

TREATMENT OF COMMON POSTURAL DEFORMITIES THROUGH YOGA

Md Osman Goni

M.P.ED, Department of Physical Education,
Aligarh Muslim University, Aligarh

ABSTRACT

The present study aimed is the treatment and prevention of common postural deformities through Yoga asana. There are many concepts and views regarding posture and its significance. The posture means body position. It is the specific position of a person while setting, standing walking, lying etc. Good posture is the image of good personality. The posture changes from individual to individual. One posture which may be considered good for one individual may not hold true for another. Bad posture decrease in or personality and it leads to many health problem. There are numbers of postural deformities which may either be acquired or may be congenital. Each type of postural deviation has its own peculiar causes and effects. Each postural deformities, therefore, demands and required proper attention and pacific treatment for correcting the same.

Keywords: Yoga, Asana, posture, Deformity.

INTRODUCTION

The posture means body position. It is the pacific position of a person while setting, standing, walking, lying etc. In order to remain fit and healthy a person should adopt a good posture. Good posture is the image of good personality. Good posture indicates healthy and sound body. However, it gives us away from many health problems. Certain structure of our body differs from other people due to many factors of heredity and environment. Bad posture decrease in our personality and it leads to many health problem. Bad posture causes many postural deformities by which human efficiency is reduced. Now we posture deformities can be corrected through yoga asana.

The word yoga means unity or oneness and is derived from the Sanskrit word 'yuj' which means to join, to attach, to bind and to concentrate on one's attention. Yoga is a science of right living and it works when integrated in our daily life. It work all aspects of the person the physical,

mental, emotional, psychic and spiritual. Yoga is an art and takes into purview the mind, the body and the soul of the man in its aim of reaching. The word Yoga automatically calls to mind Sage "Patanjali" the founder and father of Yoga. The body and mind must be purified and strengthened through various practices, if a man should become a yogic adept. The Yoga of Patanjali is Ashtanga or comprised of 8 limbs. They are 1. Yama (Social Discipline) 2. Niyama (Individual Discipline) 3. Asana (Postures) 4. Pranayama (Breath Control) 5. Pratyashara (Discipline of the Senses) 6. Dharana (Concentration) 7. Dhyana (Meditation) 8. Samadhi. (Self Realisation). Yoga is not a religion. It is a method by which one obtains control of one's hidden power, it is the means to reach complete self-realization. Yogis achieve this by turning their thought inward, away from the objective world. Yoga is as wisdom in work or skillful living amongst activities, harmony and moderation. Asana means holding the body in a particular posture to bring stability to the body and poise to the mind. The practice of asana brings purity in tubular channels, firmness to the body and vitality to the body and the mind. Yogasanas are simple actions for keeping the internal and external parts of the body in good health. The people of ancient Greece believed in the principle "A sound mind in a sound body".

OBJECTIVES

The main objectives of the present study are:

- I. The study will help in the management of posture deformities through Yoga.
- II. The study will help in the treatment of postural deformities.
- III. The study will help in analyzing the posture deformities.

DISCUSSION

Posture

Posture is a tool of mechanical efficiency of body which causes minimum stress to muscles. Moreover, maximum output of physical efficiency can be attained, (Physical Educationists). Posture is soundness of physiological balance of body, (according to doctor).

Cause of Posture Deformities

The main cause of posture deformities may be

- I. Injury/ accident
- II. Disease
- III. Lack of nutritional diet.
- IV. Wrong postural habits.

- V. Improper/ wrong treatment.
- VI. Overload
- VII. Lack of Awareness
- VIII. Lack of exercise.
- IX. Obesity
- X. Occupation

Common Postural Deformities

The common postural deformities are mainly six types such as-

- I. Kyphosis.
- II. Lordosis
- III. Scoliosis
- IV. Knock knees
- V. Bow leg
- VI. Flat Foot

Kyphosis

Kyphosis is an increase in the amount of normal convexity of the thoracic region of spine. It is outward curvature of the spine with round shoulder. In kyphosis, head drooped forward resulting in a hump towards the back. The body weight is shifted forward. It causes unbalance position of individuals during standing and lot of pressure over toes.



