



**ARDHA PAWANMUKTASANA IN SPONDYLOSIS W.S.R. TO LUMBAR SPONDYLOSIS:
AN AYURVEDA REVIEW**

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ABSTRACT

Spondylosis is condition mainly arises due to the stress on bones, cartilage and muscles. The condition characterized as severe pain, restricted movement and disturbed daily activities. The stressful living pattern of current time that imparts physical and mental burden can cause problem like; spondylosis. Lack of exercise, seating for long time, use of wrong bed for sleeping, bike riding, uncomfortable posture for long periods, injuries and obesity can also trigger Spondylosis. Ayurveda recommended various treatment options for the management of Spondylosis and *Yoga* is one of them. The *Yoga* offers several health benefits in painful condition like spondylosis therefore present article summarizes role of *Ardha Pawanmuktasana* in Spondylosis W.S.R. to Lumbar Spondylosis.

KEYWORDS: *Ayurveda, Spondylosis, Lumbar Spondylosis, Yoga, Ardha Pawanmuktasana.*

INTRODUCTION

Lumbar Spondylosis is painful conditions involving spinal inflammation in the vertebrae in lower back. The condition mainly occurs in lowest section of lumbar spine. Lumbar Spondylosis is condition which involves pain during standing and bending positions, restriction in standing for long period of time. The nerve compression associated with nerve pain at buttocks may also observe sometime. The chronic pathogenesis can leads pain in legs, numbness and weakness.

The disease mainly occurs between 4th and 5th lumbar vertebra at lower back. Lumbar spine x-rays commonly employed for the diagnosis of disease. Lumbar spine MRI can also be done to observe severity of Lumbar Spondylosis. Genetic, age, gender and living pattern, etc. can lead such type of condition. Males are more prone to disease as compared to females.

As per Ayurveda Lumbar Spondylosis is disease associated with Vata aggravation, the vertebrae gets swollen, inflamed and painful with restricted movement. Ayurveda mentioned various treatment options for Lumbar Spondylosis including Panchakarma, ayurveda formulations, balanced life style, Yoga & exercise, etc. Yoga; Asana offer relive form symptoms of Lumbar Spondylosis and in this regards various Asana recommended as depicted in **Figure 1**. As per modern science NSAIDs, Immuno-modulators and surgery, etc.

are the treatment options for the management of Spondylosis.

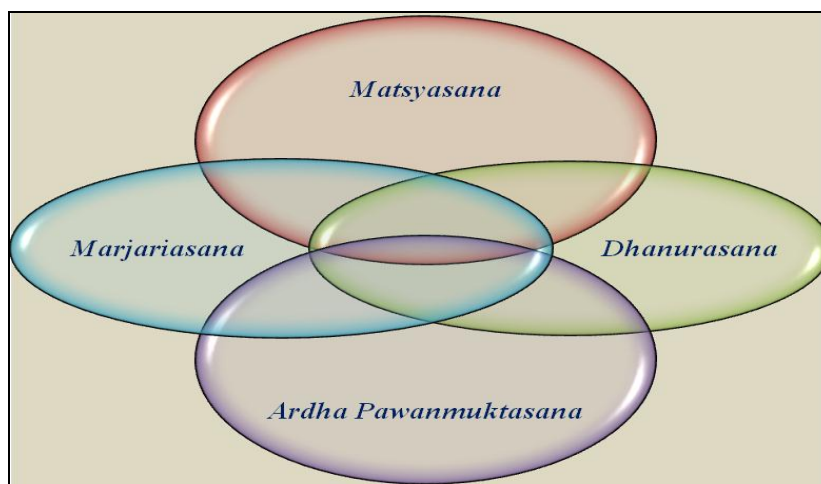


Figure 1: Asana recommended for Spondylosis.

