



Treating of Joint Pain - Arthritis through YOGA

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Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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ABSTRACT

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. Although there's no cure for arthritis, treatments have improved greatly in recent years and, for many types of arthritis, particularly inflammatory arthritis, there's a clear benefit in starting treatment at an early stage. Cartilage is a firm but flexible connective tissue in your joints. It protects the joints by absorbing the pressure and shock created when you move and put stress on them. A reduction in the normal amount of this cartilage tissue cause some forms of arthritis. Yoga is giving new lease of life to many, so to tackle chronic diseases it is providing remedies which will be effective for your entire life. It is delivered to many people by PATANJALI. Yoga can give support to patients having arthritis through its numerous relevant postures (asana's) which can be done very simply. Yoga does not send a message that if you do it regularly you will be relieved from a particular ailment. If it is performed each day it will add vital energy for smooth life even if you are suffering from any long term ailment. In this article we will be providing 5 postures (asana's) which can be performed at any time in the day but early morning will always be preferred (empty stomach) to get good result.

Secondly this postures must be implemented after due consultation with your physician. If your physician disapproves don't do these postures as it will be harmful for your body.

Keywords: Arthritis; Yoga; remedy; disease; medicine and preventive.

1. INTRODUCTION

Arthritis is an inflammation of the joints. It can affect one joint or multiple joints. There are more than 100 different types of arthritis, with different causes and treatment methods. Two of the most common types are osteoarthritis (OA) and rheumatoid arthritis (RA) [1]. The symptoms of arthritis usually develop over time, but they may also appear suddenly. Arthritis is most commonly seen in adults over the age of 65, but it can also develop in children, teens, and younger adults. Arthritis is more common in women than men and in people who are overweight.

2. SYMPTOMS

Joint pain, stiffness, and swelling are the most common symptoms of arthritis. Your range of motion may also decrease, and you may experience redness of the skin around the joint. Many people with arthritis notice their symptoms are worse in the morning [1,2]. In the case of RA, you may feel tired or experience a loss of appetite due to the inflammation the immune system's activity causes. You may also become anemic — meaning your red blood cell count decreases — or have a slight fever. Severe RA can cause joint deformity if left untreated.

3. CAUSES

Cartilage is a firm but flexible connective tissue in your joints. It protects the joints by absorbing the pressure and shock created when you move and put stress on them. A reduction in the normal amount of this cartilage tissue cause some forms of arthritis [1,2]. Normal wear and tear causes OA, one of the most common forms of arthritis. An infection or injury to the joints can exacerbate this natural breakdown of cartilage tissue. Your risk of developing OA may be higher if you have a family history of the disease. Another common form of arthritis, RA, is an autoimmune disorder. It occurs when your body's immune system attacks the tissues of the body. These attacks affect the synovium, a soft tissue in your joints that produces a fluid that nourishes the cartilage and lubricates the joints.

RA is a disease of the synovium that will invade and destroy a joint. It can eventually lead to the destruction of both bone and cartilage inside the joint.

4. DIAGNOSIS

Seeing your primary care physician is a good first step if you're unsure who to see for an arthritis diagnosis. They will perform a physical exam to check for fluid around the joints, warm or red joints, and limited range of motion in the joints. Your doctor can refer you to a specialist if needed [1,2]. If you're experiencing severe symptoms, you may choose to schedule an appointment with a rheumatologist first. This may lead to a faster diagnosis and treatment. Extracting and analyzing inflammation levels in your blood and joint fluids can help your doctor determine what kind of arthritis you have. Blood tests that check for specific types of antibodies like anti-CCP (anti-cyclic citrullinated peptide), RF (rheumatoid factor), and ANA (antinuclear antibody) are also common diagnostic tests. Doctors commonly use imaging scans such as X-ray, MRI, and CT scans to produce an image of your bones and cartilage. This is so they can rule out other causes of your symptoms, such as bone spurs.

