



Effect of Yogic Practices on Selected Risk Factors among Men Low Back Pain Sufferer

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Abstract

According to Patanjali, one can attain this (the individual self with the Supreme One) union by controlling and eliminating the ever- arising 'vrittis' or modifications of the mind. He also suggests that the mind, in turn, can be controlled through the right kind of discipline and training. Patanjali says that there are basic obstacles pervading the mind that are not conducive to yoga practice. The purpose of the study was to investigate effect of yogic practices on selected risk factors among men low back pain sufferer. The subjects were equally assigned to random sampling procedure into two equal groups, i.e., the experimental group and control group. The experimental group under gone the practices in yogic practices. The control group not underwent the any kind of yogic practices for the duration of the training programme of twelve weeks. The training was given in alternate days in a week. Each session scheduled for 60 minutes. The pain was measured before and after the experimentation using the standardized test. The data were analyzed by Analysis of Covariance (ANCOVA) and it was concluded that the selected yogic practices group than the control group had significant ($P < 0.05$) effect on the pain level.

Keywords: Yogic practices, pain and low back pain.

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Introduction

However, India is one of the major countries where communicable Diseases are still not under control. The incidence of new fatal diseases such as AIDS / HIV, hepatitis-A is on the increase and tuberculosis and malaria still take a high toll. Chronic non-communicable diseases such as heart diseases, diabetes and cancer are also in the rise (Bhat and Babu 2004). Health risk due to high prevalence of alcohol and Tobacco consumption is also increasing, India's dream of "World Class" health care delivery system is difficult to achieve.

The person who always eats wholesome food, enjoys a regular lifestyle, remains unattached to the objects of the senses, gives and forgives, loves truth, and serves others, is without disease. The total of body, mind and spirit. It includes physical health, mental health, emotional health, and social health. It is a well-known fact that India is, next only to China, the second largest country in terms of population in the world. But the health status of a great majority of the people is far from satisfactory as compared to China and other developed countries. However, over the last five decades or so, India has built up health infrastructure and manpower at primary, secondary and tertiary care in government, voluntary and private sectors and made considerable progress in improving the health of its population (Ray 2003; Bhat and Babu 2004).

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Pancha Kosha - the Subtle Energy Body or 'Five Sheaths'

These five sheaths can be divided into three bodies:

1. **Sthula Sharira / Physical Body** - Annamayakosha
2. **Sukshma Shariria / Astral Body** - Pranamayakosha, Manomayakosha, Vijnanamayakosha
3. **Karana Shariria / Causal Body** - Vijnanamayakosha, Anandamayakosha

Of all these, the anandamayakosha is not bound by time or space and does not die. When the practitioner resides in this sheath, they have remembered or realized their true nature, reached enlightenment and health will pervade on all layers.

Yogic exercises recharge the body with cosmic energy. This facilitates

- Attainment of perfect equilibrium and harmony
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body
- Enhances Personal power
- Increases self-awareness
- Helps in attention focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system.

Aim of the study

The aim and objective of the study was to investigate effect of yogic practices on selected risk factors among men low back pain sufferer.

Review of related literature

Sherman K J and Cherkin DC) (2003) conducted the study on comparing yoga, exercise and a self-care book for chronic low back pain at Group cooperative and university of Washington, USA. They select the 101 subjects of chronic low back pain and apply 6 weeks of yoga program for one group and 6 weeks exercise for one group. After that the pain and disability are assessed by Bothersomeness and Roland (11 point scale) disability scale (24 point scale). As a result the yoga was more effective than a self-care book and exercise for chronic low back pain.

Methods and Materials

The sample for the present study consists of 40 low back pain sufferers from Chennai city. The subjects were selected using random sampling method. Their age ranged from 30 - 40 years. They were divided into two groups namely Experimental group and control group (n=40), and pain measurement scale was administered to them. Experimental group was under the practice of yogic practices for the period of 6 weeks both morning at 6.30 to 8.00 for the period of 6 weeks. The training programme was administered for 60 to 90 minutes per session. The control group did not engage in any special activities. The load was fixed based on the pilot study. The pre test and post test were taken before and after the

experimental training programme. The test was conducted pain measurement scale was administered on each end of the cessations and data was recorded. Analysis of covariance was used as a test of significance.

Experimental Group: Yogic Practices

- Loosening exercises:
- Asanas:
 1. Ardhakati chakrasana
 2. Ardhachakraasana
 3. Parivartha trikonaasana
 4. Bhujangaasana
 5. Salabhaasana
 6. Vakrasana
 7. Ustraasana
- Relaxation:
- Meditation
 - Pain Management Meditation

Group II: Control Group (No Practice)

Results

The data pertaining to the variables under the study was examined by analysis of covariance for each criterion variables separately in order to determine the differences, if any between the groups at different stages.

