



EFFICIENCY OF SELECTED YOGIC ASANAS ON LOW BACK PAIN AMONG FEMALES

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ABSTRACT:-

The purpose of the study was to investigate the efficiency of selected yogic asanas on low back pain of household women. To achieve the objective of the present study 26 household women with low back pain were selected as subjects. Their age ranged between 34 and 40. The



subjects were received the selected yogic asanas namely bhujangasana, dhanurasana, pavanmuktasana, paschimottasana and shavasana practice for four weeks. The statistical technique 't' test was used to analyze the data.

KEYWORDS: yogic asanas , Low

back pain , muscle tension.

INTRODUCTION :

Low back pain (LBP) is usually defined as pain, muscle tension, or stiffness localized below the costal margin and above the inferior gluteal folds, with or without leg pain (sciatica). LBP occurs in about 60–80% of people at some points in their lives, and can begin in childhood. It is a disorder with many possible etiologies, with many definitions, and occurring in many groups of populations. The overall prevalence of LBP is higher in women than in men. Women are also affected by many chronic pain conditions and painful conditions of the musculoskeletal system in greater numbers than men are.

The combination of demanding targets with long working hours with the vigorous demands of household chores takes a toll on woman's health. Women generally have a habit of ignoring their own health or their health issues. So, when a symptom like back pain is ignored for a long time then it is converted to chronic back pain.

Also, it is a fact that women of the age group 35 years and above are subject to the early degenerative changes. These degenerative changes lead to pain as the bones get weak and brittle. The back pain could be because of the strained muscles or the weak bones.

METHODOLOGY:

The objective of the present study was to know the effect of selected yogic asanas on low back pain among household females. To achieve this purpose 26 household females with low back pain were selected as subjects. The practice was done for four weeks (5 days a week). The selected asanas of yoga was performed in the early morning with the empty stomach and the duration of the asana was progressively increased depend on the tolerance capacity of the each individual. Low back pain was assessed by interview method by using five point ordinal scale and it was assessed before and after the yoga therapy. The duration of therapy was four weeks. The subject has to tick the score according to the degree of pain, the model of five point ordinal scale was given below:

Table-1: Five Point Ordinal Scale

Pain Level	Points
No pain	1
Mild pain	2
Moderate pain	3
Severe pain	4
Excruciate pain	5

STATISTICAL ANALYSIS:

The statistical technique mean, SD and 't' ratio was performed on pre-test and post-test data. Significance level was set at 0.05 level.

RESULT AND INTERPRETATION:

The purpose of the present study was to know the effect of selected yogic asanas on low back pain among household females.

Table 2: The following table shows the mean, SD and 't' value on pre-test and post-test data of low back pain

	Mean	S.D.	't' Value
Pre-test	3.62	1.098	14.72*
Post-test	1.73	0.778	

*0.05 significance level.

It is clear from the above table that 't' value of low back pain was 14.72 which is greater than the critical value of t. And hence it was found significance difference between pre-test and post-test at 0.05 level of confidence.

CONCLUSION:

On the basis of the findings, the following conclusions have been drawn

There is significant difference was observed in low back pain of the subjects. Hence the effective yogic exercises for minimum four weeks will deferrer in low back pain in household females.

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