5. ASANAS

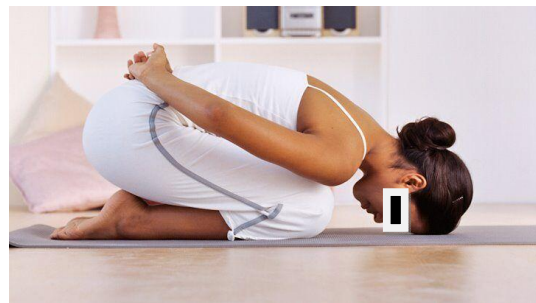


Fig. 1. Balasana - Child Pose [3]

- Sit on your heels on a yoga mat or on the floor.
- Either keep your knees together or apart.
- Slowly, bend forward by lowering your forehead to touch the floor, exhaling as you **do** so.

- d. Keep your arms alongside your body.



Fig. 2. Bitilasana – Cow Pose [3]

- a. Start on your hands and knees in a “tabletop” position.
- b. As you inhale, lift your sitting bones and chest toward the ceiling, allowing your belly to sink toward the floor.
- c. Exhale, coming back to neutral “tabletop” position on your hands and knees.

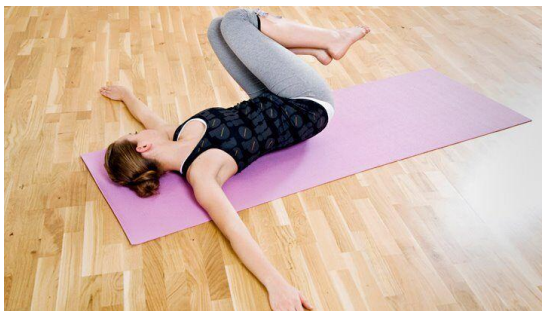


Fig. 3. Supta Matsyendrasana [3]

- a. Lie down on your back.
- b. Bend your knees and put the soles of your feet on the floor with your knees pointing up toward the ceiling.
- c. Press into your feet to lift your hips slightly off the floor and shift them about an inch to your right. This is an important step because it sets your hips up to stack one on top of the other when you move into the twist.
- d. Exhale and draw your right knee into your chest and extend your left leg flat on the floor. Keep your left foot actively flexed throughout the pose. Inhale.
- e. Exhale and cross your right knee over your midline to the floor on the left side of your body. Your right hip is now stacked on top of your left hip. You can hook your right foot behind your left knee if you like.
- f. Open your right arm to the right, keeping it in line with your shoulders. Rest your left hand on your right knee or extend it to make a T

shape with the arms. Turn your palms toward the ceiling.

- g. Turn your head to the right, bringing your gaze over your shoulder to your right fingertips. You can skip this step if it doesn't feel good on your neck.
- h. On your exhalations, release your left knee and your right shoulder toward the floor.
- i. Hold the pose for five to 10 breaths. To come out of the pose, inhale and roll onto your back, drawing your right knee into your chest. Release both legs to the floor to neutralize your spine for several breaths before doing the other side.

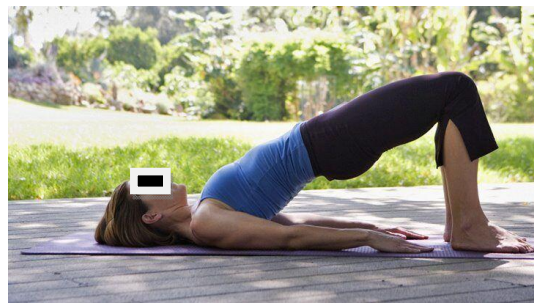


Fig. 4. Setu Bandha Sarvangasana – Bridge Pose [3]

- a. Lie on your back with your knees bent and the soles of your feet flat on the floor.
- b. Extend your arms on the floor with your fingers reaching toward your heels. You should be able to just barely touch the backs of your heels with your fingertips.
- c. Keep your feet parallel. Maintain that position throughout the pose.
- d. Press down into the soles of your feet to lift your hips off the floor.
- e. Slide your yoga block under your back directly under your sacrum, letting it rest securely on the bolster. Your arms can stay outstretched on the floor next to your body.
- f. This should be a comfortable position. You may want to stay here several minutes as your body settles into the stretch and gets the benefits of a passive backbend. If the pose causes your back to hurt, remove the block and come down.
- g. To come out, press down into your feet and lift your hips again. Slide the block out from under your sacrum and gently lower your back to the floor.
- h. Begin in Tadasana (Mountain Pose) with your feet together and arms alongside your body. Distribute the weight evenly in your feet. If you have a hard time staying

balanced here stand with the feet parallel and hip distance apart.



