



YOGA

for

BACK

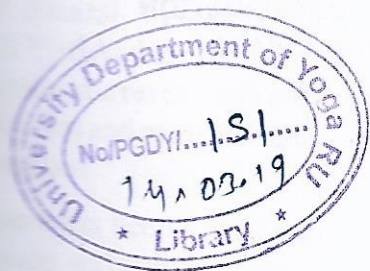
PAIN

YOGA

for Back Pain

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CONTENTS

	Page No.
Chapter I	
UNDERSTANDING BACK PAIN	1
A. INTRODUCTION	1
B. STRUCTURE AND FUNCTIONS OF SPINE	4
C. COMMON CAUSES OF BACK PAIN	10
1. Back Injuries	11
2. Nerve Problems	14
3. Spondylosis	15
4. Ankylosing Spondylitis	18
5. Non specific Back pain (functional causes)	19
6. Lifestyle, stress and Back pain	20
D. BASIS OF YOGA FOR BACK PAIN	25
1. How does yoga understand the relation between life style and back ?	25
2. Five aspects of our existence	25
i. Annamaya Kośa(material body)	26
ii. Prāṇamaya Kośa(life energy body)	27
iii. Manomaya Kośa(mind body)	28
iv. Vijnānamaya Kośa(intellect body)	29
v. Ānandamaya Kośa(bliss of body)	30
3. Yogic definition of stress.	31
4. Mechanism of Ādhija vyādhi	32
5. How does the prāṇa imbalance select the target organ?	33
E. MANAGEMENT OF BACK PAIN	35
1. Prevention is better than cure	35

Yoga for Back Pain

2. During acute episodes	35
3. Yoga during acute episodes	36
4. Yogic Management of Chronic Back Pain	37

Chapter II

YOGA PRACTICES FOR BACK PAIN 39

A. Special Practices for low back pain

1. Hand stretch breathing	43
2. Hands In and Out breathing	45
3. Folded leg lumbar stretch	46
4. Crossed leg lumbar stretch	47
5. Pavanamuktāsana lumbar stretch	48
6. Setubandhāsana lumbar stretch	49
7. Dorsal stretch	51
8. Tiger breathing	52
9. Rabbit breathing	53
10. Śaśāṅkgāsana breathing	54
11. Bhujaṅgāsana breathing	55
12. Ardha Śalabhāsana breathing	55
13. Straight leg raise breathing (alternate legs)	57
13a. Straight leg raise breathing (sitting in a chair)	58
14. Side leg raising	58
15. Side lumbar stretch	59

B. Special Practices for Neck pain 61

1. Loosening of Fingers	61
2. Loosening of Wrists	62
3. Loosening of Elbows	64

4. Shoulder rotation	65
5. Neck bend	66
C. Special Practices for Knee pain	69
1. Knee Cap Tightening	69
2. Sitting Position Loosening	69
3. Patella Movement (Passive)	70
4. Cycling	71
5. Knee Bending	72
6. Knee Rotation	73
D. Yogāsanas	74
1. Ardhakati Cakrāsana	74
2. Ardha Cakrāsana	75
3. Parivṛtta Trikoṇāsana	75
4. Bhujāṅgāsana	76
5. Śalabhāsana	77
6. Viparīta karaṇi (with wall support)	77
7. Vakrāsana	78
8. Uṣṭrāsana	79
9. Instant Relaxation Technique (IRT)	80
10. Quick Relaxation Technique (QIT)	81
11. Deep Relaxation Technique (DRT)	82
E. Prāṇāyāma	85
1. Vibhāgīya Śvasana (Sectional Breathing)	85
2. Nādi Śuddhi	88
3. Sītākāri/ Śītālī / Sadanta	89
4. Bhrāmārī	91

F. Meditation	93
1. Nādānusandhāna	93
2. OM Meditation	95
G. Kriyas	97
1. Jala Neti	97
2. Trātaka	98
3. Kapālabhāti	103

Chapter III

INTEGRATED YOGA MODULE FOR BACK PAIN	105
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PRACTICE MODULES

Set - A: Eight step Yogic relaxation for acute Low Back pain	119
Set - B : One hour Yoga for Chronic Back Pain	121
Set - C : One hour Yoga for Chronic Back Pain	123
Set - D : Eight step Yogic relaxation for Acute Neck Pain	125
Set - E : One hour Yoga for Chronic Neck Pain	127
Set - F : One hour Yoga for Chronic Knee Pain	129

INDEX

Special yoga practices for back pain	131
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Yoga for Back pain

This is one of the series of books on "Integrated approach of yoga therapy for modern ailments" published by Swami Vivekananda Yoga Prakashana. The authors of this book are both scientists who have carried out systematic research at the yoga research foundation and developed these integrated yoga therapy modules in tune with both the traditional yoga texts and the modern medical understanding of the ailment. Research by these authors since 1980 has validated the efficacy of these techniques through scientific observations published in indexed medical Journals.

Low back pain is becoming an increasing problem of modern life style. Apart from sedentary life style and injuries, psychological and emotional stresses are important factors in causation of back pain. A systematic approach to handle the problem at physical, mental and emotional levels are available in this program of IAYT described in this book. These have been continuously improvised based on ongoing clinical research experiences at the 150 bedded residential health home (Prasanthi Kutiram) of sVYASA.

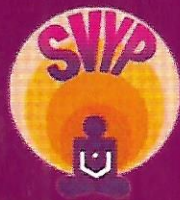
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