

Effect of Yoga in Management of Changes in Kati Kasheruka with People Having Long Sitting Hours in the Corporate World

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Abstract: Nowadays, everyone is vying for a successful career and a bright future. Because of the hectic schedules that many people work in IT companies, it is becoming more common for people to take care of their health, and in the corporate world, employee back pain is becoming a major issue. The corporate sector places a great deal of work pressure on its employees, which raises employee back pain and back stiffness levels because it's a very real problem that affects people who work in the corporate world. Many people suffer from a variety of physical and mental conditions, such as cervical problems, back pain, back stiffness, sciatica, spondylitis, anxiety, depression, spin problems, etc., as a result of their modern lifestyle, which shifts from 8 to 12 hours a day to 12 hours at night. Present study is aimed to review the effect of yoga in management of changes in katikasheruka in people having long sitting hours in the corporate world. Ayurvedic classics related websites articles being consulted and reviewed for present work. By performing various asanas, pranayama, breathing techniques, and other techniques to preserve physical fitness, yoga plays a significant part in helping people feel relaxed from these types of disorders. The study assess how well these initiatives worked to improve the physical well-being of the participants, which in turn promoted a healthy organization.

Keywords: Corporate Workers, Back Pain, Back Stiffness, Backache Management Through Yoga, Work Pressure, Yoga