



A case study on clientcentred therapeutical approach of selected yogic practices on lordosis with its related symptoms

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Abstract

Yogic practices have an important role to handle the health problem in various ways and it has a glorious history from ancient era to present, day to day life. In almost all the traditional text in Yoga where we find so many evidence in this regard, like in Hathapradīpikā, Śiva Samhitā, Ghareṇḍa Samhitā, Pātañjala Yoga Sūtra etcetera and here in this study the health problem lordosis was undertaken where various yogic practices were administered to handle the problem and this study is a client centered yogic programmed to rehabilitate the patient of Lordosis. By administering proper Yogic programmed with diet management the effective improvement was observed. And to the case of lordosis this study is important to the general people as well as to the sports persons who are affected by this disorder.

Keywords: effect, yogic practice, lordosis, case study, and client centered therapeutic approach, rehabilitation

Introduction

Lordosis is one type of defective postural pattern of spine which is mostly related to the lumber region of spine. It is the inward abnormality of the spine related to the lumber region from its normal position of the spine. From this postural deformity arising so many problems, as pain on the particular area and also to the related region, problems arising on nerves related to the region, pain on lower extremities etc. In this case the treatment based on corrective measures through mechanical devices, pharmacological interventions, metabolic uniformity and improvement of mental conditions. In this regard Swami Kavalayananda (1924 & 1926), Vinekar (1963), Bhole (1976), Gharote et al. (1987), and Oak et al. (1987 & 1992) have reported about the importance of Yogic programmed towards improvement of functional disorder. Cause of this type of problem may differ as genetic, mechanical, orthopedic, malnutrition, mental depression etc. but yogic practices has a vital role to handle this type of problem in curative approach. Sometimes this problem occurred in early years of ages of the individuals and also to the sports persons who are in the field of sports and games. And this type of disorder will lead a horrible condition in life for the general as well as to the sports persons. Particularly for this type of disorder the yogic treatment having an important approach towards rehabilitation of persons affected by these deformities.

Case Report

The subject was a house wife, age about 51 years plus, resident of VSS Nagar, Bhubaneswar, Orissa, approached about her problem through A.K. Nanda, Senior Assistant, Sports Council, Utkal University, with her main complaints of continuous pain on lumber region and not able to walk even for few steps due to lordosis. Consulted with numbers of Doctors and medicated long terms but satisfactory relief she did not get. Due to this unhealthy status of health she was in a mental depression state and was suffering from

sleeplessness and a general weakness was also observed. She was staying there with her daughter, son-in-law and two of her daughter's female children.

Yogic treatment

The subject was initially under 60 days of yogic treatment for one hour in morning and one hour in the evening daily for seven days in a week. The selected yogic practices were advised according to suitability and improvement of the subject. The needed practices were advocated when it was possible to do by the patient. The all practices were done in a simplified and a modified way to see the limitation of patient.

The selected yogic practices were

- Asana- Sahavasana, Merudandasana, Pavanamuktasana, Halasana, Chakrasana (side), Yogamudra, Ardhapadmasana and vajrasana.
- Kriya –Kapalabhati (in a very simplified way)
- Pranayamas-(i) *Nadisadhan* (ii)*Ujjai*
- 'OM' Kar recitation
- Meditation

Beside these yogic practices there was always free discussion about her diseases and yogic concept of diseases and other needed discussion was made with the subject in a very polite way.

Diet

Yogic moderate diet was advised to the patient. Yogic moderate diet includes as vegetarian unctuous food with leaving one quarter (of the stomach) empty which is called as mitahara (moderate diet).

Discussion

On 3rd day onward the patient felt comfort from her problem. On 10th day onward there observed a remarkable improvement and on 25th day it was observed that depth of the inward curve of spine near about ½% (out of total 1%)

corrected which was felt on touching the lumbar portion of spine with the palm. And on 45th day lumbar curve was almost taken of its normal shape then the patient was able to stand smoothly and near to relief from her problem. Then another 15th day she was under proper supervision and thereafter she was under observation once in month up to six month. Then she was almost free from her physical and mental uneasiness and was able to lead a comfortable state. Thereafter she express that she was confirming with yogic practices and was enjoying a healthy status of life.

A remarkable improvement observed in this case due to the fact that the possible mechanical movement was imparted to the patient with the yogic asana which was might have not imparted in other type of medicated treatment. Beside this the yogic practices were developed the muscular strength and nerve action in a better way which might have a cause to removal of the disorder.

Above all it was previously observed that a series of yogic practices has a deep impact on total metabolic system of the body. And this might have cause a total harmony with the systems to each other of the body which might have ultimately leaded to a healthy status of the patient and was significantly relief from disorder.

Conclusion

Within the limitation of the clinical study it can be concluded that the proper integration of diagnosis and treatment procedure of the lordosis disorder might have been responsible for an early recovery in this case. However further similar more studies will be able to established firmly this truth. The similar studies also established firmly the relationship between yogic practices and lordosis disorder with its related symptoms of the general as well as to the sports persons who are affected with this disorder.

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