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Effect of yogic practices on elasticity among lumbago women

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Abstract

The aim of this study was to find out the effect of yoga practice on flexibility among lower back pain women. For the propose of the study 20 lumbago (low back pain) women's from Vivekananda College, Sirkali, Nagapattinam District, Tamilnadu, were selected as subjects and their age ranged between 30 to 45 years. The selected subjects were divided into two groups namely Group – I underwent yoga (n= 10) and Group – II acted as control (n= 10). The flexibility was selected as dependent variable and tested by using sit and reach test. The yoga group underwent parivartharikonasana, vakrasana, ustrasana, ardhachakrasana, komugasana, patchimothaasana, veerasana, yogamudra, yoganidhra, nadisuthi pranayama and silent meditation. The yoga practice was extended for eight weeks, three days per week, sixty minutes per day including warming up and relaxation. The control group did not do any special training program apart from their regular activities. The data were collected before and immediately after the yogic practice. The collected data on flexibility was analyzed by using analysis of variance (ANOVA) to find the significance between groups. The level of confidence was fixed at 0.05. The result of the study shows that, Astanga yoga practice improves flexibility when compared to control. The result shows that there was a significant improvement on flexibility due to yogic practice on low back pain women's.

Keywords: Yogic practice, lower back pain, women

Introduction

In general, yoga can often help resolve mild health problems, they may be ineffective for serious conditions. Yoga therapy tailors yoga to individuals, taking into account the nature of their medical condition, constitution and life situation. A number of randomized controlled studies exist on the efficacy of yoga. These include asthma, diabetes, heart conditions, hypertension and rheumatoid arthritis. Yoga therapy can also help many other chronic conditions, including back pain, menstrual conditions, migraine, multiple sclerosis and osteoarthritis (Haslock I, Monro R E, 1994) [3].

Astanga yoga is comprised of eight limbs including moral injunctions, rules for personal conduct, postures, breath control, sense withdrawal, concentration, meditation and self-realization (Taimini, 1986) [7]. Teachings of the yoga to many health problems including chronic low back pain. The system descended from Astanga Yoga, it is distinguished from other styles of yoga by the emphasis on precise structural alignment, the use of props, and sequencing of poses, and by the incorporation of all aspects of Astanga Yoga into the practice of postures and breath control (Iyengar, 1989) [4].

Lumbago is a general term used to describe pain in the lumbar region, or lower back. It is defined as a mild to severe pain or discomfort in the area of the lower back. Ranging in severity from acute (i.e. sudden and severe) to chronic (if it has lasted for more than three months) lumbago can occur in any age group, but is common among younger people who engage in hard physical work and also among people of retirement age.

Back pain provides an interesting area of overlap between yoga therapy and other body and movement therapies. General yoga can often resolve mild back pain caused by stress and tense muscles. However, it can exacerbate conditions involving joint problems, such as prolapsed disc, facet joint strain and severe spondylosis. Low back pain is a public health problem that has reached epidemic proportions (Shelerud, 1998) [6].

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70–85% of the population has had at least one episode of back pain sometime in their life (Andersson, 1999) [1]. Low back pain is one of the most commonly reported reasons for use of complementary alternative medicine.

Although the application of Bihar school of yoga practice and Ashtanga yoga for lumbago (low back pain) of women is currently offered at Centre for yoga research and Rajah Muthiah medical college and hospital, Annamalai University, Annamalai Nagar, Chidambaram, Tamilnadu, there has been no published scientific evaluation of the intervention. The purpose of this exploratory study was to determine the efficacy of Bihar school of yoga practice and Ashtanga yoga on pain-related outcomes in women’s low back pain.

