

Yoga Therapy In The Treatment For Chronic Low Back Pains

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INTRODUCTION

Chronic low back pain (CLBP) affects millions of people worldwide, and appears to be increasing in prevalence. It is associated not only with pain, but also with increased disability, psychological symptoms, and reduced quality of life. There are various treatment options for CLBP, but no single therapy stands out as being the most effective. In the past 10 years, yoga interventions have been studied as a CLBP treatment approach.

Pain acts as a safety system for our bodies. If there's any impending injury to the body, the nerves in our body convey pain signals to the brain so the body can take action. Occasional pain incurring from numerous causes can often be managed through painkillers or therapy. However, sometimes the pain lasts for more than 3-4 months and doesn't respond to conservative treatments like medicines and physical therapy. This is called chronic pain. Apollo Hospital Pain Management Center can help you with chronic pain management and treatment of back pain, neck pain, musculoskeletal pain

Yoga Therapy, Chronic low back pain (CLBP)

People have practiced yoga for thousands of years for self-awareness, as a form of meditation and to increase flexibility and strength. Yoga involves physical poses and controlled breathing. Among the physical benefits, certain yoga poses can help improve moderate to severe chronic lower back pain.¹ Hatha yoga is the most basic style of yoga. Hatha yoga and other yoga styles are provided through lifestyle and integrative medical centers, gyms, community centers, parks, yoga studios, DVDs, and through downloadable apps.

The word "yoga" literally means "yoking", or "joining together" for a harmonious relationship between body, mind and emotions to unite individual human spirit with divine spirit or the True Self. Yoga involves a process of physical and mental training towards self-realization, the practice of which has eight component limbs. The eight components guide conduct within society, personal discipline, postures/poses ("asanas"), breathing, concentration, contemplation, meditation and absorption/stillness. As classically described, yoga poses comprise just one of the eight components of a broader discipline of physical, mental, and spiritual health. Modern Hatha yoga usually combines elements of postural positioning, breathing, concentration, and meditation. A typical Hatha yoga program involves a group led by an instructor for a 60-90 minute session. The instructor provides guidance for correct postures, breathing and focus. They often encourage positive self-images. Iyengar yoga has a focus on holding postures, and the use of modifications (such as blocks, belts, chairs, blankets) to accommodate individual physical abilities. Other yoga styles exist and the experience in one style or class can be very different. The intensity can range from gentle to strenuous, with some types of yoga providing a cardiovascular workout, and others focused on relaxation and calmness. Another experiential factor comes from the yoga center itself, which can provide a sense of social and spiritual community.

Yoga popularity has grown tremendously in the past several years. National Health Interview Survey data conducted by the Centers for Disease Control and Prevention (CDC) show increased usage for complementary and alternative medicine (CAM) treatments. In 2007, yoga was the 7th most commonly used CAM therapy. CAM therapies are used mostly to treat musculoskeletal conditions, in particular back pain and to a lesser degree neck pain.

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