

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

I. INTRODUCTION

“Kati” is derived from the root “Kat + in” meaning sareera avayava vishesham . As per Sushruta Acharya, Kati is composed of five separate bones, namely guda bhag, both nitamba and trik. Six Angas, or components, have been identified by Acharya Charaka: Shadanga shareer, four Shakha, one Adya shareera, and one Shirogreeva. One section of the Antharadhi or Madhyashareera, that resembles a cylindrical region is called Kati. Additionally, Kati is identified as Vata dosha's seat. The Kati pradesha is where Apana Vata is primarily found. The implementation of back pain reduction exercises at work is one strategy that this research suggests businesses utilize to address the health of their employees as well as that of the organization. One benefit of yoga practice, which encourages awareness of and receptivity to body sensations, may be a decrease in backache. In the modern period, a number of ailments, including back pain, are prevalent among individuals because of their unhealthy *Aahar-Vihar* (way of life). Our musculoskeletal system is strengthened in large part by yoga. This study aims to clarify the advantages of specific yoga poses for back pain.

Aims and Objectives :

To Review the effects of yoga on the degree of lower back pain experienced by practitioners as a group exercise for the body in the workplace.

1. To shed light on the current workload in a variety of corporate fields.
2. To demonstrate how employees' physical health is impacted by the work that the organization do.
3. Promote physical and mental relaxation; this increases work productivity.
4. Recite fundamental yoga poses that improve your posture when seated at a desk.

5. To illuminate Long periods of sitting can result in bad posture, which strains the muscles in the back and lumbar spine.
6. A lack of activity over time can cause muscles and joints to stiffen and lose their flexibility.

Material and Method

Ayurvedic classical textbooks like Charaka Samhita, Sushruta Samhita, and various modern textbooks have been analysed to collect material related to this topic. Other research papers were also retrieved for knowledge on the topic. The whole material was compiled and analysed to extract the essence of the subjects

II. REVIEW OF RELATED LITERATURE

Yoga is the application of science, and Ayurveda is the science. *Yajurveda* is the source of yoga, whereas Ayurveda is the *Upaveda* of *Atharvaveda* and is also referenced in the *Rigveda*. [3] In Ayurveda, the process of cleansing the body is referred to as Panchkarma, but in yoga, it is called *Sat Kriyas*. Similar to how Ayurveda explains Sadvritta and Astanga Ayurveda, the *Aachar-Rasayana* depicts *Ashtanga Yoga*. Yoga is a function of both success and failure in comparable expressions. According to *Sharira Satana and Acharya Charaka*, yoga can prevent mental projections.

Back pain is a prevalent issue that, if not properly treated, may have both physical and psychological effects on the sufferer. Back discomfort is increasingly being treated with yoga, which shows promise as a preventive measure. Exercise and rest are the cornerstones of physical therapy for back pain. One of the most prevalent musculoskeletal ailments is back pain, which affects many people at some point in their lives. Inflammation and mechanical conditions, including stenosis, prolapsed discs, and fractures, can also cause back discomfort.

It's critical to understand that discomfort in various back structures, such as joints, discs, and connective tissue, can exacerbate back pain. Back pain can also refer to pain that is caused by stiffness or tension in the muscles between the gluteal folds and the costal margin. Back discomfort involves a number of intricate structures, such as. Annulus fibrous, facet joints, paravertebral musculature, and spinal ligaments. blood vessel fibers and the roots of spinal nerves.

Causes: bending awkwardly for long periods, poor posture, muscle imbalance, lack of movement, spinal compression, strain on the back, neck, and shoulders, and twisting the body improperly.

Yogasana practice primarily aims to exercise and relax in a nearly coordinated manner without causing exhaustion.

A. Yogasana for Muscle and Spine Strengthening

1. Pawanmuktasana
2. ArdhaChakrasana

B. Yogasan for back pain

1. Ustrasana
1. 2.. Makarasana
2. Bhujangasana
3. Shalabhasana

A. Yogasana for Muscle and Spine Strengthening

1. Pawanmuktasana:

Procedure: In the base posture, let your body relax. Raise your right leg, bending it at the knee, and bring your thigh up to your chest. Hold the right leg just below the knee and interlock your fingers with both hands to bring the thigh closer to your chest. Take a big breath in, then release it while lifting your head and bringing your nose to your right knee without straining. One can touch their legs during practice instead of their nose after weeks of training. The left leg needs to be level with the ground. The last slot is this one. As long as it makes you comfortable, hold the posture for a little while. Returning to the base position requires releasing the hands and legs and placing the head back on the mat. Unwind your body.

