

YOGA'S EFFECT ON WORKING WOMEN'S SCOLIOSIS AND OTHER POSTURE ISSUES

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Abstract

For the sake of our general health, maintaining an appropriate posture is on par with eating food that is rich in nutrients. The individual's personality may be inferred from their posture to a great extent. The majority of the time, poor sitting, standing, or standing habits, or even birth defects, are to blame for the development of postural abnormalities, which are among the most serious health issues. The most frequent types of spinal abnormalities seen in individuals are kyphosis, lordosis, and scoliosis. There are a number of things that can lead to deformities, including leading a sedentary lifestyle, having health problems, undergoing surgery or injury, adopting a poor sitting posture, and going to sit for longer periods of time directly in front of a computer, both of which often quite common among women who are employed. Poor posture may result in a number of health problems, and it can also limit an individual's ability to do typical levels of physical activity as compared to that of normal persons. If practised correctly and on a consistent basis, yoga asanas have the potential to alleviate some of the symptoms associated with certain congenital malformations. As part of its practise, yoga places an emphasis on correctly positioning the body

in various postures known as asanas. Bhujanagasana, balasana, dhanurasana, and trikonasana are few asanas which aids to stretch the body entirely. In addition to this, yoga helps to strengthen one's bodily awareness, allowing one to approach their issues in a more thoughtful manner. As a result, yoga may be the most effective method for reversing the bad posture that is brought on by the nature of working environments and the ways in which working women live their lives.

Paper Identification



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Introduction

Posture is an attitude in which you hold thier body whilst still walking, sitting at home, or sleeping with assistance out over stretch of massive movement, or due to intended act done by a get together of muscle tissue trying desperately to maintain up only with harmony. Posture can be affected by big movement, or

by the planned activity performed by a gathering of muscles attempting to keep up with the balance. When we have good posture, we have positioned ourselves to hold our bodies against force of gravity in a way that puts the least amount of strain and weight on the stable structures in our bodies, such as our leg muscles. A healthy lifestyle, being overweight, having a medical condition, or having been injured are all things that might cause us to retain a posture that is considered to be unhealthy. One of our other senses is negatively impacted when we spend the most of the day seated and working at a computer. It has an effect on physical posture, nutrition, and mood swings, and it also has the potential to increase the risk of anxiousness, depression, and many other psychological factors. A slouched position not only makes one seem uninteresting but also raises the risk of injury when participating in sports of any kind. Asana practice within the context of yoga has the potential to be an effective method for improving posture. (Rai and Yoga, 2021) assert that the practice of yoga has a number of beneficial effects on one's health, including the enhancement of one's immune system and



digestion, enhancement of one's capacity for concentration, and assistance in the treatment of a range of persistent illnesses. According to (Alaguraja and Yoga, 2017), yoga is meant to train the body while simultaneously managing the mind. This is done in order to assist the mind and body in becoming more in tune with the soul in the future.

The failure to correct back problems in a timely way might result in skeletal anomalies as well as painful joints (Pandit, 2020). It is not always the case that the corpulence of the individual is the cause of pain in the joints. Yoga is the kind of exercise that not only helps us attain a physical, intellectual, and religious well-being, but it also has the capacity to straighten the posture. If you want to look and feel your best, give yoga a try. The dynamic health advantages of yoga have gained widespread recognition. Regular practice of yoga assists in relieving tension in the muscles, as well as expands the ligaments and promotes freedom of movement. Yoga also helps stretch out the joints. Mobility is an important key fitness factors that is somehow accountable for the transference of posture. According to (Selvakumar and Yoga, 2019), having enough flexibility is also important for preventing injuries, and regular stretched exercise may be used for injury healing and as foundational training for athletic competition (warm up).

