & exercise (Physical therapy). *Yoga* gives rest to the body, postural stability, increase strength, increase flexibility & awareness on the proper posture. It's popularity has dramatically grown in India as well as over the world due to its positive effects on mental & physical health. It helps in stress reduction, gives relief in pain due to common musculoskeletal disorder. *Yoga* is an excellent way to prevent & cure back pain. *Yoga* works on improving the elasticity of the muscle & strengthen the muscles there by improving the condition of spine in totality. *Yoga* plays a very important role in strengthening our Musculoskeletal system. How *yoga* can be used to help in correcting posture alignment problem that leads to Back pain. This study is to explain the benefits of particular *Yogasana* in backache.

KEYWORDS: *Ayurveda*, *Yoga*, *Aahar - Vihar*, *Yogasana*, *Vyayama*, Backache.**INTRODUCTION**

Ayurveda is an Indian science, in which the human body is kept healthy, free from disease or mitigation and age – enhancing. An Important goal of *Ayurveda* is to identify a person's ideal state of balance, determine where they are out of balance and offer intervention using diet, herbs, *yoga*, *Panchkarma treatment* and *meditation* to re-establish balance. Aim of the *Yoga* is Achievement of Moksha. *Yoga* means Joining, Absorption. *Yoga* is an ancient art based on an extremely subtle science that of body, Psyche and spirit. When the five senses, mind become stable that condition is known as *Yoga*.^[1] Modern *Yoga* therapy largely consist of the application of *Yogasana* as an adjunct physical therapy for the treatment of diseases as primarily diagnosed and treated by modern medicine.^[2]

Ayurveda is healing aspect; *Yoga* is the Spiritual side of the Vedic teachings.^[3] Together they emphasize a complete approach to the wellbeing of the body, the mind and the spirit.^[4] In present era due to unhealthy *Aahar - Vihar* (lifestyle) people are suffering from lot of diseases, among which Backache is a very common

problem. *Yoga* plays a very important role in strengthening our Musculoskeletal system. This study is to explain the benefits of particular *Yogasanas* in and Backache.

LITERARY REVIEW

Ayurveda is the science & *Yoga* is practice of science.^[5] *Yoga* originates from *Yajurveda*, while *Ayurveda* is the *Upaveda* of *Atharvaveda* & also mentioned in *Rigveda*.^[6] In *Yoga*, the body purifications procedures have been explained as *Sat Kriya's*, where as in *Ayurveda* known as *Panchkarma*.^[7] *Yoga* describes *Ashtanga Yoga*, while likewise in *Ayurveda* describe *Sadvritta* and *Astang Ayurveda Aachar-Rasayana*.^[8] A function of success and failure in similar expressions to be the same is *Yoga*. *Acharya Charaka* has been described in *Sharira Sathana*, to stop the projections of mind is *Yoga*.^[9]

Back pain is a common problem that may have physical & Psychological consequences for the patient if not managed effectively. *Yoga* is now emerging as a preventive and promising mode of treatment for back pain. Main principal in treatment of back pain is rest &

exercise (Physical therapy). Back pain is regarded as one of the most common Musculoskeletal complaints many people experience back pain during their life time. Back pain can also be due to inflammation, mechanical feature such as fracture improper posture prolapsed disc or stenosis. It's important to be aware that many different structure in the back can contribute to back pain, including joint pain discs & connective tissue. Back pain may refers to pain muscle tension or stiffness occurring between the costal margin & gluteal folds. Back pain involves several complex structure including. Vertebral ligaments, facet joints, para vertebral musculation & fascia, annulus fibrosus. Fibers of blood vessels & roots of the spinal nerves.

Causes: Bending Awkwardly for long periods. Lifting, carrying, Pushing or pulling weight objects incorrectly stooping in chairs. Twisting body improperly. Over stretching/ straining. Driving in a curved position or driving for long periods without taking a break. Overuse of the muscles usually due to sports or repetitive movement.

AIMS & OBJECTIVES

Aims

Role of Yoga in prevention and Management of Backache.

Objectives

Primary Objective

To review literature of Yoga & Backache.

Secondary Objective

To establish role of yoga in prevention and management of Backache.

Methodology

The practice of *Yogasanas* essentially tends to exercise and relax almost and co-ordinated activity without producing fatigue.

