



Correction Of Postural Deformities Through Yoga Practices

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Abstract:

A good posture is as important as having a nutritious food for our overall health. Posture speaks a lot; it is the personality of an individual. A postural deformity is one of the major problems which generally happens due to our bad sitting, standing or walking habits or may be in born deformities. Kyphosis, lordosis and scoliosis are the common deformities among the people. There are several causes of deformities such as sedentary life, health issue, surgery, injury, adapting a bad sitting posture and sitting for longer duration in front of computer. Poor posture can lead to several health complications and also restrict an individual potential to do less movement as compare to normal people. Through yoga asanas these deformities can be cured to some extent if practice regularly and appropriately. Yoga is an exercise which stresses on proper alignment of the body while performing asanas. Bhujanagasana, balasana, dhanurasana, and trikonasana are some asanas which helps to stretch the body fully. Furthermore, yoga helps to improve the awareness of body, addressing their problem in a conscious way. Thus, yoga can be the perfect option to reverse the poor posture.

Keywords: Deformities, Kyphosis, Lordosis, Posture, Scoliosis, Yoga.

Introduction

Posture is attitude where you hold your body while standing, sitting or resting with help over the span of strong movement, or because of the planned activity performed by a gathering of muscles attempting to keep up with the balance. Good posture includes preparing our self to hold body against gravity with the least strain and pressure on steady constructions, like our muscles and tendons. There are many factors which can contribute us to hold a bad posture such as sedentary life style, obesity, some medical issue or injury. Sitting all day in chair and working in computer affects something other than our eyes. It influences our posture, digestion, mood swing and can also create a chance of anxiety, depression and other psychological variables. Bad posture does not only appear to be look dull in fact bad posture increases a chances of getting injured while playing any games. Yoga can be the successful measure to rectify the poor posture by doing asanas. According to (Rai and Yoga, 2021), Yoga provides several health advantages,

including strengthening muscles, improving immunity and digestion, improving focus, and assisting in the treatment of a variety of chronic ailments.. (Alaguraja and Yoga, 2017), stated that yoga exercises the body while controlling the mind, to help the mind and body harmonize with the soul in the future.

If not treated in a timely manner, poor posture can lead to bone abnormalities and aching joints (Pandit, 2020). The weight of the body isn't necessarily the source of joint discomfort. Yoga is such exercise where we do not just only achieve a physical, psychological and spiritual well being but it also had the ability to correct the posture. Yoga is known for its dynamic health benefits. With regular practice of yoga, it helps to relief the tension in the muscles and stretches the joints and develops range of movement. Flexibility is one of the important fitness components which are somehow responsible for posture attribution. (Selvakumar and Yoga, 2019) claims that good flexibility is additionally significant for injury counteraction and stretching exercise can be utilized in injury restoration, groundwork for sport (warm up).

Objectives

- (1) The study will help to know more about the postural deformities and contribute to make a healthy society.
- (2) The study will help in the correction of posture through Yoga practices and also educates the people about the maximum benefits of yoga.

Common Postural Deformities

In this study, researchers have mainly focus on three deformities which has briefly discuss with specific yoga asana for each deformities which will be beneficial i.e.

- (1) Kyphosis.
- (2) Lordosis
- (3) Scoliosis

(1) Kyphosis: Kyphosis is known as round back or hunchback, is a condition in which the normal convexity of the thoracic region of spine increases. In these postural deformities, head is dropped onwards in consequences. Kyphosis may be caused due to poor posture in childhood, leaning back in chair for long time, carrying a heavy weight in the back. (Greendale et al., 2009) conducted a study to determine whether yoga decreases hyperkyphosis or not. In their study, 24 weeks of yoga classes were carried out for 3 days per week. Investigation of the study signifies that after yoga session the participant reveals enhancement in flexicurve kyphosis angle and in kyphosis index.

Asanas or Kyphosis:

- Dhanurasana: While performing this asana our body takes a shape like a bow. To execute this asana first lie on abdomen and hold the ankle and slowly raise the upper body and lower body at the same time.
- Chakrasana: In this pose our body takes a shape like wheel. Lie on back after that slowly bend the knees. Place hand just beside the shoulder near ears and slowly raise the body up, take a shape like a wheel.

(2) Lordosis: Lordosis is the inward curve of the lumbar spine (just above the buttocks). This type of deformities cause body look like S – shape. Some causes of Lordosis are weak bone, obesity, accident or injury, uneven posture, improper diet. (Grabara and Szopa, 2015b), conducted a study and regulated 20 weeks of (hatha) yoga session for 90 minutes to access the flexibility of the spine in women practicing yoga, the study conclude that there was improvement in flexibility levels in all analyzed movements due to regular (hatha) yoga exercises. Enhancing back extensor strength aids in the reduction of thoracic kyphosis (Itoi & Sinaki, 1994). Yoga which helps to strength the lumbar should be practice regularly.

Asana for Lordosis:

- Uttanasana: stand tall and slowly bend forward try to touch the knee with fore head.
- Adho mukha svanasana (Downward facing dog): come to knees and place both hand forward. Slowly raise the hips and try to make a shape exactly like a downward V.

(3) Scoliosis: Scoliosis is a sideways curvature of the spine. In this, one shoulder blade is usually higher than the other shoulder or uneven hips we can notice. In scoliosis both the middle and the lower spine is affected. (Goni, 2018) in his study conclude, yoga as the finest way for the treatment, correction, prevention of most of the common postural deformity.

Asanas for Scoliosis:

- Cat- Cow Pose: To perform this asana, stoop with the hands underneath the shoulders and the knees beneath the hips. Breathing in, lift the head and tailbone, making the lower back curved. Breathe out and fold the tailbone, adjusting the back and delivering the neck.
- Trikonasana: The feet are isolated while the middle stretches aside and turn the left touch the feet with right hand and raise left hand above the head. Due to the scoliosis, accentuation ought to be diverse when stretching to each side. When extending the side of the concavity, slowly put on stress on stretching the spine to open up compacted ribs underside of the body and lessening the bulge of the ribs on the contrary side. While extending to the curved side, stress bending to make more equality on the sides of the back.

Conclusion:

All the postural deformities can be corrected to some extent through yoga practices. According to (Rai et.al, 2020), “Yoga focuses on overall development emotionally, physically and spiritually”. It is rightly said that yoga is a holistic approach. This study provides a sense of awareness among people that physical deformities can be rectify by practicing yoga asana. In yoga asana there is slow stretching which helps to reduce the tension and stiffness of the muscles and bone. According to researchers, asana mentioned in this study are very beneficial and also suggest an individual to spend one hour regularly in practicing yoga to treat the poor posture and to get a good posture without expensive treatment and surgery. Grabara and Szopa (2011a) found that participating in 90-minute hatha yoga lessons once a week reduced thoracic kyphosis and lumbar lordosis in male and female students with an average age of 19.8 years. The authors also highlighted that whereas correct values for thoracic kyphosis and lumbar lordosis were only found in 40–45 percent of the individuals in the first assessment, suitable values for these angles climbed to 56–62 percent following yoga lessons. These findings suggested that yoga workouts might help young adults with their spine curvatures.

Disclosure Statement

No potential conflict of interest was reported by the author(s).

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