

STUDY OF SELECTED YOGASANAS IN TWO WHEELER RIDERS WITH BACKACHE

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ABSTRACT

Thirty people who ride two Wheelers and are suffering from mechanical back pain are selected according to inclusion and exclusion criteria using random sampling method. Four *Asanas*: *Bhujangasan*, *Ardhashalabhasan*, *Ardhamatsyendrasan*, *Shavasana* were taught to the patients. Pain grade scale number was recorded before, during follow up and after practicing *Asanas* for 2 months. Paired 't' test at 5% significant limit was applied to observations. As $P < 0.001$, the result was highly significant; which shows that regular practicing *Asanas* under study is very beneficial for reducing back pain in patients riding two wheelers.

Key words: Two Wheeler Riders, Backache, *Yogasanas*, *Yog* and Ayurved

INTRODUCTION

Due to traffic conditions one cannot avoid riding two-wheeler. In Pune city alone there are sixteen lakh plus two wheelers run every day on the road. Because of bad road conditions and postural kyphosis that is adopted during riding lead to back pain. Advice to do back extension exercise is conventional way of treatment as only small number of patients with back pain has a pathologically definable problem. *Yogasanas* seem better way to maintain the flexibility of vertebral column and they have multidimensional effect on the health of an individual.

There is a wide scope to evaluate the therapeutic utility of different yoga practices, so the present subject was taken for study.

Aims and objectives

To determine the role of selected *Yogasanas* in two wheeler riders with special references to symptom backache.

Study design 1

Patients who ride two wheelers and are suffering from back pain are taken from Pune City and O.P.D. of Sheth Tarachand Ramnath Charitable Hospital Pune. Thirty patients were selected by random sampling according to inclusion and exclusion criteria.

* Inclusion Criteria:

1. Patients riding two Wheeler 20 km. or more per day and suffering from symptom backache (mechanical back pain viz. muscular pain only) were selected.
2. Above patients with normal x-ray findings.

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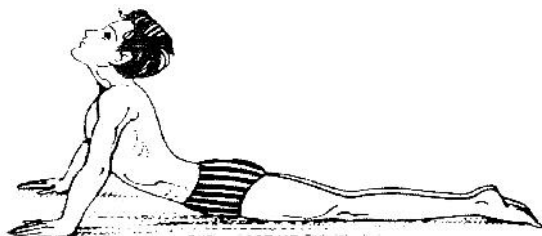
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3. Both male and female.
4. Age between 20 to 40 years

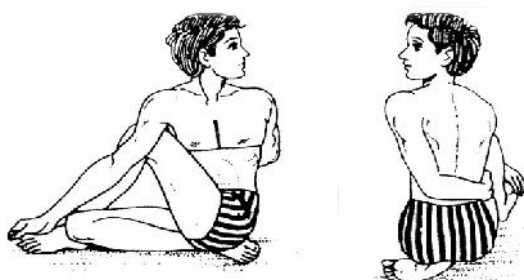
*** Exclusion Criteria:**

1. Patients having congenital malformations and other diseases related to spinal cord.
2. Patients having acute pain
3. Traumatic cases.
4. Infective cases.
5. Neoplastic cases
6. Pregnancy.
7. Patients with heart diseases, diabetes or any other major medical disease.
8. Patients below 20 years and above 40 years of

(1) Bhujangasan



(3) Ardhamatsyendrasan



Time and Duration -

Morning 7.30 to 8.15 (around 30 to 45 min.)

Ten conditioning / warm up exercises - 5 to 10 counts each.

Yogasanas along with proper breathing - 15 second to 1/2 minute hold each, 3 to 5 repetitions.

Shavasana, relaxation - 2 to 5 min

omkar - 5 to 10 sec. - 5 times.

Parameters of Assessment³

Gradation for backache was done on the basis of 'Verbal Rating Scale'.

0= No backache

1= Mild backache

age.

9. Patients who do not ride two-wheeler.

Detail case record form and consent was taken for every patient.

Asanas under study were taught for one week and then patients were advised to do the same for the period two months.