Table 1

Analysis of covariance for pre and post tests data on pain of yogic practices group and control group

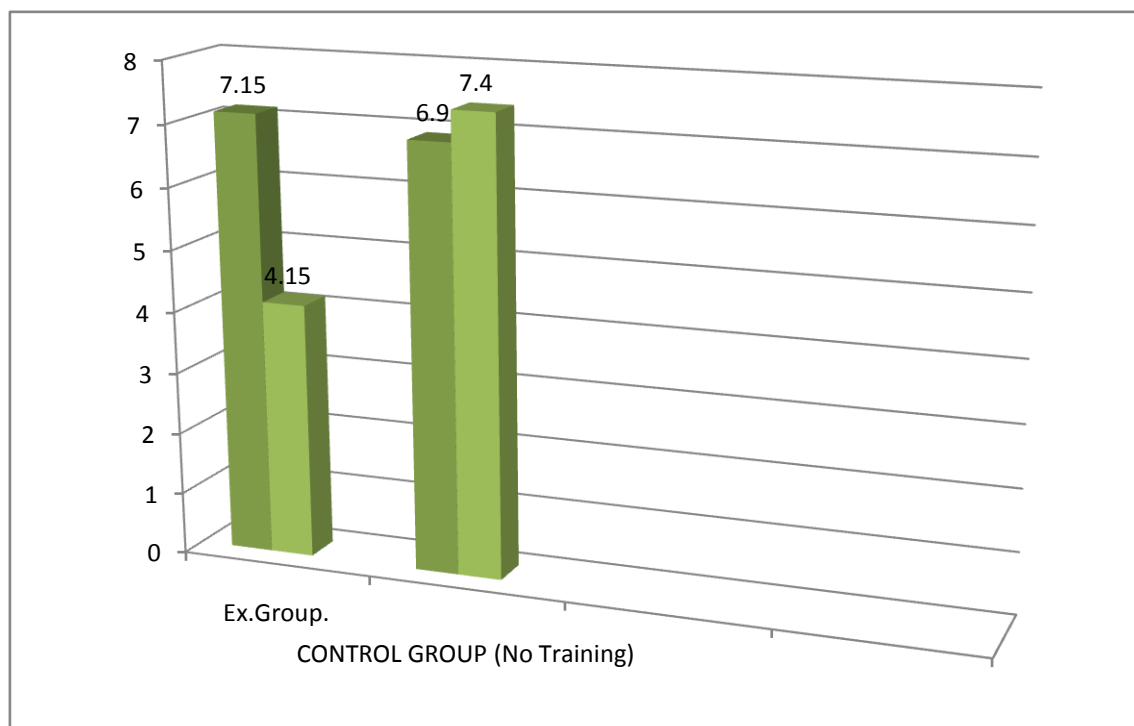
	YOGIC PRACTICES GROUP	CONTROL	SOURCE OF VARIANCE	SUM OF SQUARES	df	MEAN SQUARES	OBTAINED F
Pre Test Mean	7.15	6.90	Between	0.63	1	0.63	0.44
			Within	54.35	38	1.43	
Post Test Mean	4.85	7.40	Between	65.03	1	65.03	37.81*
			Within	65.35	38	1.72	
Adjusted Mean	4.75	7.50	Between	74.71	1	74.71	89.36*
			Within	30.93	37	0.84	
Mean Diff	2.30	0.50					

*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1 and 37 was 3.22.

The obtained adjusted mean values were presented through bar diagram in figure 1.

Figure - 1
Bar diagram on ordered pre and post means of pain



Discussions on the findings of pain

Taking into consideration of the pretest means and posttest means adjusted posttest means were determined and analysis of covariance was done and the obtained F value 89.36 was greater than the required value of 3.22. And hence it was accepted that the Yogic practices significantly improved (decreased) the pain level of the yoga practitioners.

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Yogic practices group and control group on pain level. This proved that due to 6 weeks of Yogic practices pain level was significantly improved (decreased) among yoga practitioners.

Conclusion

The analysis of co-variance of pain level indicated that experimental group I (Yogic practices), and group II (Control group). It may be due to the effect of Yogic practices.

Nearly everything in life requires balance. Yogic practices on its own are a good step toward a healthy life style. However, as individual, it is important to malaise that we need to work on our body as well as our mind. We can use Yogic practices not only as part of a program to improved (decreased) pain level, but also as a way to assist in attaining other goals,

Yogic practices improved the efficiency of health level significantly.

On the basis of the findings of the study, it may be considered that the yogic practices program is very useful method of training for the low back pain sufferers to decrease the pain within shorter duration. But it only retains for 6 weeks in yogic practices the improvement was slow but it could retain the efficiency for longer duration.

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