Causes

- I. Carry overload school bag by children.
- II. Weak muscles of chest and shoulder.

- III. Carry heavy weight by the shoulder
- IV. Wrong posture during reading, writing, over chair or bed etc.

Treatment of Kyphosis through Yoga

There are many types of asana which can cure the postural deformities of kyphosis

1. **Chakrasana:** In chakrasana, the spine is twisted upwards in such a way that the body forms a semi-circular shape and is called chakrasana where hand and feet touch on the ground.



2. **Dhanurasana:**

Dhanurasana means bow pose. In this asana first going to prone position and hold their ankle with hand and raise upper and lower body and body balance on the abdominal.



3. **Bhujangasana:**

Bhujangasana means cobra, snake pose. From the prone position, upper part of the body raises while hand and lower body touch on the ground.



4. Ushttasana:

Firstly sit in vajra asana then body is band backward, chest raise upward, with the support of hand and tries to lock back.



There are also many beneficial asana such as Ushthanawkaasana, Virabhadrasana, Tadasana so on for treatment of kyphosis.

Lordosis:

Lordosis is the inward curvature of spine. Infact, it is an increased forward curve in the lumbar region. It creates problem in standing and walking. The body seems to be stiff. The individual feels shame and inferiority. Lordosis can be corrected in an early stage.



Causes: The causes of Lordosis are weak abdominal muscle, overweight or obesity, imbalance diet, improper environment, improper development of muscle, sedentary lifestyle etc.

Treatment of Lordosis through Yoga:

1. Paschimoasana: Firstly sit in long setting position and upper body forward and try to touch the forehead on the knee.



2. Halasana: Hala means a plough, shape of this posture resembles plough. In lying position and raise their lower body part over the shoulder level and try to touch the leg on the ground.



3. Tadasana: Stand straight and raise your both hand over the head and straight your whole body.

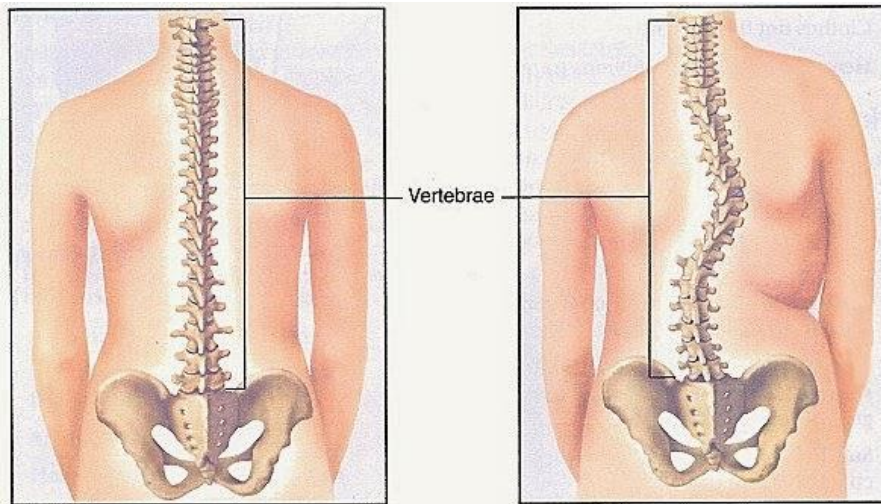


4. Trikonasana: Firstly proper stand and then spread out of your leg and turn one side and one hand touch the ground and another hand raise over the head.



Scoliosis

It is an increase the lateral curvature and sideward curvature or deviation of spine, with the shoulder lower and hip higher on one side. The curve may be convex to either side, in either the thoracic and lumbar region, or to either side through both regions. And the body weight is shifted to sideward and it causes lot of presser on one side of the foot.



