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**Original article:**

**Effect of yogasana on non – specific low back pain**

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**Abstract:**

**Background:** The lifetime prevalence of low back pain is reported to be as high as 84%, and the prevalence of chronic low back pain is about 23%, with 11–12% of the population being disabled by low back pain. Approximately ≥90% of patients who present to primary care has non – specific LBP. Yoga therapy is a holistic practice and form of therapy that uses breathing techniques, movements, and exercises from traditional yoga, Ayurveda, and western science, and other therapy methods, to assess, treat and assist patients in regaining wellbeing.

**Aims and objectives:**  To study the “Effect of Yogasana on Non – Specific Low Back Pain”**.**

**Procedure:**  Total 40 samples were selected based on inclusion and exclusion criteria.Assessment Performa were filled.Patients were asked to mark on Visual Analogue scale for the pain intensity & oswestry disability index for back, subjects were told to fill the form as per their perception. Therapeutic modality was given.Then all the asana were taught to the patient and ask to perform for 10 times with 30sec holding with 10sec rest period in each repetition. Patient was asked to perform the procedure for 2 weeks. After that again ask patient to fill the forms according to their perception.

**Result:** Study showed there is reduction in post – intervention pain intensity as well as improvement in post – interventional functional ability after 2 week of yoga therapy.

**Keywords: NSLBP,** Therapeutic modality, **Yogasana.**