Objectives

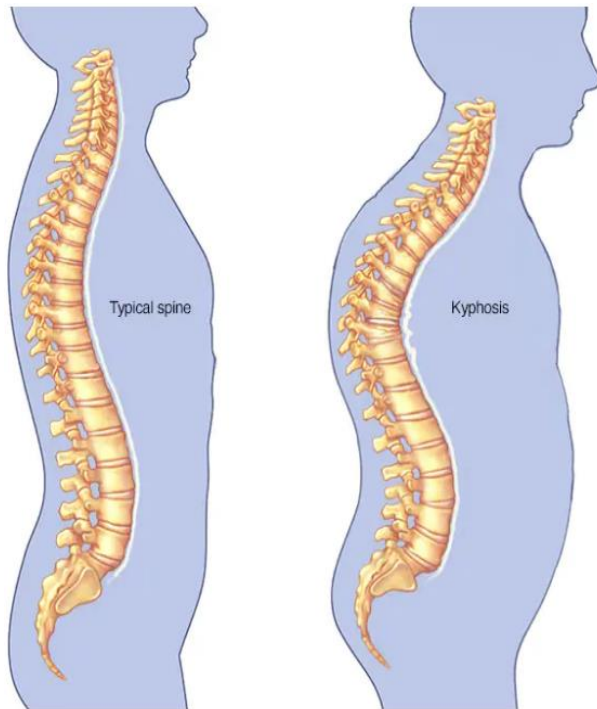
1. The research will lead to a greater understanding of postural abnormalities and will assist working women whose jobs mostly involve sitting in front of computers.
2. The research will assist in the repair of posture via the use of yoga practices, in addition it will educate individuals on the maximal advantages that may be gained from yoga.

Discussion

Common Postural Deformities

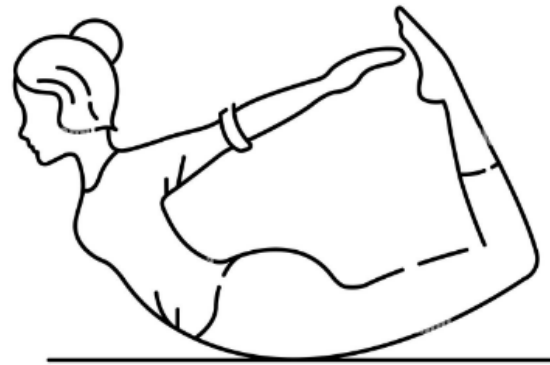
In this study, the researchers focused primarily on three malformations, each of which was given a short discussion along with a particular yoga asana that may be useful. These asanas included the following:

- Kyphosis.
- Lordosis
- Scoliosis



Kyphosis: Kyphosis, also known as round front or bag of bones, is a disorder in which the typical convexity of both the pleural area of the backbone increases. Other names for this ailment include hunchback and round back. As a result of these postural abnormalities, the individual's head will be inclined forwards. Inadequate posture in infancy, slouching in a chair for extended periods of time, or carrying substantial implication in the neck may all contribute to the development of kyphosis. A research was undertaken by Greendale and colleagues (2009) to examine whether or not hyperkyphosis may be reduced by practising yoga. In their investigation, they participated in yoga sessions for a total of 24 weeks, three times each week. Following a yoga session, the respondent in the research shows an improvement in both their flexicurve kyphosis inclination and their kyphosis index. This was discovered via the analysis of the test.

Asanas or Kyphosis:

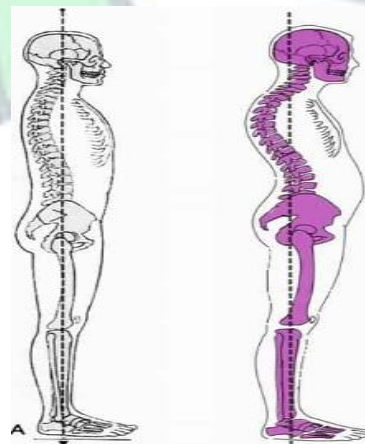


Dhanurasana: During this asana, our bodies bend into the shape of a bow, giving the pose its name. To do this asana, you should begin by lying on your stomach, then grab hold of one ankle, and gently elevate both your upper and lower extremities in the same time.



Chakrasana: When we assume this position, the form of a wheel is created by our bodies. After that, lie on your back and gradually bend your knees. Put your hand directly next to your shoulder, near your ears, and gently elevate your body up into the form of a wheel as you do so.

Lordosis



The inward bend of the lower spine is referred to as lordosis (just above the buttocks). Defects of this kind make the body seem to be in the shape of a S. Lordosis may have a variety of reasons, including brittle bones, obesity, trauma from an accident or injury, unequal posture, and poor nutrition. (Grabara and Szopa, 2015b), carried out an investigation and tightly controlled 20 weeks of (hatha) yoga pose for three hours to assess its adaptability of the vertebral column in women practising yoga. The study came to the conclusion there was an increase in adaptability levels in all analysed movement patterns attributable to regular (hatha) yoga exercises. This was found to be the case in women. Strengthening the muscles that extend the back may help reduce kyphosis in the upper extremity (Itoi & Sinaki, 1994). Regular practise of yoga, especially helps to strengthen the lumbar region, is strongly recommended.

