



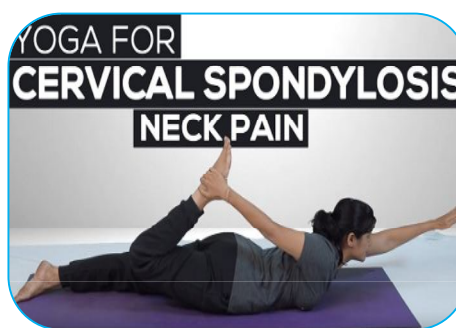
TREATMENT OF CERVICAL & SPONDYLOSIS THROUGH YOGA THERAPY

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ABSTRACT

In modern society people are suffering from various type of disease. It is due to lack of physical workout and unhealthy lifestyle. Everyone wants money, peace, harmony, success and social status in life as quickly as possible. People will get success only when they are physically and mentally fit and they should work in regular basis in a disciplined manner. Success can be achieved only when person is mentally and physically fit because success is related to mental and physical fitness but today only 15-20% of people are successful and enjoying their life because they are mentally and physically fit while 80-85% of people are suffering from mental and physical problem and not satisfied with their life due to lots of stress related to health.



KEYWORDS: *physically and mentally fit , physical problem.*

INTRODUCTION

In this case it is very difficult to get success in life but when the body is healthy and fit then you have more wisdom to think positive towards work, life it will be possible only when you are physically and mentally relaxing and stress free then automatically positive energy increases which result in efficiency and effectiveness of the work improves.

1. In present scenario there were no such kind of medicine is available which will keep you healthy mentally. In present modern lifestyle we are prone to various disease

such as cervical, Spondylitis, Slip-disc, knee joint pain, blood pressure, heart disease.

2. In human body the spinal cord is the major column of nerve tissue that is connected to the brain and lies within the vertebral canal and from which the spinal nerves emerges thirty one pairs of spinal nerves originate in the spinal cord : 7 cervical vertebra, 12 thoracic, 5 lumber vertebra, 5 sacral, and 4 coccygeal.

Spinal cord

The **spinal cord is a long, thin, tubular bundle of nervous tissue and support cells** that extends from the medulla oblongata in the brainstem to the lumbar region of the vertebral

column .The spinal cord begins at the occipital bone and extends down to the space between the first and second lumbar vertebrae. It is around 45 cm (18 in) in men and around 43 cm (17 in) long in women. the spinal cord has a varying width, ranging from 13 mm (1/2 in) thick in the cervical, lumbar regions to 6.4 mm (1/4 in) thick in the thoracic area.

Spinal nerve

A **spinal nerve** is a mixed nerve, which carries motor, sensory, and autonomic signals between the spinal cord and the body. In the human body there are 31 pairs of spinal nerves, one on each side of the vertebral column.

Spinal nerves , 8 pairs of cervical nerves , 12 pairs of thoracic nerves ,5 pairs of lumbar nerves, 5 pairs of sacral nerves , 1 pairs of coccyx spinal nerves.

Human vertebral column

Human vertebra column is the backbone or spine, there are normally thirty-three vertebrae consisting of twenty four articulating **vertebrae(cervical, thoracic,lumber)** and nine fused **vertebrae (sacrum and the coccyx or tail bone)**.

The vertebrae in the column are separated from each other by **intervertebral discs**. The vertebra are named according to their region of the spine. There are seven cervical vertebrae, twelve thoracic vertebrae and five lumbar verteb.

What is Cervical Spondylosis

Cervical spondylosis disease started since the introduction of new technology with which sitting job increases more for example software engineer, usage of mobile, laptop, computer, driving vehicle etc. excessive usage of latest technology in working place, home, daily routine. Makes person never think about body posture. person never notices his/her body posture while working , driving, and problem start coming in spinal cord and this problem comes in particular vertebra of the cervical in the spinal cord.

The cervical spine consists of the top seven vertebra of the spine these are referred as C-1 to C-7. The "C" indicating the cervical and the number 1 to 7 indicating the level of the vertebra "C-1" is known as Atlas closest to the skull, "C-2" is Axis . C-1 and C-2 are very distinct to each other and "C-7" is closest to the thoracic region of spine.

Cervical spondylosis is a general term for degeneration of disc disease used to describe change that occurs along any area of the spine (cervical, thoracic, and lumber). It's not actually a disease but rather a condition in which your disc's degenerative, or loose flexibility and ability to cushion your spine. Your disc doesn't have good blood supply, so once it's injured it can't recover itself.