Symptoms of Lumbar Spondylosis

- ✚ Chronic pain
- ✚ Stiffness
- ✚ Spinal immobility
- ✚ Decreased range of motion
- ✚ Deformed spinal curvature
- ✚ Difficulty in deep breathing and coughing

Guideline to prevent Lumbar Spondylosis

- ✚ Avoidance of pressure putting activities.
- ✚ Avoidance of heavy weights lifting.
- ✚ Intake of nutritional and calcium rich diet.
- ✚ Liquid consumption and be hydrated.
- ✚ Light exercise and *Yoga*.
- ✚ One should avoid sedentary living pattern.

Ardha pawanmuktasana for Lumbar Spondylosis

Ardha Pawanmuktasana; *Ardha* (half) *Pawan* (wind) and *Mukta* (to release) mean *Asana* which release intestinal gases. This exercise release gas and alleviate indigestion & *Vata-Dosha*.

This procedure tensed abdominal muscles and organs get compressed due to which blood circulation increases, nerve gets stimulated, muscles become relaxed and spinal flexibility get enhanced. Strength of lower back muscles gets improved and spinal vertebrae becomes loose therefore clinical symptoms of spondylosis get relieved. *Ardha Pawanmuktasana* strengthens back and abdominal muscles, enhances tonicity of muscles, reduces tension of lower back, maintain joint mobility and their alignment and most importantly *Ardha Pawanmuktasana* reduces chances of secondary complications of Spondylitis.

Procedure of *Ardha Pawanmuktasana*

- Lie down on back in a way so that lower back should be on the floor without any arch.
- Uplifting right leg up-to 60 degree with the help of core muscles, right leg should be stretched.
- Right knee need to be bend and right thigh positioned over the right side of chest.

- Holding of right leg with hands, keeping left leg stretched.
- Left hamstrings to be pressed against the floor.
- Holding for a time with normal breathing.
- Releasing slowly and repeating the same procedure with left leg.
- Procedure should stop while feeling discomfort or pain.

Ardha Pawanmuktasana suppresses gastric problems and pacifies vitiated *Vata*, releases trapped gases and improves flexibility therefore offers beneficial effects in Spondylosis. However pregnant woman should not perform *Ardha Pawanmuktasana*, person having piles and hernia should perform *Ardha Pawanmuktasana* carefully. This *Asana* should only perform under supervision and expert consultation. Patient underwent abdominal surgery should also avoid this procedure. *Ardha pawanmuktasana* should not perform when stomach is full.

Benefits of *Ardha pawanmuktasana*

- ✚ Pose expands and strengthens spine.
- ✚ *Pawanmuktasana* energizes spine and whole body.
- ✚ This pose alleviates backache.
- ✚ This *Asana* improves blood flow thus help in normal circulatory function of body.
- ✚ Improve the mobility and quality of life
- ✚ Strengthen knee joint
- ✚ Unwinds back and neck thus extends movable capabilities of body
- ✚ Help to correct disturbed pose or posture
- ✚ Reduces pressure from spinal nerves
- ✚ Relax and loosens up stiffness and joint tendon
- ✚ Improves spinal flexibility and strengthen vertebral column
- ✚ Improve oxygenation thus imparts energy and rejuvenating effects
- ✚ Calms nervous system and provides soothing effects.

CONCLUSION

Spondylosis is painful condition involving stress on bones and muscles. The condition not only restricts movement but also effects quality of life. Lack of physical activities, seating posture, improper sleeping pattern, long bike riding and trauma, etc. can cause Spondylosis. Ayurveda mentioned various treatment options for Spondylosis like *Yoga*. There are many *Yoga Asana* which offers health benefit in spondylosis and *Pawanmuktasana* is one of them which provide specific therapeutic benefits in case of Lumbar Spondylosis. *Pawanmuktasana* suppresses gastric problems and pacifies vitiated *Vata*, releases trapped gases and improves flexibility therefore helps to treat Lumbar Spondylosis. This procedure improves blood circulation, relaxes muscles, imparts spinal flexibility, strengthen lower back muscles, loosen spinal vertebrae, reduces tension of lower back, enhances joint mobility and suppress pain sensation therefore *Ardha Pawanmuktasana* can be used for the symptomatic management of Lumbar Spondylosis.

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