

# Back Pain Disorder and Yogic Management

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**Abstract:** *Yoga is a comprehensive and precisely live turned process. Yoga is a total science of strengthening and improving the physical, mental and spiritual state of being. Back is one of the most common conditions in modern society. Most of us have suffered from some time or other in our life. Yoga eases lower backpain by stretching and strengthening the muscles of the lower backpain. It increases blood circulation, which brings healing nutrients to the injured tissues. Yoga also helps maintain a natural curvature of the spine that is crucial in avoiding lower backpain. Backpain is not a disease. It's a symptom. Due to some defect in spinal column, inter-vertebral dice or muscles. The present aim of this article studied the yogic management of Back ache.*

**Keywords:** Yogasanas, Pranayama, Meditation, etc.

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