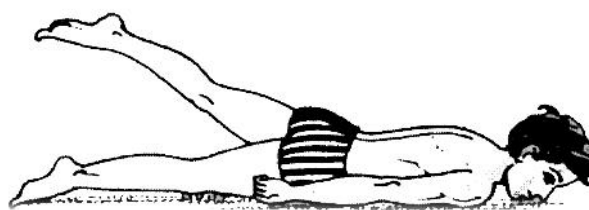
Follow up was taken after every month.

Method

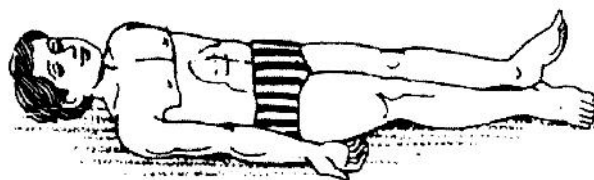
Clear instructions regarding conditioning exercises, breathing, Yogic posture and Ahar - Vihar were given.²

Following Asanas were taught

(2) Ardhashalabhasan



(4) Shavasana



2= Moderate backache

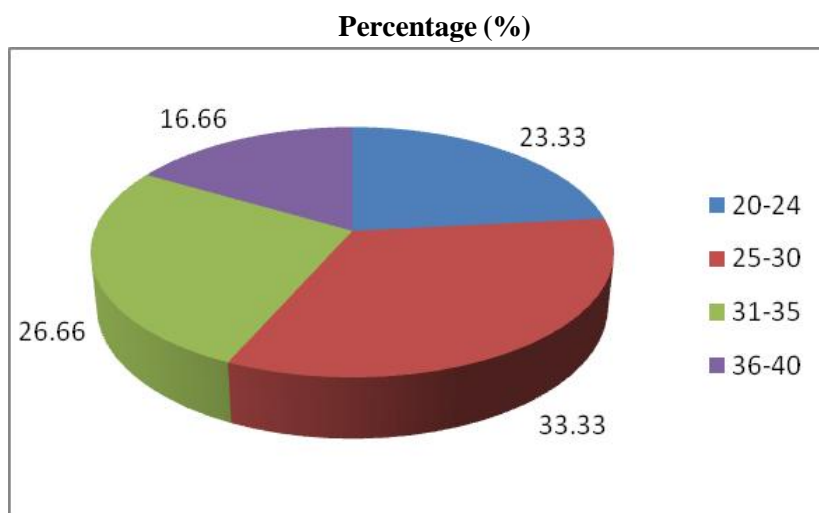
3= Sever backache

Pain grade scale number was recorded on 'Visual Analogue Scale' before and after practicing Asanas and during follow up Paired 't' test at 5% significant limit was applied to the observation and result was analyzed statistically.

Observation

According to age group

Maximum number of patients was from 25-30 years of age, indicating prominent effect of fast life style on youngsters.

