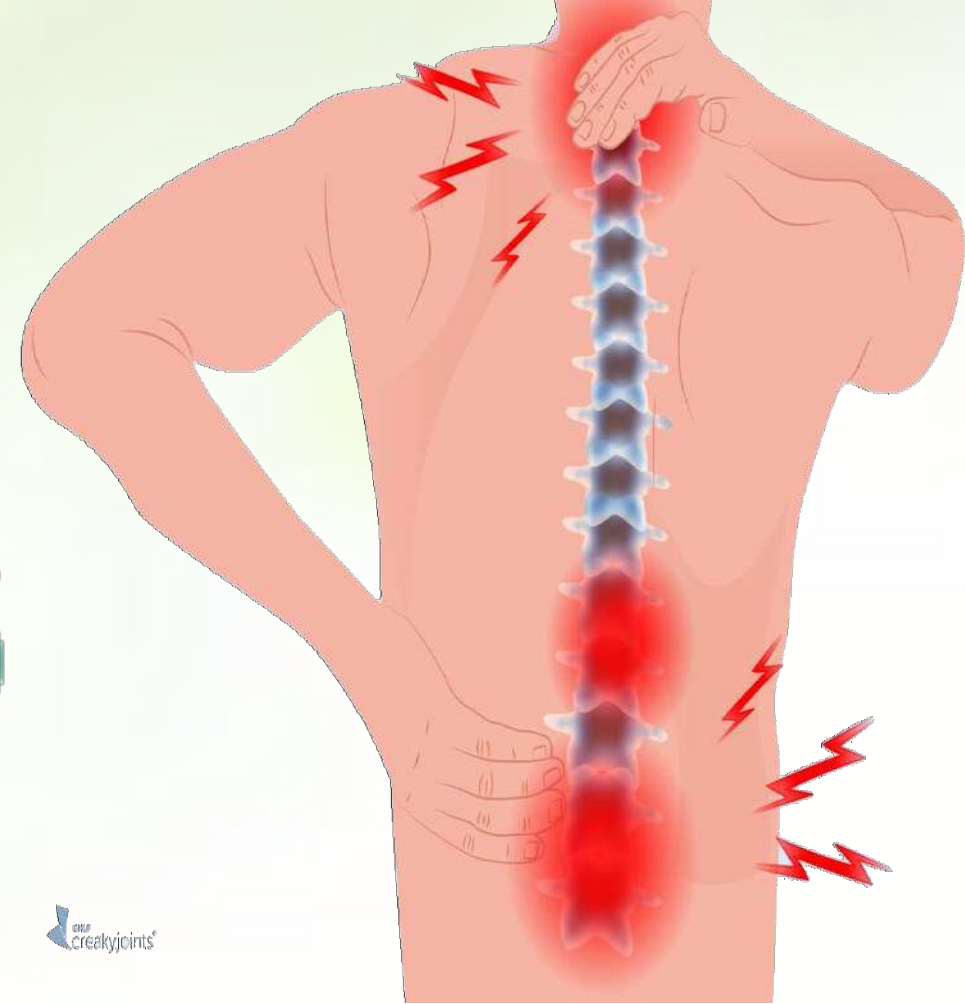


Yoga for Arthritis

&

Back Pain



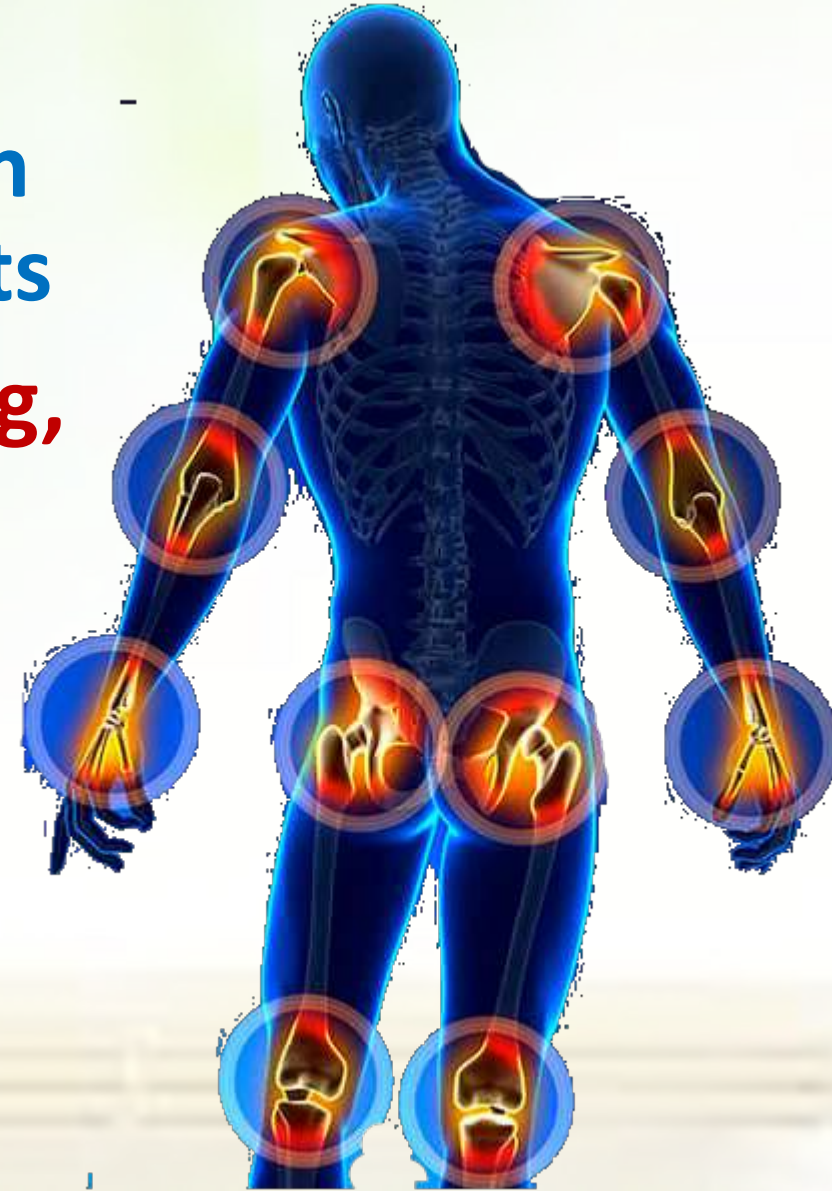
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Ayurveda Consultant

Morarji Desai National Institute of Yoga

What is Arthritis...

- Arthritis" is a term referring to more than 100 kinds of diseases that affect the joints
- Common symptoms include joint swelling, lasting joint pain, and warmth in a joint
- The cause is mostly unknown
- Effectively prevention involves knowing risk factors, monitoring the health, and making lifestyle changes



TYPES OF ARTHRITIS

- **Non - Inflammatory arthritis - Osteoarthritis**
- **Inflammatory arthritis - Rheumatoid arthritis**
- **Metabolic arthritis - Gout**

OSTEOARTHRITIS

- Most common type of non-inflammatory arthritis in general too
- Cartilage wears away leaving bones to rub against each other
- Hands, neck, lower back, or large weight-bearing joints of the body are usually affected
- Symptoms range from stiffness and mild pain that come and go with activities to severe pain that continues even at rests
- Growing older is biggest risk
- Various therapies can help patients manage symptoms and improve overall quality of life

INFLAMMATORY ARTHRITIS

- Rheumatoid arthritis
- Juvenile rheumatoid arthritis
- Lupus arthritis
- Spondyloarthropathies, including: – Ankylosing spondylitis
– Reactive arthritis (Reiter's syndrome) – Psoriatic arthritis

