



YOGA FOR CERVICAL SPONDYLOSIS

Alternative Medicine

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ABSTRACT

Cervical spondylosis is a common condition caused by chronic wear and tear of the cervical spine. It mainly affects the vertebrae and the joints of the neck. The bones of the cervical spine are also affected. This article explains in detail about the condition, its causes, effects, and how it can be cured. It also talks about how to prevent it.

KEYWORDS

Cervical spondylosis is a common degenerative condition caused by chronic wear and tear of the cervical spine. The affected regions are the disks between the vertebrae joints of the neck. The bones of the cervical spine are also affected. Cervical spondylosis is caused by sitting in incorrect postures and lack of physical exercise. Postures are affected by long hours on computers or smartphones.

Symptoms of cervical spondylosis:

1. Tingling, numbness and weakness in arms, hands, legs or feet.
2. Headache at the back of the head.
3. Pain in the shoulder blades
4. Fever due to acute neck pain
5. Lack of coordination and difficulty in walking.
6. Loss of bladder or bowel control.

It is very common in today's world, and it only gets worse with age. However, like most problems it can be prevented and also cured.

Below are a few ways to prevent cervical spondylosis:

1. Avoid lifting very heavy weights.
2. Take short breaks in between work to give rest to the neck.
3. Stay hydrated
4. Eat fruits and green leafy vegetables.

Yoga for treatment of cervical spondylosis:

There are no medicines as such, that cure cervical spondylosis. The condition however, can be cured through Yoga therapy. A few simple yogasanas and exercises can play a vital role in managing and treating of cervical spondylosis. Yoga brings strength and flexibility to the spine and the complete vertebral column is benefitted. It helps stabilize our core to better support our spine. Some specific asanas release the stress caused due to prolonged sitting before the computer and relaxes the entire spine. Therapeutic yoga uses gentle stretching exercises to help relieve pain. Spine is the major channel, which carries all nerve impulses from the brain to the body and vice versa. Doing yoga removes the stiffness of the neck and shoulder.

Yogasanas release compression of the spinal nerves, it is very effective in treating of cervical spondylosis and pain of neck and shoulders. Yoga is highly recommended to those who have rigid spines and chronic neck pain.

Pranayama enhances the rejuvenating process of the body and helps in normalizing blood pressure and relieving tension and pain.

Effective Asanas:

1. Crocodile pose
2. Cobra pose
3. Locust pose
4. Bow pose
5. Child's pose
6. Bridge pose
7. Downward facing dog pose
8. Cat pose
9. Neck rotations
- 10.
- 11.
12. Back stretch

11. Pranayama
12. Alternative nostril breathing
13. Bhamari pranayama
14. Meditation for 5-10 minutes Demonstration for a few asanas:





REFERENCES

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