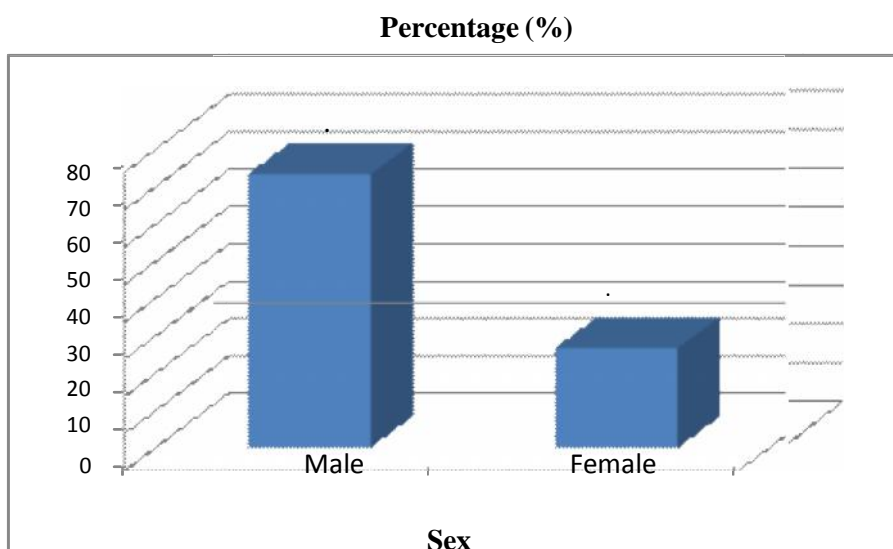


Age Group

According to sex

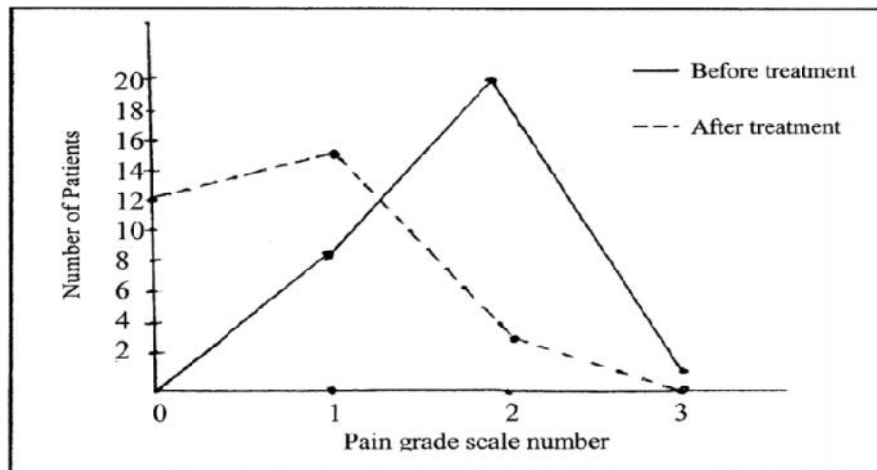
Though in general back complaints are more in females, in this study male are suffering

more (more than 70%) ; as males travel more for their work for long distances.



Pain grade scale number

Pain Grade Scale Number	Before treatment		After treatment	
	No. of Patients	Percentage (%)	No. of Patients	Percentage (%)
0	0	0	12	40
1	9	30	15	50
2	20	66.66	3	10
3	1	3.33	0	0



Maximum number of patients complained for mild to moderate back pain before treatment. After practicing *Yogasanas* under study patients having moderate pain got shifted to group 'Mild Pain' or 'No Pain'. Almost all patients complaining mild backache were shifted to the group having no back pain. This shows that practicing *Asanas* regularly either reduce or eliminate the back pain in two wheeler riders.

Referring to table value of t at 29 degrees of freedom at $P=0.001$ (0.1%) is 3.66. The observed value is 14.71 times the standard error i.e. $P < 0.001$ ** highly significant difference.

DISCUSSION

Relevance and classical references for *Yogasanas*: Backache comes in when the muscles are under fatigue, eg. When person attempts to turn in certain direction yet the muscles refuse to do so, backache appears. One of the main reasons of backache is that, backs are commonly used in one direction i.e. forward bending. Hence doing back extension exercises is an established treatment for back pain. The *Yogasanas* are taken for study because they have additional physical mental and spiritual aspect which has more of a multidimensional effect on the health of an individual.

Doing *Yogasanas* is a slow, steady and nonviolent process. It includes relaxation emphasis on deep breathing and mental concentration. "*Sthiram Sukhamasanam*" (*Patanjal yogasutra* 2/46): *Asan* is that which contributes stability and comfort of the body and mind both.

"*Asanen Rujam Hanti*" (*Yogachudamani Upanishad*): *Ruj - Roga / Vedana*: One gets rid of pain and disease by means of *Asanas*. These and many more sutras from different classical text of *Yoga* indicate that doing *Yogasanas* is really beneficial when it comes to getting rid of pain, sickness or discomfort.

Detail process of how to do *Yogasanas* under study is elaborated in

"*Gherandassamhita*" Chapter -2, Sutras 23 to 42. One can understand how to hold posture, precautions, do's and don'ts of doing *Asanas*.

Though the ultimate aim of *Yoga* is "*Moksha*" and is initially developed as a means of spiritual development and not as a health science, it appears to be potential value to contribute in health science. Observations done during this study indicate that there is a wide scope to evaluate the therapeutic utility of different *Yoga* practices.

CONCLUSION

- Regular practicing *Asanas* viz *Bhujangasan*, *Ardhashalabhasan*, *Ardhamatsyendrasan* and *Shavasana* is very beneficial for reducing back pain in patients riding two wheelers.
- Riding two wheelers on bumpy roads is common causative factor for back pain among all the patients.
- Lack of exercise, sedentary habits, work in flexion are other main causative factors for backache

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