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## Management of back pain and musculoskeletal disorders of garment factory workers by yoga and naturopathy

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In the modern work environments of today, we have started putting strain on our systems as a whole- due to physical, mental and emotional demands far surpassing what our systems can bear. These exposures are going against the natural laws of nature and often done without conscious awareness of the longer-term damage. There is an extended list of occupational disorders that exist, nowadays, due to the upright skeletal position of the garment workers and more so because of the uninvited pressures that they have put onto the skeletal structure as a whole. The result equals the vertebral column being unable to withstand the stresses of prolonged standing or sitting down, especially when unsupported. Back pain and musculoskeletal disorders are common occupational problems all over the world. They are result of the previous research of author, health hazards in small and medium enterprises garment industries in developing countries has been taken for further study. The previous study was conducted in Delhi from January-2016 to June-2016. The database and result of the study with respect to Indian population has been chosen for further study. The study revealed that back pain and musculoskeletal problems (54%) were the commonest health problem in India. The objective of the study is to design an effective program to create an awareness surrounding the management of stress, musculoskeletal problems as well as an effective management of pain related symptoms by using yoga and naturopathy therapy. After an intervention by yoga and naturopathy for prevention and cure of musculoskeletal problems, it is found that 27% workers suffering from acute musculoskeletal problem and 83% workers suffering from moderate musculoskeletal problems are no longer experiencing chronic symptoms or completely cured of pain. The study period is August 2016 to December 2016. Yoga is a philosophy and practice that connects the body, breath and mind to energize and balance the whole system in our body and naturopathy works on the premise that disease is caused by imbalance of five elements of nature: Air, water, fire, space and earth. Therefore the treatment is conducted to remove the toxins from our body and increase the blood circulation within the body, clear congestions along the pathways and stimulate the body's own healing potential. Yoga and naturopathy can be used for managing back pain and musculoskeletal problems and furthermore, there is vast scope of research for inclusion of reflexology and meridian therapy sessions for immediate and maintained pain relief results in this program.

### Biography

Pabitra Gurung has completed her graduation from Government of NCT of Delhi and had many researches on back pain and yoga.

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