Benefits :

- Strengthens back muscles and spinal nerves
- Beneficial in complex problems of muscles

2. Ardachakrasana:

Procedure: With the fingers pointed forward, support the back at the waist with your palms. Breathe in and extend your back from the lumbar area. Lean your head back and extend your neck's muscles. Continue breathing normally for a minute. Go back to *Sthiti* and unwind in *Tadasana*.

Benefits :

- Strengthens the spine and spinal nerves.
- Strengthens back muscles.

B. Yogasan for back pain:

1. Ustrasana:

Procedure: Take a seat in *Vajrasana*. Take a kneeling position. Put your hands on your waist and point your fingers forward. Breathe in, slant your torso back, and rest your palms on your heels. Continue breathing normally for about a minute. Breathe out as you return to *Sthiti*.

Benefits:

- It relieves back pain and throat problems.
- Helps in reducing belly and hip fat.
- Helps with digestive problems.
- It helps with heart and respiratory disorders.

2. Makarasana:

Procedure: Lay down on your stomach, flat on the ground. Elevate both your head and shoulders. Folding the arms in front of one another, raise the right arm over the left while maintaining a pointed elbow position. With the fingers contacting the inside of the elbow, maintain the right palm on the left arm and the left palm on the ground. The central point is where the right wrist is above the left wrist. Place your head there. Next, close both eyes and unwind mentally and physically. After a little while, return to the physical world and acknowledge the truth. Release your position slowly.

Benefits:

- Beneficial for back and neck pain.
- Beneficial in relaxing the body.
- Control the problems related to stress and anxiety.

3. Bhujangasana:

Procedure: With the palms closest to the last rib, bend the arms at the elbows and apply the least amount of pressure possible on them. Avoid letting the elbows split apart and instead keep them tight to one another. Breathe in and gather yourself. As much as possible, arch your neck and dorsal spine backward. Keep the body in contact with the ground below the navel. For one minute, hold the final posture while breathing normally and as lightly as possible on your palms. Return to the *Sthiti* position while releasing the breath.

Benefits:

- Beneficial for constipation.
- It reduces extra belly fat.
- Beneficial for back pain.
- Helps with respiratory disorders.

4. Shalabhasana:

Procedure: Close your hands into fists, pressing the backs of your hands down toward the floor, and tuck your thumbs under your thighs. Put both hands up toward the earth as you take a breath. Straighten both legs as high as possible while breathing, keeping your knees straight. With regular breathing, hold the posture for approximately 60 seconds. As you exhale, return to the *Sthiti* pose.

Benefits:

- Beneficial for sciatica pain and lower back pain.
- Strengthen hip muscles.
- It reduces extra fat on the thighs and hips.
- Control your body weight.
- It helps with digestion.
- Increases lung function capacity.

III. DISCUSSION

Asana practice results in several physiological, biochemical, and psychological changes in the body in addition to offering appropriate bodily positions conducive to *Dhyana* and *Samadhi* or their role in improving the physique. Some of these modifications include decreased body weight, slowed breathing, an expanded chest, elevated vital capacity, decreased blood sugar and serum lipid levels, elevated serum proteins, enhanced adrenocortical activities, and some enhanced psychological capabilities.

IV. CONCLUSION

The major causes of back pain are weight gain, poor posture, an improper lifestyle, and a few other factors. Because of the sedentary nature of modern living, back discomfort is steadily becoming more commonplace. These days, backache relief through yoga is becoming more and more popular. Pain in the upper back, lower back, and scapula, and may be very helpful to the patient, especially when used in conjunction with or instead of the recommended conventional and alternative treatments. When done safely and carefully, yoga can be a very helpful therapeutic approach for treating either acute or chronic back pain. It is also suggested in our classics that one practice *Vyayama* on a regular basis. Regular yoga practice maintains our health by strengthening our body and mind. Regular practice of the above-mentioned yoga pose develops our musculoskeletal system and can help with back pain.

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