

**EFFECT OF INTEGRATED YOGA IN NURSING
PROFESSIONALS WITH CHRONIC LOW BACK PAIN –
A RANDOMIZED CONTROL TRIAL**

Thesis submitted for the award of
DOCTOR OF PHILOSOPHY (YOGA)

By

DR. NEETINAKUMAR PATIL MD (Y&R), MSc (Psy)

Under the guidance of

Dr. Padmini Tekur MBBS, PhD (Yoga)
Assistant Professor, Division of Yoga and Life sciences
SVYASA, Bengaluru
(Guide)

Dr. Nagendra H R, M.E. PhD
Chancellor, SVYASA, Bengaluru
(Co-guide)

Dr. Manohar PV MS (Ortho)
Professor, Dept. of Orthopedics
Sri Devaraj Urs Medical College, Kolar, Karnataka
(Co-guide)

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA

(Declared as Deemed University under Section 3 of the UGC Act, 1956)

BENGALURU - 560 019 I N D I A



स्वामी विवेकानन्द योग अनुसंधान संस्थान

Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

Ekmath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645

E-mail: svyasa@svyasa.org Website: www.svyasa.org

Certificate

The Doctoral Committee confirms that this is an authentic approved copy of the thesis titled -“Effect of integrated Yoga in nursing professionals with chronic low back pain – A Randomized Control Trial”.

The committee recommends the award of PhD Degree.

Name of the Student/Registration No: **Dr Neetinakumar Patil**

Registration No: PhD/Cat2/12/Aug12

Title of the thesis -“Effect of integrated Yoga in nursing professionals with chronic low back pain – A Randomized Control Trial”.

Viva Examination Details : Date: November 10th, 2018
Day: Saturday
Venue: Chancellor Office
S-VYASA (Deemed to be University)

.....
Dr. N S Gudi, M.B.B.S., M.S. (Orthopedics)
Examiner and Professor
Sapthagiri Institute of Medical Sciences
& Research Centre Chikkasandra, Bangalore

.....
Dr. H R Nagendra, PhD
Co- Guide and Chancellor
S-VYASA, Bangalore

.....
Dr. R Chandrasekhar, PhD
Dean of Academics
S-VYASA, Bangalore

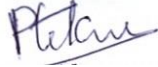
.....
Dr. Padmini Tekur, PhD
Guide and Assistant Professor
S-VYASA, Bangalore

.....
Dr. Manohar PV, MS
Co-Guide and Professor
SDUMC, Kolar

.....
Dr. Ramakrishna B R, PhD
Dean of Yoga and Life Sciences
S-VYASA, Bangalore

CERTIFICATE

This, is to certify that **Neetinakumar Patil** who has been given Ph.D. registration with effect from August 2012 by the Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University under the Division of Yoga and Life Sciences has successfully completed the required 'training' in acquiring the relevant background knowledge related to the effect of yoga on chronic low back pain management and has completed the required 'course of research' for not less than three years to submit this thesis entitled **Effect of Integrated Yoga in Nursing Professionals with Chronic Low Back Pain – A Randomized Control Trial** as per the regulations of the University. We also declare that the subject matter of the thesis has not previously formed the basis of the award of any degree, diploma, associate-ship fellowship or similar titles.



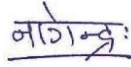
Dr Padmini Tekur

Assistatnt Professor

Div. of Yoga and Life sciences

SVYASA, Bengaluru.

(Guide)



Dr H.R. Nagendra

Chancellor,

SVYASA, Bengaluru.

(Co-guide)



Dr. Manohar PV

Professor,

Dept. of Orthopedics

SDUMC, Kolar,

(Co-guide)

Date:

Place: Bengaluru

DECLARATION

I, hereby declare that, this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bengaluru, Karnataka, under the guidance of Dr. Padmini Tekur, Assistant Professor, Division of Yoga and Lifesciences, S-VYASA University, Bengaluru, Dr. Nagendra H R, Chancellor, S-VYASA University, Bengaluru and Dr. Manohar PV, Professor, Dept. of Orthopedics, Sri Devaraj Urs Medical College, Kolar, Karnataka.

I also declare that the subject matter of my thesis entitled “**Effect of Integrated Yoga in Nursing Professionals with Chronic Low Back Pain – A Randomized Control Trial**” has not previously formed the basis of the award of any degree, diploma, associateship, fellowship or similar titles.

Date:

Place: Bengaluru



DR. NEETINAKUMAR PATIL

(PhD Scholar)

ACKNOWLEDGEMENT

I thank that unseen divine principle, the universal intelligence manifest as Devi Saraswati, without whose grace, this work wouldn't have been possible. I express my profound gratitude to Dr. Hongasandra Ramarao Nagendra our beloved Guruji, Dr. Nagarathna Raghuram didi, for their blessings and encouragement. I am thankful to Dr. Padmini Tekur and Dr. Manohar PV for their guidance and encouragement.

My sincere gratitude to Medical Superintendents, Chief Nursing Superintendents of R L Jalappa Hospital and Research Center Kolar and Principal, Sri Devaraj Urs College of Nursing, Kolar for their support and cooperation in recruiting the nurses for the project. I am thankful to the Registrar, Vice Chancellor and management of SDUAHER, Kolar for their continued support and encouragement.

My thanks to the Consultants, Post Graduate scholars of Dept. of Orthopedics of R L Jalappa, Hospital and Research Center, Kolar for their unconditional support. Without their contribution this study would not have been possible.

My special thanks to Dr. P N Venkatarathnamma, Professor of General Medicine for her support and encouragement throughout.

I extend my gratitude to Mrs. Sunitha L. Mrs. Manjula C. and Mrs. Naveena V. for their assistance for intervention and data collection. I thank Dr. Balaram Pradhan and Mr. Ravishankar for their help in data analysis and interpretation. I extend my heart felt gratitude to all the members of the faculty and my friends of Sri Devaraj Urs Medical College Kolar, and S-VYASA Yoga University, Bengaluru for their direct and indirect aid. I am thankful to Dr. Shreevidya GN, Dr. Ashwin B., Dr. Srivanai, Dr. Hemanth Bharghav, Mrs Lavanya, Mrs. Bindu and for their help at different stages of this work. I am thankful to all the nurses who participated in my research as subjects.

My special thanks to my wife Dr. Dhanashri Patil for her assistance throughout this work. I am indebted to my parents, my brother (Sachin) and lovely son. Ayush for their love and encouragement.

Date:

Place: Bengaluru

Dr. Neetinakumar Patil

(PhD Scholar)