

# Effect of Yogaasanana in Chronic Low Back Pain

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**Abstract:** *Chronic low back pain (CLBP) affects millions of people worldwide, and appears to be increasing in prevalence. It is associated not only with pain, but also with increased disability, psychological symptoms, and reduced quality of life. There are various treatment options for CLBP, but no single therapy stands out as being the most effective. In the past 10 years, yoga interventions have been studied as a CLBP treatment approach. The objective of this paper is to review the current literature supporting the efficacy of yoga for CLBP. In nations with abundant resources, more than 70% of people eventually have low back pain (CLBP). However, recuperation is not always successful; 82 percent of non-recent-onset patients are still in pain after a year. Many chronic patients, whose natural histories were previously deemed to be favourable, spend months or years looking for treatment. We carried out a systematic review with the following clinical inquiries in mind: What results do oral medication treatments produce? What results does injectable therapy produce? What outcomes might non-drug therapies expect? Up until May 2007, we conducted searches in Medline, Embassy, The Cochrane Library, and other significant databases. (BMJ Clinical Evidence reviews are updated on a regular basis; for the most recent version of this review. We incorporated hazards warnings from pertinent agencies as the UK Medicines and Healthcare products Regulatory Agency and the US Food and Drug Administration (FDA) (MHRA). Our inclusion criteria were satisfied by 74 systematic reviews, RCTs, or observational studies. We graded the strength of the interventional evidence using the GRADE system. The effectiveness and safety of the following interventions are discussed in this systematic review: acupuncture, analgesics, antidepressants, back schools, behavioural therapy, electromyography biofeedback, exercise, injections (epidural steroid injections, facet joint injections, local injections), intensive multidisciplinary treatment programmes, lumbar supports, massage, muscle relaxants, non-steroidal anti-inflammatory drugs (NSAIDs), and spinal manipulation (TENS).*

**Keywords:** Chronic Low Back Pain, Specific Chronic Low Back Pain

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