RHEUMATOID ARTHRITIS

- **Autoimmune, symmetrical, poly-joint disease**
- **Inflammation in the joints causes pain, swelling, and stiffness that can last for hours**
- **Rheumatoid arthritis can attack almost any joint in the body, including the joints in the fingers, wrists, shoulders, elbows, hips, knees, ankles, feet, and neck**
- **It also attacks organs like heart, muscles, blood vessels, nervous system, and eyes**
- **Medications, surgery, and lifestyle changes are among the treatment options**

METABOLIC ARTHRITIS - Gout Arthritis

- One of the most painful
- Most often a problem in the big toe
- Crystals of uric acid form in the connective tissue and/or joint spaces symptoms like - Swelling, redness, heat, pain, and stiffness
- Attacks often follow foods like shellfish, liver, dried beans, peas, anchovies, or gravy
- Obesity, alcohol or some medicines like aspirin, diuretics or levodopa may worsen it
- Management aims at relieving symptoms and reduce long-term damage to the joints

ARTHRITIS PREVENTION

- Maintaining a healthy weight
- Decreases stress on knees, hips, and lower back, as well as lessens inflammation
- Eating a well-balanced, healthy diet
- limiting fats and added sugars
- limiting the intake of alcohol
- Achieve /maintain a healthy weight
- Exercising regularly
- Strengthening the muscles decreases the chances of developing arthritis
- Preventing joint injuries

Back Pain

Several chronic conditions can lead to low back pain

- **Spinal stenosis**
- Ankylosing spondylitis
- **Fibromyalgia**
- Herniated disk

What Causes Low Back Pain?



