

CONCEPTUAL STUDY OF YOGASANAS IN MANAGEMENT OF POST LSCS BACKACHE

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ABSTRACT :

Post lower segment caesarean section (LSCS) backache is one of the commonest complaints in women. The incidences of LSCS are markedly rising mainly due to modern life style like high stress full jobs, working and travelling for several hours, lack of exercise, delayed marriages. During the last decade there has been two to three fold rises in the incidence from the initial rate of about 10%. Spinal anaesthesia is preferred for its safety.

Spinal anaesthesia is a technique of introducing anaesthetic drugs into the subarachnoid space to abolish temporarily the sensory and motor functions of several groups of spinal nerves. Spinal anaesthesia recently has gained popularity for caesarean section. The change in attitude that has taken place is related to an increased awareness that regional block methods are safer for both mother and infant. Although spinal (subarachnoid) anaesthesia is the most reliable types of regional block methods, the possibility of complications has long been recognized. Among reported cases 13.2% patients suffer from low backache in post caesarean life due to needle trauma of spinal anaesthesia. Contemporary and traditional management together can improve this condition. This paper reviews the efficacy of yogasanas for relieving post LSCS backache.

Key words: LSCS, spinal anaesthesia, Backache, Yoga

INTRODUCTION: Spinal anaesthesia is used for 95 per cent of planned caesarean deliveries in the United States. [1] It is the preferred option as far as balancing risks and benefits to the mother and her foetus is concerned. Backaches related to post LSCS may result from tissue trauma during insertion of the spinal needle through the layers of skin, fat, muscles and ligaments. It's unclear whether spinal anaesthesia specifically causes back ache. Patients usually describe pain as mild soreness or aching. In rare cases, backache can signal the presence of more serious problems such as a localized collection of blood, known as a hematoma, or a localized collection of pus, known as an abscess. Once hematoma and abscess have

been ruled out, patients can manage pain with warm or cold compresses or acetaminophen. Most cases resolve within a few weeks.

Backache after LSCS may result from a multitude of causes that include posture during surgery aggravation of an existing medical condition or needle trauma during central neuroaxial block. [2,3]

SPINAL ANAESTHESIA:

Definition: Spinal anaesthesia is a technique of introducing anaesthetic drugs into the subarachnoid space to abolish temporarily the sensory and motor functions of several groups of spinal nerves.

Indication: [4]

- Any surgery below the level of umbilicus.

Contraindication: [4]

- Infection at the site of injection
- Hypovolaemia
- Bleeding tendencies
- Sever stenotic valvular heart disease

Complication of spinal anaesthesia:[4]

a. Minor Complication:

- Hypotension
- Bradycardia
- Postdural puncture headache
- Respiratory depression
- Retention of urine
- Backache

b. Major:

- Infection – Arachnoiditis, meningitis
- Nerve injury- cauda equine syndrome

Pain sensitive tissue in the spine: [4]

- Skin
- Subcutaneous tissue
- Supraspinous ligaments
- Interspinous ligaments
- Ligamentum flavum
- Dura and arachnoid

CAESAREAN SECTION: [5]

Definition:

It is an operative procedure whereby the fetuses after the end of 28th week are delivered through an incision on the abdominal and uterine wall.

Indication:

- Central placenta praevia.
- Contracted pelvis or cephalopelvic disproportion.
- Pelvic mass
- Advanced carcinoma cervix.
- Viginal obstruction.
- Fetal distress ,dystocia, nonprogress of labour,
- Malposition & malpresentation

- Hypertensive disorders like severe pre-eclampsia, eclampsia.

- Previous caesarean delivery.

Common Causes Of Backache In Women: Back pain is not specific disease but rather a complaint that may be caused by a large number of underlying problems of varying levels of seriousness.[14]

- Sprains or strains,Obesity, smoking,weight gain during pregnancy, stress, poor physicalcondition, poor posture, poor sleeping position.[14]

- Physical causes-

1. Osteoarthritis [15]
2. Degeneration of discs between the vertebrae
3. Spinal disc herniation broken vertebrae.
4. Tumour of the spine

- Medical causes-

1. Endometriosis[16]
2. Ovarian cyst
3. Uterine fibroids
4. Osteomyelitis

- Inflammatory -

1. Ankylosing spondylitis
2. Psoriatic arthritis
3. IBS

- Malignancy-

1. Bone metastasis from lung , breast, thyroid among others.

MATERIAL AND METHODS

YOGASANAS:[6,7]

It means asana is a posture which is steady and comfortable. Asana has capacity to hold the body still for longer time in a composed and peaceful state,with minimum energy expenditure. Various asana are mentioned in *yoga shastra* which can give relief from Shula. Asana is practicable, and has no side effects.

a. *Ushtrasana:[8]*

Lie on the ground face downwards, turn up the legs and place them, towards the back, catch the legs with the hands, contract

forcibly the mouth and the abdomen. This is called the *ushtrasana* (camel-posture)

Advantages:[9]

- Digestion and excretion are improved.
- Abdominal fat is reduced.
- Lungs ventilation is sought.
- Weight reduction is sought.
- Function of the liver and spleen are improved.

b. *Paschimottanasana* :[10]

Spread the two legs on the ground, stiff like a stick, and place the forehead on the two knees and catch with the hands the toes. This is called the *paschimottanasana*.

Advantages: [11]

- Strengthens the organs of the abdomen, spinal column.
- Regenerates the kidney and digestive organs.
- Relieves constipation and cures diabetes.
- Prevent the formation of fat around the stomach and back.
- Strengthens the reproductive organs.
- Stimulates the muscles around anus and pelvic region.
- Cures inflammation of prostate glands and uterus disorders.
- Cures respiratory disorders.

c. *Dhanurasana* [12]

Spreading the legs on the ground, straight like a stick, and catching hold of the feet with the hands, and making the body bend like a bow, is called the *dhanurasana* (bow posture).

Advantages: [13]

- Stimulate entire digestive system and the arch backwards.
- Enhances flexibility and strength of the spinal cord.

d. *Bhujangasana*: [8]

Let the body, from the navel downwards to the toes, touch the ground, place the palm on the ground and raise the head like a serpent. This is called *bhujangasana* serpent posture.

Advantages: [13]

- Releasing stress from neck and shoulder zone.
- Increases flexibility of the spine.

DISCUSSION: *Aasanas* can be practiced without causing any undue disturbances in their daily routine of life. *Sthiratwa guna* of asana give *bala to mansa* and *asthi dhatu*. *Vata prakop guna* like *toda, stmbha, shula* will reduce. Flexibility of muscles and joints will improve.

CONCLUSION: Post lower segment caesarean section (LSCS) backache is a lifestyle disorder that has no specific aetiology it difficult to diagnose. Contemporary and traditional management together can improve. Thus adopting a holistic treatment, good lifestyle with appropriately balanced diet and *Yoga* can prove to be an effective management for post LSCS backache.

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