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Yogasana for back pain

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Abstract
A sedentary lifestyle can have serious consequences for the body. One of the most common problems is back pain. In addition to the most common medical causes, such as a bulging intervertebral disc or osteoarthritis, prolonged sitting or standing is a significant cause of lower back pain. The more you sit, the less you use your stabilizing muscles, weakening them and preventing them from doing their job when needed. Even the most straightforward actions can cause lower back pain when your muscles are weak, such as picking up your child, carrying something heavy, or turning the wrong way in the car. Various yoga asanas help relieve tension in the back muscles, improve balance, and maintain alignment, which helps strengthen the back muscles. A strong back helps maintain an upright posture and body movement and helps prevent back pain.

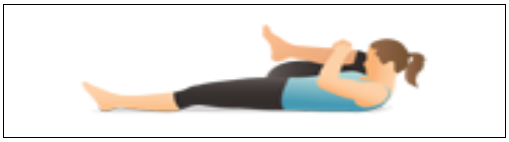
Keywords: Balasana, Malasana, Apanasana, Marjaryasana, Setubandhasana, Ushtrasana, Bhujangasana

Introductions

Nowadays, sedentary lifestyle habits are very common and have serious consequences for the body. One of the most common problems is back pain. There are a few issues that can cause lower back pain. A bulging disc occurs when the padding between the vertebrae is compressed and cannot do its job correctly. Hernias can cause pinched nerves. However, low back pain is often a symptom of a strain or tear resulting from weakened muscles. The lower back comprises the five lumbar vertebrae at the bottom of the spine (L1 to L5). The lumbar vertebrae are the largest relative to the rest of the spine and help support the upper and lower body, twist and move the trunk, and protect the spinal cord. An intricate network of ligaments, muscles, and tendons keeps everything moving correctly and in place. The lumbar region can withstand high stress and heavy loads when walking, running, lifting, carrying, or doing almost anything. That's why it's no surprise that lower back pain is so common these days.

The following yoga poses for lower back pain help relax tight muscles, strengthen weak muscles, and ease pain. Take your time getting into each pose, and stop if something hurts! Adapt your practice to how your body feels each moment, and be gentle with yourself to ensure you do not worsen your back pain.

1. Apanasana (Wind-Relieving or Knees-to-Chest Pose)



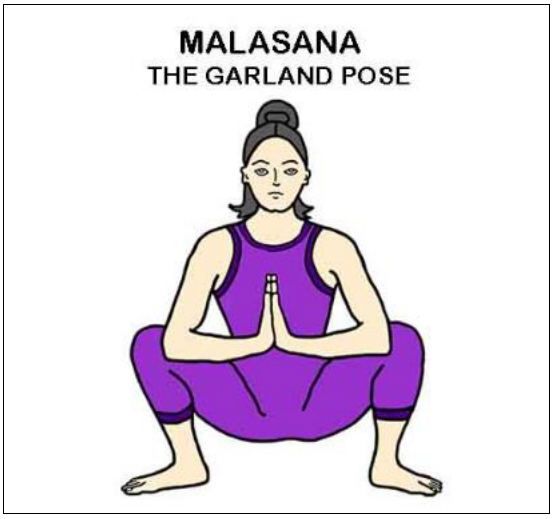
Knees-to-Chest Pose stretches and relaxes your lower back, which can reduce lower back pain.

Lie down on your back. Bend your knees and lift your feet off the floor one at a time, bringing your knees as close to your chest as is comfortable. Place both hands on your shins or the backs of your thighs as you hug your knees to your chest. You can rock gently from side to side to massage your lower back. Stay here as long as you'd like, then release your feet back to the mat and rest here with your knees bent and your feet hip-distance apart or wider.

2. Balasana (Child's Pose)

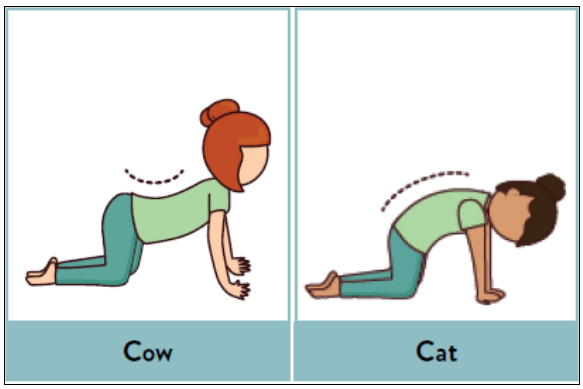
The Child's Pose is not only a resting or calming pose but also provides a great stretch for the back and hips.
Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips. Exhale and lay your torso down between your thighs.
Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck. Rest your forehead on the mat.
Stretch your arms forward with your palms down and fingers spread wide. Rest here for anywhere from a few breaths to a few minutes.

3. Malasana (Garland Pose)



Garland Pose stretches just about everything around your lower back—quadriceps, groin, hips, and torso—and strengthens your ankles.
Squat with your feet as close together as possible. Keep your heels grounded on the floor if you can. If not, roll up your mat or put a towel under them. Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs.
Press your elbows against your inner knees, bringing your palms together in Anjali Mudra (Salutation Seal), and resist the knees into the elbows to help lengthen your front torso. Hold for 30-60 seconds.

4. The Cat-Cow Pose (Marjaryasana)

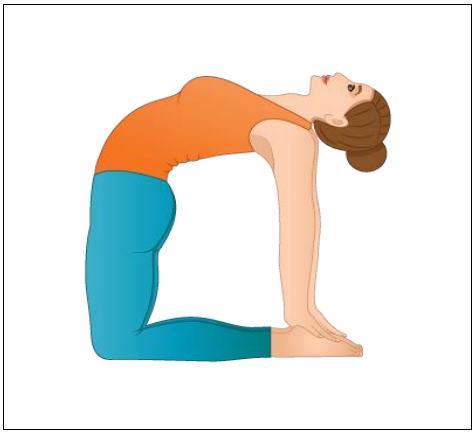


You must crouch down on all fours for this asana as it combines two poses. Take deep breaths, stretch your back to the fullest, and return to the original pose. The back stretch improves one's posture and balance and is believed to relieve stress, too.

5. The Bridge Pose (Setu Bandha Sarvangasana)

You must lie on your back and thrust your hips upward for this asana. Hold and lock this position for some time, and keep your hands underneath the hips on the ground. This asana improves blood circulation and strengthens the back, glutes, and hamstrings.

6. The Camel Pose (Ustrasana)



The Camel Pose, also called Ustrasana, is done by sitting down on one's knees and arching the back to touch the heels of one's feet. In addition to strengthening the shoulders and back, this asana reduces fat on the thighs, improves posture, and relieves back pain.

7. The Cobra Pose (Bhujangasana)

This back-bending asana primarily targets the abdominal region. It keeps the heart healthy, improves blood circulation, and strengthens the back. It can also reduce belly fat if done regularly. It stretches the chest, lunges, and shoulders and strengthens the spine.

8. The Half Lord of the Fishes Pose (Ardha Matsyendrsana)

Also known as Ardha Matsyendrsana, the Half Lord of the Fishes Pose tones and strengthens the abs and obliques. It is done by stretching the back and the torso at the same time. One has to sit down and twist the entire torso with the help of the knee to achieve this pose.

Conclusion

Yoga appears to be just as effective as other non-drug treatments in reducing functional disability from back pain. It seems more effective in reducing the severity of pain or "discomfort" of CLBP compared to usual care or no care. Yoga may have a positive effect on depression and other psychological comorbidities while maintaining serum levels of BDNF and serotonin. Yoga appears to be an effective and safe intervention for chronic low back pain.

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