Asanas are classified into three Categories

1. Only to relax the muscles of the body, along with the mental relaxation.^[10]
2. An improved co-ordination as well as exercise of different groups of muscles for maintaining steady postures. This posture is steadily & slowly acquired and maintained as long as an individual can hold it, followed by a gradual return to the initial position.^[11]
3. To maintain a stable position of the body for a prolonged period usually needed for meditation for breathing exercise and for *Yoga*.^[12]

One should be very careful about the posture & breathing techniques while performing *Asanas*, when backward bending Inhale the breath, while forward bending exhale the breath.

A. Muscle and Spine Strengthening *Yogasana*

1. *Ardhastrasana*^[13]
2. *Pawanmuktasana*^[14]
3. *Ardhachakrasana*^[15]

B. For Back pain

1. *Ustrasana*^[16]
2. *Uttanmandukasana*^[17]
3. *Makarasana*^[18]
4. *Bhujangasana*^[19]
5. *Shalabhasana*^[20]

1. *Ardhastrasana*

Procedure

Sit in Hero pose. Keep the knees apart, leaving hip width between them. Stand on your knees. Place your both palms on the sacrum with fingers pointed down, inhale and lengthen the spine at the same time pressing the knees down. Exhale and press the hips forward with your palms and bend backwards Make sure your arms support your weight. Now, reach your right hand down to the right heel. Make sure you can maintain the balance, if not possible or you can't reach the heels, keep the hand on your sacrum Inhale. Straighten your left hand up and slowly move it backwards. Slowly, bring your both hands back to the sacrum, inhale up and let the head and back come vertical still standing on your knees. Release hips, waist and chest muscles and sit back on your heels. Finally, join the knees. You are now sitting in the hero pose, your original position.

Benefits

- ❖ Strengthen the Back & Neck muscle.
- ❖ Liberation from constipation & Back pain.
- ❖ Increases blood circulation in head & heart region.
- ❖ Extremely beneficial for heart patient.

Cautions

- ❖ Hernia
- ❖ Abdominal disorder
- ❖ Arthritis
- ❖ Dizziness
- ❖ Abdominal Surgery

2. *Pawanmuktasana*

Procedure

Relax the body in the base position. Raise the right leg, bend the knee and bring the thigh close to the chest. To bring the thigh closer to the chest, interlock the fingers of both hands and hold the right leg from just below the knee. Inhale deeply and while exhaling lift the head bringing the nose closer to the right knee without straining. After weeks of practice, one can touch the chin to the knees instead of the nose during the practice. The left leg must lie straight on the ground. This is the final position. Hold the position for a few seconds as per your comfort. To come back to base position first bring the head back on the mat, release the hands and the leg. Relax the body.

Benefits

- ❖ Constipation, Abdominal Distension.
- ❖ Helps in Digestion.
- ❖ Beneficial in complex problems of Muscles,

Ligaments and nerves of Pelvic region

- ❖ Strengthens back muscles & Spinal Nerves.

Cautions

- ❖ Abdominal Disorders.
- ❖ Hernia
- ❖ Sciatica
- ❖ Chronic back pain.
- ❖ In Pregnancy.

3. Ardha Chakrasana**Procedure**

Support the back at the waist by the palms, fingers pointing for wards. Inhale and bend backwards from the limber region. Drop the head backwards, stretching the muscles of the neck. Maintain for a minute with normal breathing. Return to *Sthiti* relax in *Tadasana*.

Benefits

- ❖ Strengthens Spine and Spinal Nerves.
- ❖ Strengthens Back Muscles.
- ❖ Increases Respiratory Capacity.
- ❖ Beneficial in Cervical Spondylitis.

Cautions

- ❖ Dizziness.
- ❖ Hypertensive Patients.

4. Ustrasana**Procedure**

Sit in *Vajrasana*. Stand on the knees. Place the palms on the waist with fingers pointing forwards. Inhale and bend the trunk backwards and place the palms on the heels. Maintain for about a minute with normal breathing. Exhale while coming back to *Sthiti*.

Benefits

- ❖ Beneficial in Eye Disorders.
- ❖ Relives in Back Pain & throat problems.
- ❖ Helps in reduction belly & hips fat.
- ❖ Helps in Digestive Problems.
- ❖ Helps in Heart & Respiratory disorders.

Cautions

- ❖ Heart patients.
- ❖ Hernia's Patients.

