

Contents

<i>Preface</i>	v
----------------	---

1. Low Backache **1**

Prevalence	2
Structure of your back	5
Advantages of your S-curve	15
Weight transmission	16
Movements	18
Protection	18
Low backache	23
Common low back pain	46
Various investigations in low backache	54
Drugs	59
Surgery	59
Physiotherapy	61
Adjuvant measures	62
Exercises of the back	63
Choose the right chair: Ergonomic chair	68
Standing	70
Walking	70
Yoga	92
The role of yoga in the treatment of low backache	93
Occupational backache	101
Ergonomics	101
Repetitive stress injury (RSI)	109

2. Yoga Therapy for Low Backache **110**

Challenges of the modern world—Pollution and stress	112
Stress—a modern day cure	112
Acute pain	116
Definitions of yoga	117
Streams of yoga	119
Eight limbs of yoga	121
Cardinal principles of yoga	122
Key features of yoga	122
The relevance of yoga today	122
Yogic concept of mind-body disease	123
Annamaya kosa	123

Five aspects of human existence	124
Pranamaya kosa	124
Pranayama	125
Manomaya kosa	125
Vijnanamaya kosa	125
Anandamaya kosa	125
Yogic definition of stress	126
Concept of mind-body disease	126
Yoga therapy	132
Integrated approach of yoga therapy (IAYT)	133
Therapeutic tools of IAYT	134
Practices at annamaya kosa (the physical layer)	134
Practices of IAYT	136
Practices at pranamaya kosa level	137
Practices at manomaya kosa level	138
Practices at vijnanamaya kosa level	139
Practices at anandamaya kosa level	140
Integrated yoga therapy practices (IAYT) for chronic low back pain	142
Interrogative session	147
Therapeutic session	148
Self-therapy	148
Conservative allopathic regimen	149
Physiotherapy measures	151
Massing techniques	152
Exercise therapy	157
Music therapy	158
Supportive therapy	158
Integrated approach of yoga therapy	160
Role of surgery	174
Educative session	175
EIHT (Ebnezar's integrated holistic therapy) for chronic low back pain	176
Phase I: Preparatory phase	176
Phase II: Intensive phase (modified IAYT)	177
Relaxation—instant	177
Relaxation — quick	178
Relaxation—deep	179
<i>Index</i>	181