

Yoga in Osteoarthritis

Dr. Sapana Ashok Kambale

P.G Scholar final year

Ayurveda Samhita and Siddhant

Late Kedari Redekar Ayurved Mahavidyalaya Gadhinglaj.

Abstract :

The most common type of Arthritis is called Osteoarthritis. Osteoarthritis is a joint disease in which health cartilage that cushions bones at the joints break down through wear and tear. This can lead to stiffness, pain, swelling, and a limited range of joint motions. Fortunately life style changes such as gentle yoga have been shown to improve Osteoarthritis symptoms. A gentle yoga practice is important for people with any form of Arthritis.

Keywords : Yoga, Arthritis.

Introduction-

Osteoarthritis otherwise known as degenerative joint disease which manifest due to degenerative changes setting in the joints which is typically characterized by damage or destruction to the cartilage that are present within each joint. Osteoarthritis is most common form of arthritis worldwide, with symptoms ranging from minor discomfort to debilitation. Yoga plays an unique role in treating and reducing pain in osteoarthritis

Yoga for Osteoarthritis-

Yoga is a time-honoured science for balanced living and self realization. By integration body mind and spirit with the practice of yoga we experience physical, emotional and spiritual benefits.

From a physical perspective the practice of yoga increases strength, flexibility and balancing of all which are important for health in general and are particularly vital for those coping with osteoarthritis. When practiced regularly, gentle yoga movements not only strengthen the muscles that support the joints but also improves the flexibility of muscles which is more effective than just strengthening alone.

Yoga focus on balance and alignment helps improve biomechanical imbalances that create stress on joints. The damage to cartilage often occurs because of unbalanced positions that the body put in while siting, walking and moving.

Another benefits for yoga is that it keeps people moving and reduces the pain and stiffness associated with osteoarthritis. Lack of movements leads to lighter muscles and lack of circulation into the joint themselves. Movement is necessary for proper production of synovial fluid inside joint. By movement of joints the synovial fluid can continuously lubricate and cushion the joints.

Poses for spine-

In combination the following poses strengthen and stretch the back in the five natural directions of spinal movements (flexion, extension, lateral bending and lateral twisting)

1. Paschimottanasana-Seated forward bend or intense dorsal stretch is an asana.

Benefits- lengthens, tones and flexes the spine reduces constipation and promotes digestion regulates blood sugar level, tones the kidney.

Contraindication- diarrhea, pregnancy, abdomen surgeries

2. Bhujangasana-Bhujangasan or cobra pose is back bending yoga asana.
Benefits- Strengthnsmuscles of back abdomen and entire upper body reduce gas and constipation
Contraindication- Hernia,pregnancy,peptic ulcer
3. UtthitaParsvakonasana-Extended side angle pose is an asana.
Benefits-strength and stretches the legs, knee and ankles promotes flexibility of spine chest groin and shoulder stimulate digestion
Contraindication-severe neck injury,insomnia,headache
4. Matsyendrasana- Half spinal twist pose or vakarasana is an asana.
Benefits-lengthens the spine, massage and strengthens liver and kidney, stretches ant. Chest and shoulder.
Contraindication-herniated disc
5. Trikonasana- Trikonasana or triangular pose is an asana
Benefits- strengthens legs, stretches inner thighs, improves digestion and elimination, stimulate abd. Organ
Contraindication-knee injury, neck injury,herniated disc
6. Garudasana- Or eagle pose is an asana
Benefits-Strengthens and stretches the ankles and calves, stretches the thighs, hips shoulder Improve concentration.
Contraindication- Knee, ankle and shoulder injury.

Discussion :

Yoga employs a combination of mindfulness, specific movements and meditation to reduce many of the symptoms associated with Osteoarthritis. Yoga can be a significant stimulation for life style modification that can result in reduced stress, weight reduction, lowered pain, and improved movement.

Conclusion :

Yoga is an ancient and complex practice, one aspect of which in involves physical exercise that is believed to have variety of benefits. Thus the benefits of yoga included pain reduction and improvement in joint range of motion and function. Thus yoga can provide an appropriated exercise option for those suffering from pain and aches due to Osteoarthritis.

Reference :

1. CharakaSamhita, by AcharyaRavidattaTripathi. Published by Chaukhambha Sanskrit Sansthan, Varanasi.
2. Preventive and Social Medicine by K. Park
3. Textbook of Swasthvritta by Dr. SushantSukumarBargale and Dr. Shashirekha H. K.