Fig. 5. Anjaneyasana – Crescent Lunge [3]

- i. On an exhale step your left leg about 4 to 5 feet in back of you and come onto the back toes with the toes pointed straight forward. Try to get the heel hovering directly on top of those back toes.
- j. You don't want to have your feet on a tightrope. For more stability you can walk the right foot out to the right a few inches. Keep the hips turned towards the front of your mat like two headlights pointing forward.
- k. On an exhale, bend the right knee to 90 degrees so that the knee is directly over the ankle and the shin is perpendicular to the earth. That knee should be in line with the second and third toe. Distribute the weight evenly through that front foot as you lift the inner arch and root down through the corners of the feet.
- l. Engage the quad of the back leg. The back leg should be straight without locking out the knee.

Modification: You may micro bend the back leg to create a bit more stability in the pose. You may also find the helps to square your hips towards the front of the room [4].

- m. On an inhale, lift the arms up above head. Broaden the collarbones. Rotate the triceps or pinkie side of the hands in towards one another as you draw the shoulders away from the ears. Your fingers are actively reaching up towards the sky. Arms are either parallel to one another or palms are pressing together.
- n. Lengthen the tailbone down towards the earth as you draw the navel gently in and up towards the spine. Tuck the lower ribs in.
- o. Gaze forward and slightly upward. Make sure not to crunch the neck. You are rooting

down to earth as you lengthen up towards the sky.

- p. To get out of the posture, straighten the front leg, lower the arms and come back to mountain pose. Repeat on the left side [5].

Benefits of Yoga in Arthritis [2,6].

- a. Add variety to your workout – Yoga provides an exercise option. It may not be the only thing you do, but it can be a component of an overall healthy regimen that may also include cardiovascular exercises like walking or biking.
- b. Improve physical function – People with arthritis who practice regularly will eventually see improved physical function.
- c. Improve flexibility – Yoga can also benefit people with stiff joints due to arthritis. Stretching exercises in general help improve range of motion, so the fact that you're stretching in yoga will help flexibility.
- d. Stay active- On days when you're experiencing a painful arthritis flare, continuing to do some type of physical activity like yoga, if possible, can help you maintain joint flexibility.
- e. Create a mind body connection – Yoga's emphasis on introspective thought – pinpointing the sources of pain or anxiety and learning to relax them – is useful for people with arthritis. In yoga, you develop a communication with your own body.

Different aspects of this study were evaluated. Wairagade, et. al. assessed the efficacy of Ayurvedic formulations along with swedana therapy in the management of amavata (rheumatoid arthritis) [7]. Wankhade et. al. conducted roentgenographic evaluation of bones at wrist joint for osteological maturity [8]. Khobragade et. al. assessed the impact of K-Taping on Sacroiliac Joint Pain in Women [9]. Few of the related studies were reviewed [10-13]. Studies on benefits of Yoga on different health conditions were reported by Khatib et al. [14].

6. CONCLUSION

The research on arthritis concludes that YOGA plays a vital role in maintaining your health. It also gives an impetus to your body to keep moving. Any ailment basically sends a negative signal and to counter it YOGA plays a major role. The study gave an opportunity to understand the reasons for Arthritis and subsequently how YOGA can provide benefits. Everybody should

take out time from their regimen to focus on YOGA as it will give an added energy to your vital organs and keep you healthy and fit. Secondly the postures recommended by the researcher is very simple and can be done by any age group person. The various YOGA poses will help you in leading a happy and stress free life. Keep doing it and stay healthy.

ETHICAL APPROVAL

Ethical clearance taken from institutional ethics committee.

DISCLAIMER

The products used for this research are commonly and predominantly used products in our area of research and country. There is absolutely no conflict of interest between the authors and producers of the products because we do not intend to use these products as an avenue for any litigation but for the advancement of knowledge. Also, the research was not funded by the producing company rather it was funded by personal efforts of the authors.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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