

Part I: Prana and Pain according to Ancient Indian Scripture
Part II: Effect of Integrated Approach of Yoga Therapy (IAYT) for Chronic
Low Back Pain- A Randomized Controlled Trial
Chametcha Singphow

ABSTRACT

Part I: Prana and Pain according to Ancient Indian Scripture

Präëa and Pain according to Indian Scriptures is an attempt to explore the possibility of the relationship between präëa and pain as mentioned in Indian scriptures. The report has been divided into five chapters. The first chapter is introduction. It talks about pain and avidyā-ignorance as its root cause. How ignorance gives rise to rāga-craving and dveña-aversion and creates imbalance in the mind. The second chapter talks about präëa as mentioned in different Indian scriptures. The third chapter talks about pain as mentioned in Çrémad Bhagavadagétä, Patanjali Yoga Sütra and Yoga vañisöha the three important scriptures on Yoga. The fourth chapter is about the relationship between präëa and pain as described in Yoga Vañisöha and Patanjali Yoga Sütra The fifth chapter is summary.

SUMMARY

Präëa is the force behind the entire creation. It is the life of all the beings. In Indian culture it is also regarded as supreme reality, Viñëu, self, Akñaraà Brahma etc. There are two basic aspects of präëa: the unmanifest and manifest. The unmanifest präëa is the pure consciousness and manifest präëa is the creation through which the entire universe comes into being. This manifest präëa divides itself into five präëas and governs the different functions of the human body. If one präëa is imbalanced, the others tend to become imbalance as well because they are all linked together.

Patanjali says that vikñepa or distraction of the mind causes the präëa to become imbalanced. And this vikñepa is due to avidyā or ignorance. This avidyā is removed by viveka or knowledge. And this viveka is developed by the practice of yoga.

Çrémad Bhagavadagétä says that mental imbalance can give rise to bodily

pain and discomfort as in the case of Arjuna after seeing his relatives in the battlefield. Therefore Bhagavadagētā suggests to maintain samatva or equanimity of the mind by the practice of yoga. If a person is alike in pain and pleasure, success and failure, gain and loss he is called a sage with stable wisdom.

Sage Vañisōha says that the pain that afflict the human being could be at body level as well as mental level. The body level pain is called Vyādhi-secondary disease and mental level pain as Ādhi-primary disease. This happens because of ajñāna-ignorance. Due to ignorance one associates with wicked people, lives in unhealthy places, eats unwholesome food, does things in unreasonable hours, cultivates bad, evil thoughts, longed for improper things. This interrupts the beneficial flow of prāṇa throughout the body and causes pain in the body. Therefore one should resort to atmajñāna-wisdom through the practice of yoga.

Part II: Effect of Integrated Approach of Yoga Therapy (IAYT) for Chronic Low Back Pain- A Randomized Controlled Trial

The present study was conducted to understand the effect of Integrated Approach of Yoga Therapy (IAYT) for chronic low back pain.

60 participants (both male and female) were randomly allotted into yoga and control group using computer generated random number table after fulfillment of their inclusion and exclusion criteria. The age range was between 18-60 years with a mean and standard deviation of age 45.00 ± 13.62 years. Signed informed consent was obtained from each one of them.

The design of the study was randomized controlled trial. In the first week the yoga group received yoga based lifestyle change program and the control group received healthy lifestyle change program in a parallel track. In the second week both the groups were crossed over i.e. yoga group received healthy lifestyle change program and the control group received yoga based lifestyle change program for one week. Each group received their specific program for only one week. Each participant was assessed on the 1st day, 7th day and 14th day by using sit and reach apparatus for spinal flexibility, straight leg raising for angle of leg raising, symptom score, intensity of pain, Blood pressure, pulse rate, respiratory rate, breath holding

time and weight were assessed.

In the first week yoga group had shown significant improvements in the variables like intensity of pain (RM ANOVA Between group P-value 0.001) and respiratory rate (RM ANOVA Between group P-value 0.014) in comparison to the control group. Both control and yoga group have shown significant improvements in the first week in the variables like straight leg raising (both right and left leg raising), sit and reach, systolic B.P., breath holding time, symptom score and weight of body.

In the 2nd week yoga group had shown significant improvements in the variables like sit and reach, straight leg raising and intensity of pain in comparison to the control group, indicating more improvement in spinal flexibility, straight leg raising, and pain reduction. In other variables like symptom score, breath holding time and in weight reduction both the yoga and control group have shown significant improvements.

Based on the findings over two weeks, we can conclude that the individuals who practices IAYT will show improved results even in a short period of time.

SUMMARY

Background

Low back pain (LBP) is a public health problem that has reached epidemic proportions¹⁴. It is one of the most commonly reported reasons for use of Complementary and Alternative Medicine (CAM) ³³.

Aim

To study the effect of Integrated Approach of Yoga Therapy (IAYT) for chronic low back pain.

Methods

60 participants (both male and female) were randomly allotted into yoga and control group using computer generated random number table after fulfillment of their inclusion and exclusion criteria.

In the first week the yoga group received yoga based lifestyle change program and the control group received healthy lifestyle change program in a parallel track. In the second week both the groups were crossed over i.e. yoga group received healthy lifestyle change program and the control group received yoga based lifestyle change program for one week.

They were assessed on the 1st, 7th and 14th day by using sit and reach for spinal flexibility, straight leg raising for angle of leg raising, symptom score, intensity of pain, blood pressure, pulse rate, respiratory rate breath holding time and weight.

Results

In the first week yoga group showed significantly better improvement in intensity of pain and respiratory rate than the control group.

In the second week yoga group showed significantly better improvement in spinal flexibility (sit and reach, straight leg raising-right and left legs) in addition to intensity of pain than control group.

The observations of the two weeks indicate that the yoga group had obtained significantly better improvement in pain and spinal flexibility in comparison to control group.

Keywords:Prana,pain,ancient Indian scripture,chronic low back pin.