**Non-mechanical
disease processes**



Heavy lifting



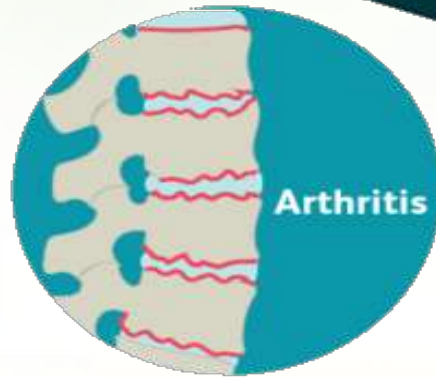
Trauma



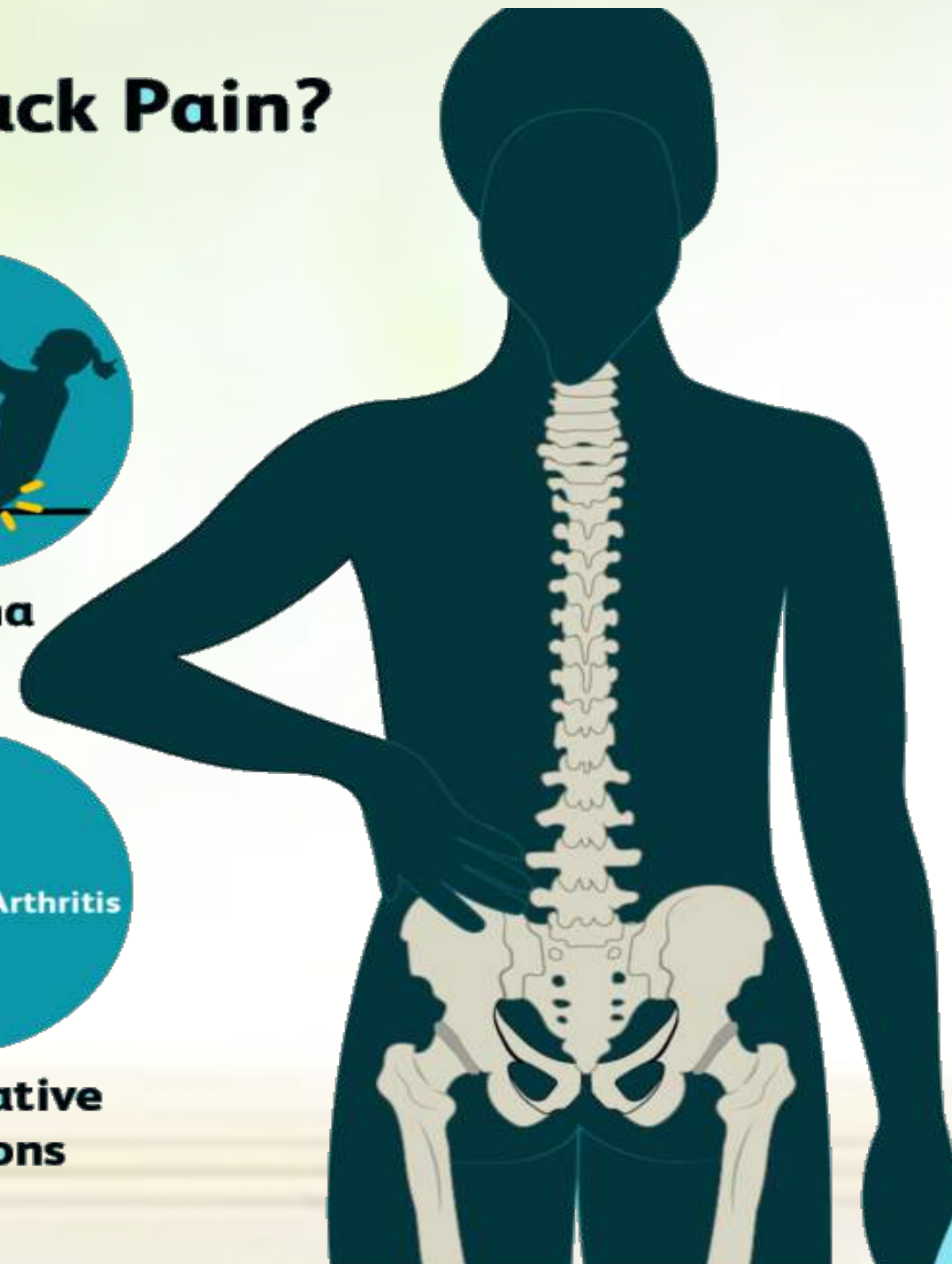
Poor sitting posture



**Frequent
bending forward**



**Degenerative
conditions**



YOGA THERAPY

- **Adoption of a Yogic lifestyle**
- **Yogic diet and proper hydration**
- **Adequate rest - avoiding strain on joints**
- **Gentle stretching and strengthening by *Sukshma Vyayama* and other breath-body movement work to restore psycho-somatic harmony**



YOGA THERAPY

- Gentle Hatha Yoga practices – Ardha Kati Chakra asana
- Ardha Chakra asana
- Pawan Mukta asana
- Strengthening thigh & abdomen muscles



YOGA THERAPY

- Strengthening back & torso musculature – Manduka, Gomuka, Bhujanga Asana
- **Relaxing and energizing the neck region**
- Improves range of joint movements



YOGA THERAPY

- Kriyas – Kapalabhati and Kunjal
- Energizing Pranayamas – Bhastrika and Surya Bhedana
- Pranayamas for harmony and stress reduction – Yogic breathing
- Nadi Shodhan
- Bhramari Pranayama



YOGA THERAPY - Relaxation practices

- **Shavasana**
- **Yoga Nidra**
- **Dharana and Dhyana**
- **Chakra Dhyana**
- **Om Chant**



YOUR FEEDBACK

&

SUGGESTIONS

vaidyadineshsharma@gmail.com

THANK YOU





Lokah Samastah Sukhino Bhavantu

लोकाः समस्ताः सुखिनो भवन्तु

May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute in some way to that happiness and to that freedom for all.