Symptoms and Signs

- Electric pain is sensed and highly observed at a particular angle.
- When patient is suffering from cervical Spondylosis, a acute pain and sensation is observed by him and pain aggravates as the time passes
- The region of pain spreads from cervical points to other parts of body
- Condition may for several months before improving to it may become chronic.
- Neck pain and stiffness increases progressively
- Weakness in arms, hands and fingers is felt
- Change in the body posture
- If the person is suffering from cervical spondolysis from longer duration then it becomes chronic
- If there is any problem in C1 and C2 vertebra then you will feel a pain in backside of your head i.e medulla oblongata

Now yogic therapy

Yogic therapy for any disease is given in combination of group of asana and which have to be performed in combination(twisting , pressure , stretching asana) .Every asana and its position have to be performed for specific time frame because physiological effect starts after specific time duration . Every asana is to be kept at hold at a specific angle for exact pressure .

Type of asana used in Yogic Therapy

1. **Twisting asana** -: Twisting increases flexibility in vertebra leading to improve/ proper blood circulation in nerves. These asana reduces the compression of nerves which effectively reduces the pain.

2. Pressure asana :-

Pressure asana are used when the Gap between vertebra's increases.

These asana creates pressure on vertebra's which help in reduction of gap between the vertebra and to regain their original shape

3. Stretching asana :-

Stretching asana are used when the Gap between vertebra's reduces. Due to stretching asana vertebra's and nerves get back to their original shape and reduces the pain

There is specific time duration of every asana at every angle, because effect of asanas start after specific time duration.

Supporting Therapy

Supporting therapy is most important therapy for curing disease .This therapy gives immediate relief from different disease like cervical, slip disc , blood pressure, knee pain, paralysis, joints pain, constipation, indigestion, arthritis and it reduces up to 60% of pain after completion of one cycle/time of therapy.Continuous treatment of these therapy for specific time duration completely cures the patients

The groups of Asana in the combination are:-

- **Ardhalasana** :- At final position complete stretching of spine will be done Time duration for this asana is 15-20 seconds
- **Matsyasana** :- At the final position more pressure comes on cervical vertebra ,Time duration for this asana is 15-20 seconds
- **Pawan-mukt asana** :- In this asana more stretching of spine will be done , Time duration of this asana is 15-20 seconds
- **Merudandasana** :- It is twisting asana which will be perform both the sides, It remove stiffness of spine and increases flexibility ,In this asana pressure comes on complete spine from top to bottom ,Time duration for this asana is 10 second for every steps,By doing complete twisting of spine results fast blood circulation in the nerves
- **Bhujangasana** :- In final position more pressure comes on cervical vertebra
This asana is very effective when gap is increased between vertebra ,It increases the flexibility of the spine and muscles around it, It strengthen the back muscles specially the lower back, When we press chin in upward direction in final position more and more pressure increases in cervical vertebra ,Bhujangasana can be perform in three types according to the patients
- **Vakrasana** :- It is a twisting asana , upper body twisting ,To remove stiffness from spine and increase flexibility,It improve the function of spinal chord and nervous system , By doing complete twisting of spine results fast blood circulation in the nerves ,Time duration of this asana is 15 second to each sides
- **Bhram-mudra** :- It is the exercise of neck which improves the blood circulation of the throat , face, brains .Normally this asana is perform in four directions but in case of cervical spondylosis it has to be perform in three directions i.e. Left, Right and upward direction, It remove the stiffness and increases the flexibility of cervical vertebra
- **Trikonasana** :- It is a twisting asana , upper body twisting ,To remove stiffness from spine and increase flexibility ,It improve the function of spinal chord and nervous system , By doing complete twisting of spine results fast blood circulation in the nerves ,Time duration of this asana is 15 second to each sides
- **Ustrasana** :- In final position more and more pressure comes in complete spine ,Ustrasana beneficial when gap increased in cervical, thoracic, lumber region ,When we press chin more in backward direction more pressure comes in cervical vertebra ,Time duration of this asana is 15 second to each sides

- **Du-bhuj katicakra asana(right side)Backward bending :-** It is a twisting asana , complete body twisting ,To remove stiffness from spine and increase flexibility ,By doing complete twisting of spine results fast blood circulation in the nerves ,Time duration of this asana is 15 second to each sides
- **Backward Bending :-** In final position more and more pressure comes on complete spine ,Backward bending beneficial when gap increased in cervical, thoracic, lumber region .When we press chin more in backward direction more pressure comes in cervical vertebra ,Its strengthen the spine and back muscles ,Time duration of this asana is 15 second to each sides
- **Tadasana :-** In final position complete stretching of body will be done then blood circulation become fast ,When comes from final position complete massage will be done of vertebrae

CONCLUSION

When these group of asanas performed in correctly we can cure cervical spondylitis within 15 days .

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