

YOGA
APPLICATION FOR LOW BACK PAIN

Dayanand Dongaonkar

Forewords
SM Eisenstein
HR Nagendra
KH Sancheti

JAYPEE

Contents

Section 1 Medicine

1. **Epidemiology** 3
2. **Socioeconomic Consequences of Chronic Low Back Pain** 5
3. **Psychological Factors in Chronic Low Back Pain** 7
4. **What is Yoga?** 9
5. **Why Yoga?** 11
6. **Which Patients?** 13
7. **Pain Modulation** 16
8. **Role of Yoga in Modulation of Low Back Pain** 20

Section 2 Yoga

9. **Preparation for Yoga Practice** 29
10. **Kapalbhati (Bellows Breathing)** 31
11. **Asanas (Postures)** 35
12. **Yogic Postures** 49
13. **Pranayama (Controlled Breathing)** 72
14. **Relaxation** 80
15. **Om (Aum) Chanting** 86

Beneficiary Remarks *90*

Index *93*

4 CHAPTER

What is Yoga?

The term *yoga* is derived from the Sanskrit root *"yuj"*, which means integration (samadhi). The word samadhi also means a deep transe like stage or an absolute awareness or highest control of mind. Therefore yoga essentially means integration of personality at physical, mental, social, intellectual, emotional and spiritual levels.[1]

According to the traditions and scriptures, Lord Shiva is considered to be the founder of yoga system. Mention of yoga is found in the oldest known literature to mankind, the *vedas*. The first historically recorded exponent of yogasanas was the great yogi Gorakhnath. Animals were the great teachers of yogis. They lived a natural life free from diseases and worldly worries.

Patanjali (200 BC), a great authority on yoga, is the first known organised writer on yoga. His book *Patanjali's Yogasutras* is the basic reference book in yoga literature. He described "ashtang yoga", which are eight stages or limbs of yoga.[1,2]

They are:

Yama—Self-restraint
Niyama—Observances
Asana—Postures
Pranayama—Controlled breathing
Pratyahara—Withdrawal of senses
Dharana—Concentration
Dhyana—Meditation
Samadhi—Cosmic realisation/transcendence/integration

The first four stages are called "*physical culture of yoga*" and the later four stages are called *"spiritual culture of yoga."* The system is finely graded and is designed for spiritual goals. We are mainly concerned with

JAYPEE BROTHERS

the physical culture of yoga for the low back pain management. It starts with attitude training and then gradually gains control of physical and mental health by the practices of postures, breath control and relaxation techniques. It works with the principle of *"arogyam ka dine dine"*, which means day-to-day good health. It helps to maintain physiological health of an individual. It improves co-ordination of different systems of the body and makes mind strong and stable. It aims to achieve the goal of *"mens sana in corpore sano*", i.e. sound mind in sound body.[1]

There are no miracles in yoga. It is a natural development of techniques that come with practice. The aim is to develop highest potential of an individual and make him self-governing. In comparison with other exercise systems, it is non-competitive, energy conserving and takes care of body and mind simultaneously.

JAYPEE BROTHERS

YOGA APPLICATION FOR LOW BACK PAIN

Salient Features

- Scientific information on 'Pain modulation by Yoga' for professionals.
- Basics of low back pain for general public as How and Why?
- Simple language and plenty of illustrations for better understanding.



Dayanand Dongaonkar was a hard core academician and was dedicated to serve humanity. Having roots in a village where his family farmed for a living, all patients referred from villages for orthopaedic treatment were given utmost attention by him. He was also a yoga teacher. He learned Yoga in secondary school which was later refined at the Bihar School of Yoga, Munger in 1986. He went to Germany and UK for training in total joint replacement and spine surgery during 1991–1993. With his experience in Yoga, he developed a protocol of yogic postures for Low Back Pain patients and conducted trials on the British patients suffering from Low Back Pain (LBP).

He has held Several Professional Positions

- Professor of Orthopaedics, Grant Medical College, Sir JJ Group of Hospitals, Mumbai (1985–1998)
- Visiting Professor of Orthopaedics, Government Medical College, Aurangabad (1988–1991)
- Fellowships at Wrightington Hospital, Lancashire; University Hospital, Nottingham; Robert John Spine Rehabilitation Centre, Oswestry, UK (1991–1993)
- Dean (Principal), Grant Medical College & Sir JJ Group of Hospitals, Mumbai, Maharashtra, India (1995–1998)
- Founder Vice-Chancellor, Maharashtra Health Sciences University, Nashik, Maharashtra, India (1998–2003)
- Secretary General, Association of Indian Universities, New Delhi (2003–2009).

Shelving Recommendations
MEDICINE & PHYSIOTHERAPY

Available at all medical book stores
or buy directly from Jaypee Brothers through online shopping
at www.jaypeebrothers.com

JAYPEE BROTHERS
Medical Publishers (P) Ltd.
www.jaypeebrothers.com

ISBN 978-93-5090-313-1