



# Health Matters



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## Back Pain Relief

Good evening everybody. We have already discussed about Cervical Neck pain and Shoulder pain in the issue dt. 4-02-2015. Now we will discuss about Back pain and Relief. At least one person in every family will be suffering from back pain. Now we will see what is the cause for back pain and what are all the precautionary measures to be taken to avoid back pain and what is the simple and effective remedial measures to treat back pain.

Even though we have discussed about Spinal Cord in the earlier issues now we will see again which is related to back pain. Spinal Cord is bunch of nerves. Spinal Column is stretching down the midline of the trunk from the base of the skull to the coccyx and protects the spinal cord. The spine, also known as the vertebral column or spinal column, is a column of 26 bones in an adult body. Behind Spinal Column our Spinal Cord (spine nerves) is safely located. It circulate energy and blood throughout our body. There are five spine regions in our body. They are Cervical region 7 vertebrae bones, Thoracic 12 vertebrae bones, Lumbar 5 vertebrae bones, Sacral (during childhood 5 bones and adult stage merge as one), Finally Coccyx (during childhood 4 bones and adult stage merge as one). Spine nerves are located behind the related vertebrae bones and it connects brain and all parts of the body and circulate energy and blood for active function in our body. Only from the spine nerves our brain communicate message to

is getting affected. By this result severe pain in the back of the body and other related areas. Now we will see how to get relief from back pain.

What is symptom during Back pain in our body?

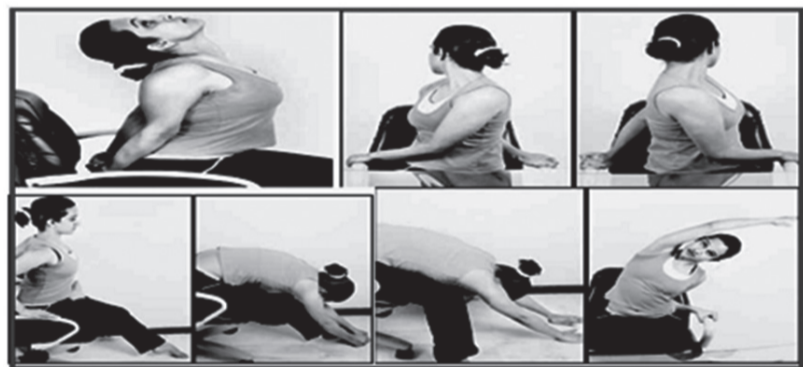
1. Weight loss.
2. Elevated body temperature (fever).
3. Inflammation (swelling) on back of the body and rupture in spine nerves.
4. Persistent back pain-even lying down or resting does not help.
5. Back pain severely spread and down the legs and below the knees.
6. Urinary incontinence
7. Difficulty urinating and passing urine is hard
8. Constipation and loss of bowel control.
9. Numbness and irritation around genital organs, buttock, and anus.
10. Over tiredness with low immune system.

What is the Cause for Back pain?

One of the reason is our irregular attitude and postures in our daily activities. Another important reason is our disease and damage in our spinal cord and related parts in our body.

Back pain caused due to Irregular physical activities and posture: -

- Bending awkwardly / Bending down for long periods/ Standing for long periods.
- Pushing something / Pulling something suddenly with irregular postures.



our body and internal organs and in turn message communication from organs to our brain. Ligament is located in between vertebrae bones and spinal cord. It is in nature with softness, flexible and elastic condition. Due to older age the ligament become inflexible with lesser elasticity, and due to wear and tear disc slip from the vertebrae bone. This leads to spine nerves are pressed by bone and blood circulation and energy movement through this nerve

- Continuous heavy physical work without any rest.
- Sitting in hunched position for long periods ( e.g.when driving)
- Lifting overweight improperly.
- Sleeping in bad mattress ( hard or very soft foam bed).
- Long driving sessions without a break (even when not hunched).
- Driving two wheeler with over speed even in speed breaker without slow.



• Constipation and excess flatulence and consume more oily and fried foods, excess smoking and drink more cool drinks.

Back pain due to disease in our body.

- Abnormal curvature of the spine like Scoliosis (கைள் முதுகு).
- Spondylosis. (degenerative changes in the spine and degenerating inter vertebral discs.) Spinal Canal Stenosis. (Spinal stenosis is an abnormal narrowing of the spinal column that may occur in any of the regions of the spine.)
- Spondylolisthesis. (Spondylolisthesis occurs when a bone from the lower spine slips forward and out of position.)
- Infection in kidney, bladder.
- For ladies infection in uterus and pelvic inflammatory disease, during menopause period,
- before and after delivery.
- If piles problem exist.
- Anykylosing Spondylitis. (Pain and stiffness in spine. Constant pain and stiffness in the

- low back, buttocks, and hip)
- Rupture and sprain in ligament (Due to lessen softness and less elasticity ligament press spine nerves)

How can we prevent Back pain:

