



Effect Of Yogasana In Uncomplicated Chronic Low Back Pain In Middle Aged Housewives

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ABSTRACT

Objectives: 1. To examine the Effect Of Yogasana In Uncomplicated Chronic Low Back Pain In Middle Aged Housewivess. **Hypotheses:** 1. There will be positive effect found of Yogasana onUncomplicated Chronic Low Back Pain In Middle Aged Housewivess. **Sample:** For the study 100 housewives of age range 30 to 50 years suffering from chronic lumber and back pain were called in the group 10 at a time. Medical assessment was conducted by orthopaedic surgeon. Interview was used to obtain both vital clinical data, including personal, family and stress history. Out of 100 females 80 who satisfied the selection criteria, were recruited as subjects for the study. 40 female in Yoga Group and 40 female in Control group was randomised. **Variables:** Following specific outcome measures were assessed at baseline and after 6 weeks of intervention. **Research tools:** 1. Lower Back Pain Scale: This inventory constructed by researcher, It consists 20 items. It is for Housewives suffering from chronic low back pain from 30 to 50 yrs. of age. **Conclusion-** 1. there is positive effect found of Yogasana on Uncomplicated Chronic Low Back Pain in Middle Aged Housewivess.

Introduction:-

Whenever my decrease lower back receives tight (which takes place greater regularly than now not after being glued to my work chair for hours on end), I sit down on the ground and slowly go into my preferred yoga pose: half of lord of the fishes, additionally acknowledged as a seated spinal twist. Just a twist to the left and proper by no means fails to fix my sore back.

Yoga is one of the extra tremendous equipment for supporting soothe low again pain. The exercise helps to stretch and reinforce muscle mass that aid the again and spine, such as the paraspinal muscle groups that assist you bend your spine, the multifidus muscle mass that stabilize your vertebrae, and the transverse abdominis in the abdomen, which additionally helps stabilize your spine.

But unfortunately, yoga is additionally the supply of many back-related injuries, specifically amongst older adults. A find out about posted in the November 2016 Orthopedic Journal of Sports Medicine discovered that between 2001 and 2014, damage charges expanded eightfold amongst human beings a while sixty five and older, with the most common accidents affecting the back, such as traces and sprains.

Yoga includes a manner of bodily and intellectual coaching closer to self-realization, the exercise of which has eight element limbs. The eight elements



information habits inside society, non-public discipline, postures/poses (“asanas”), breathing, concentration, contemplation, meditation and absorption/stillness. As classically described, yoga poses incorporate simply one of the eight factors of a broader self-discipline of physical, mental, and non secular health. Modern Hatha yoga generally combines factors of postural positioning, breathing, concentration, and meditation. A traditional Hatha yoga software entails a crew led by using an teacher for a ~ 60–90 minute session. The trainer gives preparation for right postures, respiratory and focus. They regularly motivate high-quality self-images. Iyengar yoga has a focal point on keeping postures, and the use of adjustments (such as blocks, belts, chairs, blankets) to accommodate character bodily abilities. Other yoga patterns exist and the journey in one fashion or category can be very different. The depth can vary from mild to strenuous, with some kinds of yoga supplying a cardiovascular workout, and others centered on leisure and calmness. Another experiential issue comes from the yoga core itself, which can grant a experience of social and religious community.

A overview of, 39 trials is sturdy proof used to be located that workout remedy is no greater wonderful for acute low returned pain than inactive or different energetic remedies with which it used to be in contrast (van Tulder et al 2000). There was once conflicting proof on the effectiveness of workout remedy in contrast with inactive remedies for persistent low lower back pain. Exercise remedy was once located extra fantastic than everyday practitioner and simply as advantageous as traditional physiotherapy for CLBP.

Research Methodology

Statement of the Problem:

To study the Effect Of Yogasana In Uncomplicated Chronic Low Back Pain In Middle Aged Housewivess.

Objectives:

- 1) To examine the Effect Of Yogasana In Uncomplicated Chronic Low Back Pain In Middle Aged Housewivess.

Hypotheses:

There will be positive effect found of Yogasana onUncomplicated Chronic Low Back Pain In Middle Aged Housewivess.

Sample:

For the study 100 housewives of age range 30 to 50 years suffering from chronic lumber and back pain were called in the group 10 at a time. Medical assessment was conducted by orthopaedic surgeon. Interview was used to obtain both vital clinical data, including personal, family and stress history. Out of 100 females 80 who satisfied the selection criteria, were recruited as subjects for the study. 40 female in Yoga Group and 40 female in Control group was randomised

Selection Criteria

1. Inclusion Criteria

- (a) History of CLBP of more than 3 months
- (b) Pain in lumbar spine with or without radiation to legs
- (c) Age: 30 to 50 years.



2 . Exclusion Criteria

- (a) Organic spinal pathology such as malignancy (primary or secondary), or chronic infection confirmed by X-ray
- (b) Anatomical changes in Spines and Recommended surgical intervention
- (c) Severe obesity , Pregnant, Gynaecological disorder
- (d) Critically ill.

Variables: Following specific outcome measures were assessed at baseline and after 6 weeks of intervention

Research tools:

Lower Back Pain Scale:

This inventory constructed by researcher, It consists 20 items. It is for Housewives suffering from chronic low back pain from 30 to 50 yrs. of age.

Statistical Interpretation and Discussion

Experimental Pre and Post Group:

Table No. 1.

| Types of Groups | Mean | SD | N | t Value |
|-------------------------|-------|------|----|---------|
| Experimental Pre Group | 30.73 | 5.33 | 40 | 13.53** |
| Experimental Post Group | 14.83 | 5.17 | 40 | |

Above table shows that Experimental Pre Group mean is 30.73, SD is 5.33 and Above table shows that Experimental post Group mean is 14.83, SD is 5.17. And the difference between the two mean is highly significant 't' (78) = 13.53, $P < 0.01$. It was found that there is positive effect found of Yogasana on Uncomplicated Chronic Low Back Pain in Middle Aged Housewivess.

Control Pre and Post Group:

Table No. 2.

| Types of Groups | Mean | SD | N | t Value |
|--------------------|-------|------|----|---------|
| Control Pre Group | 30.15 | 4.56 | 40 | 1.26 |
| Control Post Group | 28.76 | 5.25 | 40 | |

Above table shows that Control Pre Group mean is 30.15, SD is 4.56 and Above table shows that Control post Group mean is 28.76, SD is 5.25. And the difference between the two mean is highly significant 't' (78) = 1.26, $P = NS$. Null hypothesis is accepted it mean that there was no significant effect found of Yogasana on Uncomplicated Chronic Low Back Pain in Middle Aged Housewivess.

Conclusion-

- 1) There is positive effect found of Yogasana on Uncomplicated Chronic Low Back Pain in Middle Aged Housewivess.



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