Causes

Scoliosis may be lot of reason but the main reasons are disease in the joints of bones, underdevelopment leg, infantile paralysis, rickets etc. It may also be due to carrying heavy weight on one shoulder, unhealthy condition, and one side flat foot.

Treatment of Scoliosis through Yoga: some specific asana which are very help full for correction of scoliosis. Which are given below-

1. **Trikonasana:** Firstly proper stand and then spread out of your leg and turn one side and one hand touch the ground and another hand raise over the head.



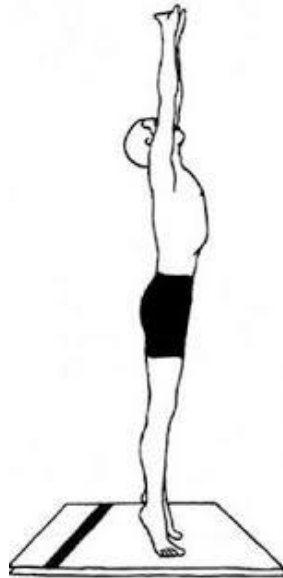
2. Ardh Matsendrasana : Firstly sit in long sitting position and one leg reach under the thigh and another leg put on near the knee, and if right leg forward while right hand put on back and another hand hold the front leg, and looking back.



3. Tarasana: This asana like a stare. Sit in a long sitting position and your upper body forward and try to touch your forehead on the ground. where knee slidely bend.



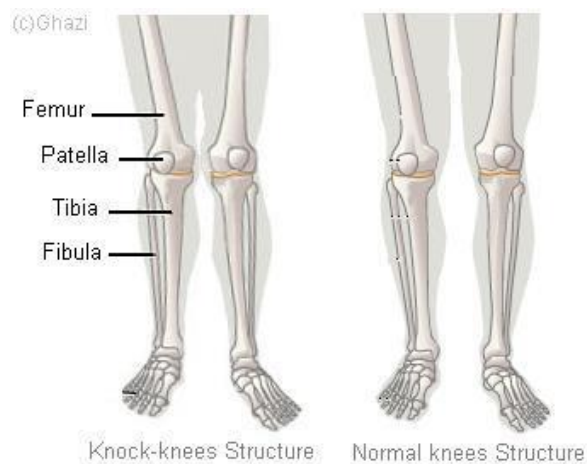
4. Tarr asana: Firstly stand erect and raise your both hand over the head and enterlock your finger and stretch your whole body.



And other asanas which help correction for scoliosis .Such as Tiryaka asana,side moon,ardha chakra asana etc.

Knock knees

The knock knees are one of the major postural deformities. In this deformity, both the knees knock or touch each other in normal standing position. The gap between ankles goes on increasing. The individual faces difficulty in walking and running. He cannot walk or run in a proper manner .Owing to this deformity, they cannot be good players and even they are selected in defense service.



Causes: The main causes are Rickets, weak leg, Obesity during childhood, chronic illness, over weight etc.

Treatment of Knock Knees through Yoga: So many asana are beneficial for knock knee which given below-

1. Vriksh asana: It is balancing on one foot while other leg is flexed resting on other leg. Hands are kept in over the head.



2. Padma asana: It is sitting with crossed legs in such a way that feet should touch the opposite thigh while hands are on the knees and back should be straight.



3. Baddha Konasana: Firstly sit in long sitting position and fold your both knee and the both feet touch each other and both hands put on the thigh.



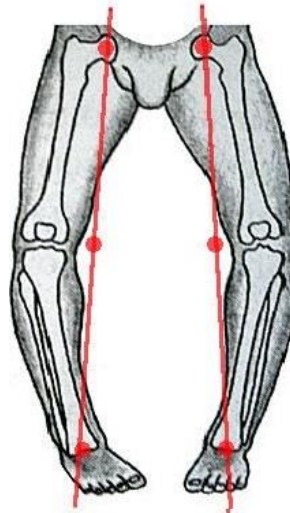
4. Upavistha konasana: Firstly sit in long sitting position and spread the both legs maximum and hold the toes and upper body slidely forward.



