



## THERAPEUTIC YOGA FOR BACK ACHE

### Yoga

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### ABSTRACT

This essay provides a detailed overview of backache, including its causes, mechanisms, common symptoms, prevention, and control methods. Therapeutic Yoga offers a simple, effective, and permanent cure for backache sufferers who have resigned themselves to a life of pain, often within a few days or weeks of adopting a simple daily Therapeutic Yoga Program.

### KEYWORDS

Back Pain, Common Disorders, Acute Back Pain, Long-term Back Pain

#### INTRODUCTION

Back pain is one of the most common disorders today. It is estimated that between 50% and 60% of the population will experience acute or long-term back pain at some stage of life.

#### Mechanism of Common Backache

Prolonged rigidity of the muscles surrounding and supporting the spinal column, often due to car seats and office chairs, leads to tight, painful spasms. Repeated heavy lifting or sudden awkward movements can strain back muscles and spinal ligaments.

#### Causes of Backache

- Degenerative changes in the spine, arthritis, and spondylosis
- Lack of exercise, leading to weakened back and abdominal muscles
- Strains, sprains, and spinal fractures
- Excess body weight, increasing stress on the back
- Spinal and pelvic bone tumors
- Infections of the spine
- Prolapsed uterus, painful periods, pregnancy, and menopause
- Psychological factors such as depression and anxiety
- Smoking, which reduces blood flow to the spine

#### Symptoms

- Pain: May vary from dull to stabbing, mild to severe, or diffuse. Pain can be intermittent.
- Stiffness: Often worsens in air-conditioned environments or after prolonged posture maintenance.
- Restricted Mobility: Pain may localize in the lower back and is aggravated by movements such as bending or rotating the spine.

#### Yogic Management

Therapeutic Yoga is an effective way to manage and alleviate back pain. Here are key benefits and practices:

#### Benefits of Yoga Postures

1. Elongation and Strengthening: Postures elongate, stretch, and strengthen the spine, providing relief and enhancing flexibility.
2. Comprehensive Stretch: Yoga balances the load across the body by stretching areas like the torso, neck, and abdomen.
3. Traction Effect: Many poses decompress the spine, alleviating pressure on spinal discs and nerves.
4. Sciatica Relief: Specific poses target the muscles surrounding the sciatic nerve.
5. Stress Relief: Yoga reduces stress and fatigue, enhancing overall well-being.
6. Improved Circulation: Increased blood flow promotes healing and prevents muscle degeneration.
7. Forward Bending Poses: Effective for releasing tension in the neck and back, reducing stiffness.

#### Recommended Poses

- **Vakrasana (Twist Pose)**



- **Trikonasana (Triangle Pose)**



- **Crocodile Pose**



- **Waist Lifting Pose**



- **Cobra Pose (Bhujangasana)**



- **Rabbit Pose**



- **Mountain Pose (Tadasana)**



- **Posterior Stretching Pose**



### **Pranayama and Meditation**

#### **Benefits:**

1. **Pain Management:** Breathing exercises and meditation promote relaxation, reducing the perception of pain.
2. **Calming the Nervous System:** These practices alleviate stress and improve emotional resilience.
3. **Immune System Boost:** Regular practice enhances immunity, mitigating illnesses that may exacerbate pain.
4. **Better Sleep:** Relaxation techniques improve sleep quality, crucial for recovery.

### **CONCLUSION**

By integrating these yoga practices into daily life, individuals can achieve significant improvements in back pain and overall quality of life. Yoga provides a holistic approach to managing both physical discomfort and the mental stress associated with chronic pain.

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