

The Effect of Yoga Therapy on Arthritis and related Joint pain

Dr. K. Krishna Sharma*

* Assistant Professor and Chairman, Department of Human Consciousness and Yogic Sciences,
Mangalore University, Mangalagangothri -574199.

E-mail: drkrisharma@rediffmail.com.

Abstract

The study aimed to observe the effect of Yogic practices on some physiological variables of the patients suffering with arthritis or related joint problem. 10 patients in the age group of 45 to 70 years were selected through purposive sampling for the study purpose. Yoga practices were given 90 minutes daily for 30 days. In this pre – post research study before and after yoga practice they were tested to monitor the changes through following parameters. Viz – Blood pressure, weight and ESR. The results were shown the advised yoga practices are reduced the symptoms of Arthritis and related Joint pains effectively.

Key words: Arthritis, Joint pain, ESR.

Introduction:

It is known that materialistic life creates stress, it induces malfunctions on immune system and produces auto immune diseases. Such as thyroidities, Thyrotoxicosis, Diabetic Mellitus and Rheumatoid Arthritis and related multiple joint pains. The root cause of autoimmune diseases was not found and there is no permanent solution by various drug therapies available today. According to yoga concept yogic techniques can overcome root causes of various diseases arising to mankind. Therefore the aim of present study is to monitor the effect of yogic techniques on Arthritis and related Joint pains. The present study was undertaken at Bharatiya Vidya Bhavan, Pandeshwar, Mangalore under the supervision of Dr.K.Krishna Sharma.

Materials and Methods

10 patients were collected from Mangalore city, they were instructed to practice 90 minutes daily, Their age group was 45-70, each patient's case history was taken

separately and advised yoga practices based on that, In regular interval before and after yoga practices parameters were tested. The assessed parameters were systolic/diastolic blood pressure, weight, Erythrocyte sedimentation Rate (ESR). Each day yoga practice sessions held 90 minutes for a month and they were instructed to continue to practice at home and requested to come for follow up once in 15 days. The clinical assessments were done periodically and systematically. Patients were advised to follow proper food system, life style and yoga practices to correct body and mind relationships.

Yogic Practices :

1. Swastikasana
2. Vajrasana
3. Suptavajrasana
4. Tadasana I
5. Tadasana II
6. Katiparivartasana
7. Trikonasana
8. Parsvakonasana
9. Pawanmuktasana
10. Bujangasana
11. Salabhasana
12. Dhanurasana
13. Paschimottasana
14. Purvottasana
15. Bharadvajasana
16. Viparivithakarani

17. Uttana padasana
Pranayama: 1. Ujjayee 2. Anuloma
Viloma 3. Bhastrika
Meditation. 1.Omkara. 2.Yoga Nidra

Results and Observation:

The results were observed on Systolic
Blood Pressure, Diastolic Blood Pressure,

Body Weight and Erythrocyte
Sedimentation Rate (ESR) level. The pre –
post data were analyzed through proper
statistical method, which has been radiated
below with the help of different tables:

Table 1

t:Test: Systolic Blood Pressure		
	Variable 1	Varibale2
Mean	131.8	119.8
Variance	81.28888889	32.4
Observations	10	10
Pearson Correlation	0.787214829	
Hypothesizes Mean Difference	0	
df	9	
T Stat	6.616931599	
P(T<=t) one –tail	4.86807E-08	
tCritical one -tail	1.833112923	
P(T<=t)two-tail	9.73615E-05	
t Critical two-tail	2.262157158	

Table 2

t:Test: Diastolic Blood Pressure		
	Variable 1	Varibale2
Mean	84.66666667	80.22222222
Variance	44	20.44444444
Observations	9	9
Pearson Correlation	0.411212658	
Hypothesizes Mean Difference	0	
df	8	
T Stat	2.11406569	
P(T<=t) one –tail	0.033722623	
tCritical one -tail	1.859548033	
P(T<=t)two-tail	0.067445245	
t Critical two-tail	2.306004133	

Table 3

t:Test:Body Weight		
	Variable 1	Varibale2
Mean	70.44444444	68.33333333
Variance	180.5277778	159.75
Observations	9	9
Pearson Correlation	0.994917719	
Hypothesizes Mean Difference	0	
df	8	
T Stat	4.121678699	
P(T<=t) one –tail	0.001668238	
tCritical one -tail	1.859548033	
P(T<=t)two-tail	0.003336476	
t Critical two-tail	2.306004133	

Table4

t:Test: Erythrocyte Sedimentation Rate (ESR)		
	Variable 1	Varibale2
Mean	18.44444444	14.55555556
Variance	76.02777778	74.02777778
Observations	9	9
Pearson Correlation	0.886046865	
Hypothesizes Mean Difference	0	
df	8	
T Stat	2.820380374	
P(T<=t) one –tail	0.011240354	
tCritical one -tail	1.859548033	
P(T<=t)two-tail	0.022480708	
t Critical two-tail	2.306004133	

Discussion:

The work has been made to recollect effect of yoga therapy on Arthritis and related joint pains. The subjects where participated in the research work they benefited, that proved statically also. In every cases of this work have been observed individually the complete reeducation of signs and symptoms and there was a improvement in normal body functions therefore most of the subjects were stopped their medicines with advice of the yoga therapist.

Conclusion:

Even though the subjects were ten in number they benefited by yoga therapy this improvement shows yoga can able to rectify the problems arose to mankind. This short research work may be a model to bring out elaborate work in the same topic with sufficient number of subjects and duration.

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