Asana for Lordosis:

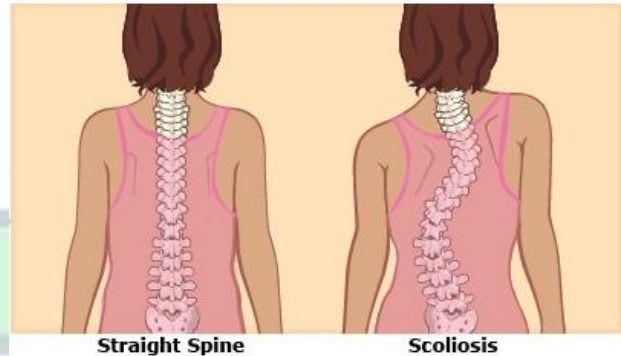


Uttanasana: Keep your stance tall and steadily lean forwards until you can bring your forehead to your knee.



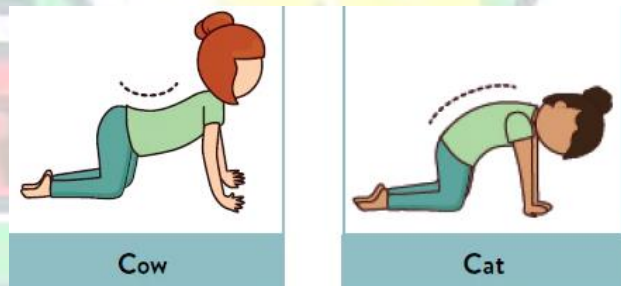
Adho mukha svanasana (Downward facing dog): Get down on your knees and put both hands in front of you. Raise her hips gradually while attempting to form a shape that is identical to a descending V.

Scoliosis



A lateral curving of the neck is referred to as scoliosis. When this occurs, we may notice that one iliac crest is broader than the other elbow, or that our hips are not evenly distributed. Scoliosis is a condition that affects both the top and or the lower part of the column. According to the findings of Goni's research (2018), yoga is the most effective method for the correction, and control of the majority of the comes with an easy deformities.

Asanas for Scoliosis:



Cat- Cow Pose: To execute this asana, come into a squatting position with your hands resting on your hips and your knees tucked in close to your hips. While taking a breath in, elevate your head and tailbone, which will cause your lower back to bend. Exhale completely and then pull the buttock forwards while simultaneously correcting the back, distributing the neck.

Trikonasana: The feet are separated from the rest of the body while the midsection is turned to the left, reaches

out, and touches the feet with both the right thumb while simultaneously raising the left hand over the head. As a result of the scoliosis, the accentuation that you use while extending to either side should be different. When you are elongating the side of both the contour, you should gently put on focus on expanding the spine in order to open up compressed ribs on the bottom of the body and reduce the protrusion of sternum on the opposite side. While reaching towards the side with the curve, emphasise bending in order to create more symmetry on the surfaces of the shoulder.

Conclusion:

Yoga techniques have the potential to address, at least to some degree, any and all postural abnormalities. "Yoga focuses on total growth emotionally, physically, and spiritually," as stated in Rai et al 2020 's study. One might say that yoga is an approach that takes the whole person into consideration. People now have a greater understanding, according to this research, that yoga asana practise has the potential to correct a variety of bodily abnormalities. The gentle stretching that is a component of yoga ashtanga helps to relieve pressure on the body and bone, as well as loosens up tight joints. Researchers believe that the asanas that are discussed in this research are really beneficial. They also recommend that an individual practise yoga on such a regular basis for one hour each day in order to correct poor position and acquire perfect posture without having to spend a lot of money on costlier surgery or undergo treatment. Grabara and Szopa (2011a) discovered that male and female pupils with an average life expectancy of 19.8 years who participated in hatha yoga classes lasting 90 minutes once a week saw a reduction in lung kyphosis and subluxation as a result of their participation. The authors also emphasised that while suitable values for thoracolumbar kyphosis but instead subluxation were only noticed in 40–45 cents of the persons during the initial evaluation, suitable attributes for all these angles increased to 56–62 additional period yoga lessons. This

was a significant improvement from the initial results. Based on these data, it seemed as if practising yoga may assist young people with the bending of their spine.

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