And so many asanas we perform for correction of knock knees such as Supported Upavistha konasana, Victory Squat, Pillow exercise.

Bow legs

Bow legs are also a postural deformities. Approximately, it is opposite to knock knees position. If there is wide gap between the knees when standing with feet together, the individual has bow legs or genu varum. In this deformities, the knees are widely apart. There remains a wide gap between knees when a bow legged person keeps his feet together. This deformity can be observed easily, when an individual walks or runs.



Causes: The main causes are Rickets, deficiency of vitamin D and calcium in diet, early childhood walking with weight and obesity.

Treatment of Bow legs through Yoga: Some asanas which help for correction of bow legs, that are given below-

1. Ardha Chakra Asana: In this asana firstly stand normally and sideward bending while one hand over the head and another hand put on the knee.



2. Ardh Matsendrasana : Firstly sit in long sitting position and one leg reach under the thigh and another leg put on near the knee, and if right leg forward while right hand put on back and another hand hold the front leg, and looking back.



3. Supta Sukhasana: In this asana, firstly lying on back and both knee fold and each legs crossed together

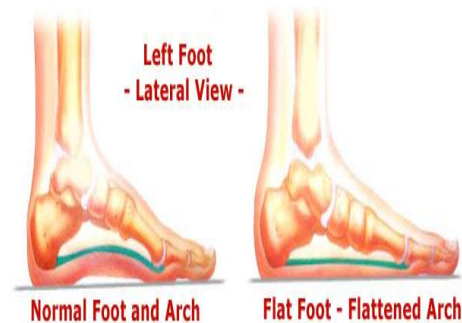


4. Parshvakonasana: First of all normally stand and then one leg forward and knee slidely band but another leg should be straight and one hand over the head and another hand put near the forward leg.



Flat foot

Our feet act as the base of support for the body in standing, walking, running and jumping. Flat foot is generally found among newly born babies but it becomes a postural deformity if it still persists during lateral childhood. The children with flat foot deformity cannot be efficient sportspersons. Such children feel pain in feet. They face problem in standing and walking. It is easy observed whether a person has flat foot deformity or not. Dip your feet in water and walk on the floor. If there is not a proper arch of footprints on the floor then you have the deformity of flat foot . in fact, there should be proper arch of the feet.



Causes of Flat Foot: The main causes of flat foot are weak muscle of foot, obesity and over weight, hereditably, poor quality shoes without sole curve.

Treatment of flat foot through yoga:

1. Tarr asana: Firstly stand erect and raise your both hand over the head and enterlock your finger and stretch your whole body.

2. Toe Crunch Asana: In this asana first of all sit in bajra asana and make a arch in the foot and body weight on the hill.





2. Candle Asana: First of all in this asana stand normally and one leg forward and hand parallel and body weight should be front and back legs ,back leg's toes touch on the ground and slidely stretched.



CONCLUSIONS

In context of the above research, it is concluded that yoga asana is the best for that treatment, correction, prevention of every common postural deformity. At present time so many instruments are discovered for prevent and treatment of postural deformities, but this is very expenditure so it is cannot use every persons. But Yoga asana is the best policy for treatment of postural deformities without expenditure. Yoga asana is the simply slow stretching exercise, so every person can be perform easily and which help maintain the good body posture that give the good personality.

REFERENCES

Lyenger, B.K.S (1982) Light on Yoga, Great Britain, Geroge Allen and Unwin.

Pratap, Vijayendra (1993) A Teacher's guide for Beginning Yoga. Akash Prokashan, Preet Vihar, Vikash marg, New Delhi

Anada, Sri, (1999) The complete book of Yoga Harmony of body and mind. Orient ;paperbacks. Maadrasha road, Kashmere gate. Delhi,

Sharma, P.D (1995) Yoga asana and Pranayama Mudra. Bandha. Bihar School of Yoga Gasnga Darshan Munger, Bihar, India.

Kappler RE (1982) Postural balance and motion patterns. J Am Osteopath Assoc.