5. Uttanmandukasana**Procedure**

Assume the *Vajrasana* position initially. Make fists using both hands, but remember to tuck the thumb inside the fingers. With the knuckles inwards, place the fists on your navel's sides. Start exhaling and contracting your stomach and bend your body forward to try to get your chin to touch your knees. Once this is done, you have

reached *Mandukasana* From this position, bend your upper body backward and place your arms behind your head in a clasped fashion. Extend further until the head makes contact with the ground Inhale and release yourself from this posture and return to *Vajrasana* to complete one cycle.

Benefits

- ❖ Beneficial in Back Pain & Neck Pain.
- ❖ Beneficial in Abdominal disorders.
- ❖ Increases Lung Function capacity.

Cautions

- ❖ Suffering from Knee & Joint Pain.

6. Makarasana**Procedure**

Lie flat on the ground on the stomach. Raise the head and both the shoulders. Fold the arms in the front, place the right arm above the left arm, keeping the elbows pointing. Keep the left palm down on the ground and the right palm on the left arm, the fingers touching the inside of the elbow. Put the head down on the center point, where the right wrist is above the left wrist. Then close both the eyes and relax the whole mind and body. After a few moments, come back to the material world and become aware of the reality. Slowly release the posture.

Benefits

- ❖ Beneficial in relaxing the body.
- ❖ Helps in Back Pain.
- ❖ Control the problems related to Stress & Anxiety.

Cautions

- ❖ In pregnancy.
- ❖ Shoulder Straps & Frozen Shoulder.

7. Bhujangasana**Procedure**

Bend the arms at the elbows and place the palms besides the lower chest at the level of the last rib exerting least pressure on the palms. Keep the elbows close to each other and let them not spread out. Inhale and comp up. Arch the dorsal spine and neck backwards as far as you can. Keep the body below the navel in touch with the ground. Maintain the final position with normal breathing for one minute with least pressure on the palms. While exhaling come back to *Sthiti* Position.

Benefits

- ❖ Helps in Stress.
- ❖ Beneficial in Constipation.
- ❖ Decreases extra belly fat.
- ❖ Beneficial in Back Pain.
- ❖ Helps in Respiratory Disorders.

Caution

- ❖ Abdominal Disorders (History of Surgery)
- ❖ Hernia
- ❖ Ulcers

8. *Shalabhasana*

Procedure

Make fists of your palms with the thumbs tucked in and place them under the thighs, with back of the hands towards the ground. While inhaling raise both of the hands towards the ground. While inhaling raise both the legs up as far as comfortable without bending the knees. Maintain the position for about one minute with normal breathing. Come back to *Sthiti* position while exhaling.

Benefits

- ❖ Beneficial in Sciatica Pain & Lower Back Pain.
- ❖ Strengthen hips muscles.
- ❖ Decreases Extra fat on Thighs & Hips.
- ❖ Control Body Weight.
- ❖ Helps in Digestion.
- ❖ Increases Lung Function capacity.

Cautions

- ❖ Heart Patients.
- ❖ Severe pain in Lower Back.
- ❖ Hypertension.
- ❖ Peptic Ulcer.

DISCUSSION

Asana besides providing suitable body postures conducive for *Dhyana* & *Samadhi* or their role in developing the physique, the practice of *Asana* bring about a number of physiological, biochemical, & Psychological changes in the body.

Among such changes reduction in body weight, reduction in rate of respiration, increased chest expansion, increased vital capacity, reduction in blood sugar & serum lipid levels, increase in serum proteins, improved adrenocortical functions & certain improved Psychological functions.

CONCLUSION

Weight gain, Poor posture, Improper life style & few other reasons are the main causes results in back pain are becoming gradually more prevalent now a day due to sedentary modern life style nature. Yoga is now emerging as a hopeful means of alleviating backache. Upper back, Lower back & Scapular pain & may be of great benefit to patient particularly when performed in conjunction with or without the established conventional & alternation treatment. Yoga when practiced in a safe & planned way, It can be a very useful mode of therapy in the management of acute or Chronic Back pain. Practicing *Vyayama* regularly is advisable and also mentioned in our classics. *Yoga* if practice it regularly it strengthens our body and mind and maintain the state of health. *Yogasana* mentioned above if practiced regularly strengthens our musculo-skeletal system & can be beneficial in Backache Problems.

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