Methodology

For the propose of the study 20 low back pain women’s from Vivekananda College, Sirkali, Nagpattinam District,

Tamilnadu, were selected as subjects and their age ranged between 30 to 45 years. The selected subjects were divided into two groups namely Group – I underwent yoga (n= 10) and Group – II acted as control (n= 10). The flexibility was selected as dependent variable and tested by using sit and reach test. The yoga group underwent parivartharikonasana, vakrasana, ustrasana, ardhachakrasana, komugasana, patchimothaasana, veerasana, yogamudra, yoganidhra, nadisuthi pranayama and silent meditation. The yoga practice was extended for eight weeks, three days per week, sixty minutes per day including warming up and relaxation. The data were collected before and immediately after the yogic practice. The collected data on flexibility, was analyzed by using analysis of variance (ANOVA) to find the significance between groups. The level of confidence was fixed at 0.05.

Result

Table 1: Anova of yoga group and control group on flexibility

Variables	Yoga Group	Control Group	SOV	SOS	Df	MS	F
Pre Test	17.60	17.50	B	0.050	1	0.050	0.060
			W	14.900	18	0.828	
Post Test	20.60	17.80	B	39.200	1	39.200	58.80*
			W	12.000	18	0.667	
Adjusted Post Test	20.57	17.82	B	37.695	1	37.695	76.97*
			W	8.325	17	0.490	

*significance at .05 level of confidence

(The Table value required for significance at .05 level of confidence with df 1 and 17 was 4.45)

The result of the study shows that the there was a significant difference between yoga group and control group on

flexibility. The result shows that the selected yogic practice improves flexibility positively for low back pain women’s.

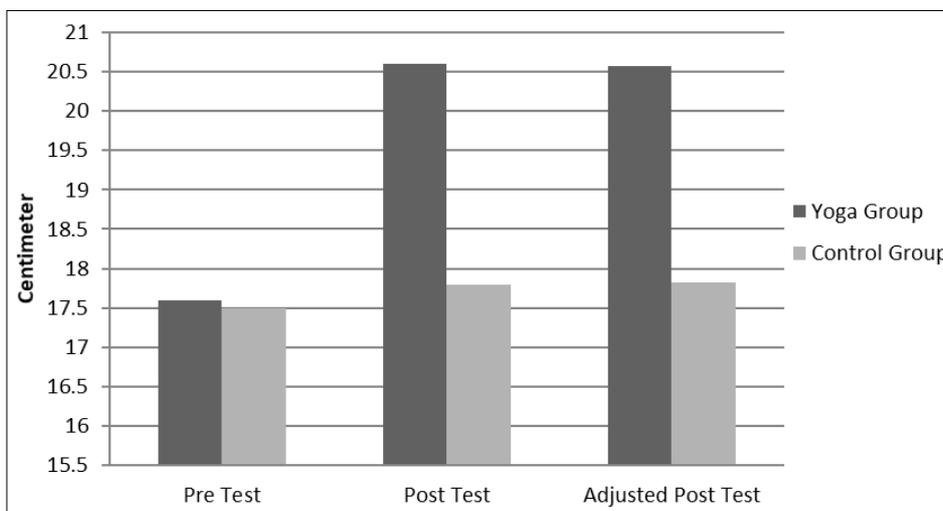


Fig 1: The bar diagram shows the pre test, post test and adjusted post test mean values of elasticity between yogic group and control group

Discussion on findings

All the asana bring about good muscular equilibrium. It permits the movement with an economy of energy. The stability of the body-parts leads to the emotional stability and psychological well-being. Regular practice of Asana improves movement in joints, cures different kinds of arthritis problems and corrects the postural defects. The result of the present study explored the asana, pranayama and concentrated meditational practice may improve the flexibility of backache women. May the prolonged duration of the yogic practice improve low back pain and improves muscle tone on the lower back extremity of the body.

Conclusion

The study concluded that, there was a significant difference

between yoga practice group and control group on flexibility. Further, the yoga practice group shows better improvement on flexibility when compare the control group. Hence, the yoga practice improves flexibility and it is positively impact on lumbago (low back pain).

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