

TO SEE EFFECT OF PANCHAM KRIYA IN CHRONIC LOWER BACK PAIN

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ABSTRACT

Objective

The aim of the study was to check the effect of *PANCHAM KRIYA* in chronic lower back pain.

Methodology

Total 10 subjects fulfilling selection criteria participated in the study. All of them were told about the procedure of study. All their queries were answered satisfactorily and informed consent was taken from them. *Pancham kriya* exercises were given to the participants. In the beginning of treatment, they were given VAS disability questionnaire. They were asked to fill these questionnaires. After 10 days of protocol of *Pancham kriya* exercises, they were again told to fill these outcome measures.

Result

It shows statistically significant improvement in Pre intervention or post intervention scores of VAS.

Discussion

It is important to note that *Pancham kriya* exercises are significant in the patients with low back pain than general exercises. There were greater improvements in the group that received this therapy. It is also discussed that transverse abdominal muscle, which was the focus of specific strengthening exercises programme for low back pain can significantly decrease the laxity of sacro-iliac joint.

Conclusion

Pancham kriya exercises were efficient in reducing pain and disability of low back pain patient.

Key words:- *Pancham kriya*, Low back pain, VAS.

INTRODUCTION

Low back pain is common, painful, irritative & unpleasant condition affecting the lower portion of the spine. It can be caused by injury to a muscle (strain) or ligament (sprain). Common causes for low back pain include improper lifting, poor posture, lack of regular exercises, a fracture, ruptured disc or arthritis. It can be due to prolonged sitting and laying down in one position, sometimes lower back pain can be due to some other cause e.g. osteomyelitis, ankylosing spondylitis etc.

According to the NATIONAL INSTITUTE OF NEUROLOGICAL DISORDERS AND STROKE (NINDS) low back pain is the most common cause of job related disability. Over 80% of population suffer from lower back pain during their lives mainly because of adoption of bad posture while activities of daily living

PANCHAM KRIYA is sustained movements with co-ordination and regular simultaneous movements from distal to proximal direction in lower limbs to relieve chronic low back pain. In this treatment exercises were scheduled from ankle joint to lumbosacral joints.

Aim and Objective of the study:

The aim and objective of the study is to check the effect of core strengthening exercises in low back pain.

Hypothesis:

Experimental Hypothesis:

There is effect of **PANCHAM KRIYA** exercises in low back pain with visual analogue scale and questionnaire.

Null Hypothesis:

There was less effect of **PANCHAM KRIYA** exercise in low back pain with visual analogue scale questionnaire.

METHODOLOGY

For this study method sample selection was random in which 10 subjects were fulfilling the criteria for study with **PANCHAM KRIYA** exercises to relieve chronic low back pain in females age group 20-40 years. Pre and Post intervention were noted down to get proper results and conclusions.

Study design:

Experimental study design.

Sample:

Random Sampling

A total number of 10 subjects were included for the study.

Study center:

Merchant Physiotherapy college, Mehsana, HNGU(Patan)

Inclusion criteria:-

- ✓ Females of age group 20-40 yrs.
- ✓ Females having chronic low back pain

Exclusion criteria:-

- ✓ History of surgery of back
- ✓ History of recent fractures
- ✓ History of back deformity
- ✓ History of pathologies around knee/ankle
- ✓ History of trauma
- ✓ History of steroidal medication since last months.

Outcomes measures:-

- ✓ Visual analogue scale

Procedure: 10 subjects fulfilling selection criteria participated in the study. All of them were told about the procedure of study. All their queries were answered satisfactorily and informed consent was taken from them. **PANCHAM KRIYA** exercises were given to the participants. In the beginning of treatment, they were given VAS disability questionnaire. They were asked to fill this questionnaire. After 10 days of protocol of **PANCHAM KRIYA** exercises, they were again told to fill these outcome measures.

Pancham kriya is combined and simultaneous activities for lower spine as well as lower limbs from distal to proximal direction. Activities in **pancham kriya** should be given in following sequence as under:-

(1) Ankle dorsiflexion-Plantarflexion (ankle pump)

Exercises:- They were asked to lie down on back and asked to go for Dorsiflexion-Plantarflexion at a time

Repetitions :- 5-5 repetitions and twice a day

(2) Knee flexion –extension

Exercises:- They were asked to lie down on back and asked to go for Knee flexion –extension B/L

Repetitions :- 5-5 repetitions and twice a day

(3) Hip flexion-back to starting position

Exercises:- They were asked to lie down on back and asked to go for Hip flexion-back to starting position B/L

Repetitions :- 5-5 repetitions and twice a day

(4) Knee to heel

Exercises:- They were asked to lie down on back and asked to flex both knees and asked to touch heels by opposite knees

Repetitions :- 5-5 repetitions and twice a day

(5) Pelvic rotation

Exercises:- They were asked to lie down on back and asked to flex both knees and asked to go for pelvic rotation by turning both knees one side and head towards another side

Repetitions :- 5-5 repetitions both sides

The participants were selected for the inclusion and exclusion criteria of the study. The patient should be comfortable and relaxed.

DATA ANALYSIS

Variable	VAS
Mean	2.35
Standard Deviation	1.786
S.E	0.436
T value	4.161

Conclusion:- T-value is highly significant at 1% level

Pancham Kriya exercises are highly significant for chronic lower back pain.

RESULTS

It shows statistically significant improvement in:

Pre intervention or post intervention scores of VAS.

DISCUSSION

The results of this study supported hypothesis that **PANCHAM KRIYA** exercises were significant in the patients with low back pain than general exercises. There were greater improvements in the group that received **PANCHAM KRIYA** therapy. Using the criteria of **Ferreira PH, and Rackwitz B**, also reported that specific Progressive exercises was better than ordinary medical care and treatment by a general practitioner for reducing pain. **PANCHAM KRIYA** exercises were found very effective as part of yoga also, major effects on back muscles with help of simultaneous movements to lower limbs from distal to proximal without having any side effects.

Limitations: This study was characterized by some limitations . The first common limitation was that the findings were based on short data. Another limitation was that some article did not contain much sufficient information for evaluating the quality and clinical relevance of data.

CONCLUSION

PANCHAM KRIYA exercises were more efficient in reducing chronic low back pain and disability of low back pain of patient.

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