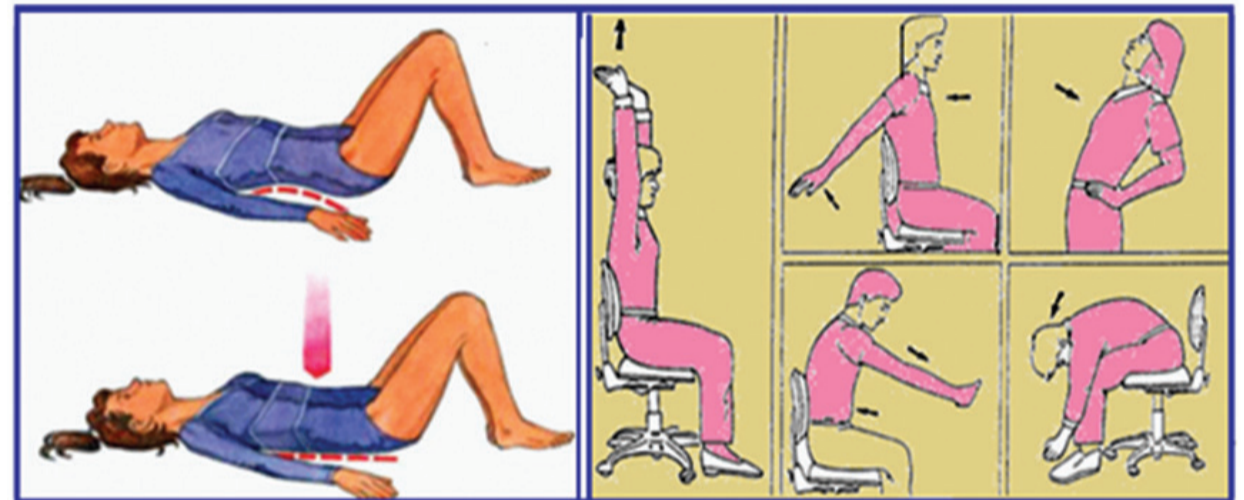
1. Weight loss and maintain a healthy body weight.
2. Eat healthy (a well-balanced, low-fat diet rich in fruits and vegetables).
3. Sit and Stand properly. Avoid sitting in the cushion sofa.
4. Learn to lift correctly. Do not suddenly bend and lifting, carrying, pulling and pushing heavy objects.
5. Exercise regularly (Aerobic exercise is especially good.)
6. Stop smoking and avoid use of alcohol.
7. Get plenty of rest and drink

8. Avoid strenuous work continuously without any break.
9. Avoid – sour, salty foods and drinks, curd, deep fried foods, Maida, Suji, pulses and various by products of pulses.
10. Avoid – Exposure to cold, cold water bath, cool drinks, violent exercises

Without proper guidance. and do not drink

10. Avoid high heel shoes and

plenty of warm water. pose. 3. Baddha Konasana: Butterfly pose. 4.Vajrasanam. 5. Vakrasanam. All the asanas should practice minimum 2-3 minutes. Breathing exercise is essential during asana. During Baddha konasana, sitting in the posture, both leg should move up and down like butterfly movement. Simple exercise, and correct posture are shown in the picture. If you practice the 5-10 seconds each,



chappal.

What are all the Test available to find our Cervical Spondylitis? X-ray, CT Scan, MRI Scan, Bone Scan, Electromyography. Physiotherapy.

What are all the Remedial measures available for Back pain? Physiotherapy/ Acupuncture/ Acupressure / Ayurvedic treatment/ Allopathic medicine for pain relief and Surgery / Home Remedy and Life Style Exercise / Massage / Yoga/ Mudra. Here we will discuss about some remedies like Yoga, Mudra, Exercise, Acupressure and Home Remedy and Life style to get relief from Back pain .

Yoga/ Mudra and Exercise for Back pain.

1. Bitilasanam and Marjaryasana: Movement like cow and cat pose
2. Adho Mukha Svanasana: Downward Facing Dog pose.
3. Ardha Chakrasana: Half wheel

regularly both morning and evening, you will get relief from back pain.

Home Remedies for Back Pain

1. Add ginger and garlic and eat regularly along with food.
2. Take 2 tsp ginger juice, 2 tsp honey and mix it and consume daily one time a day. In addition drink ginger, lemon and honey mix tea two times a day
3. Take one glass water and put some basil leaves boil it till it reduce to half and with warm drink daily two times a day. Excellent relief to back pain.
4. Take one glass warm mil add 2 tsp cuscus powder (கசகசா பவுடர்) and 2tsp sugar or honey mix it well and drink two times a day.
5. Take 50 gm of wheat and soak in water overnight . Morning add 2 tsp coriander powder, add 2 tsp cuscus powder, blend this into a paste and take 250 ml of milk in

strength to our body. Acupressure treatment for Back Pain:

In the picture acupressure points are shown. In each acupressure points give pressure by finger or pointless pencil for 20 seconds one by one. In the leg palm as shown in the picture give pressure from big toe to heel end. As noted in the home remedies warm garlic oil can apply in the area after pressure. Give pressure in acupressure points twice daily.

We have seen above, all the remedies for Back Pain. If you follow systematically, all the remedies mentioned above without fail, definitely your severity in back pain and shoulder pain will reduce and get cured. Acupressure and massage will give instant relief.

Maintain good health to enjoy healthy and happy life.

