TO SEE EFFECT OF TADASANA(MOUNTAIN POSE) IN FLAT FOOT

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ABSTRACT

Objective

The aim of the study was to check the effect of ***TADASANA*** in Flat Foot condition.

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.***TADASANA*** was 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 ***TADASANA*** 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 ***TADASANA*** is significant in the patients with Flat Foot than general exercises. There were greater improvements in the group that received this therapy. It is also discussed that Gastrocnameous & Hamstrings muscles, which were the focus of specific strengthening exercises programme for Flat Foot can significantly decrease the laxity of Knee joint & Ankle joint.

Conclusion

TADASANA is efficient in reducing pain due to Flat Foot and walking disability of lower limb in patient.

Key words:- ***TADASANA***, Hamstring, Gastrocnameous, VAS.

INTRODUCTION

Flat Foot is common,painful,irritative & unpleasant condition affecting the lower limb. it can be caused by sedentary life style, height more than normal parameters of WHO, poor posture, poor locomotion.common causes for Hamstring Tightness include ,poor posture,lack of regular exercises,a fracture, it can be due to prolonged sitting and laying down in one position,sometimes Hamstring Tightness can be due to some other cause e.g. Osteomyelitis, Rheumatoid arthritis, Osteoarthritis etc.

According to the NATIONAL INSTITUTE OF NEUROLOGICAL DISORDERS AND STROKE (NINDS) weak arches is the most common cause of above related disability. Over 53% of population suffer from planter surface and gastrocnameous pain during their lives mainly because of adoption of bad posture due to Flat Foot while activities of daily living.

TADASANA is sustained movements with co-ordination and simultaneous exercises from shoulder joint ankle joints and segment to relieve Hamstring Tightness and pain due to flat foot condition.

Aim and Objective of the study:

The aim and objective of the study is to check the effect of ***TADASANA*** **i**n Flat Foot.

Hypothesis:

Experimental Hypothesis:

There is effect of ***TADASANA*** in Flat Foot with VAS scale and questionnaire.

Null Hypothesis:

There was less effect of ***TADASANA*** in VAS with questionnaire.

METHODOLOGY

For this study method sample selection was random in which 10 subjects were fulfilling the criteria for study with TADASANA to relieve pain due to Flat Foot 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:

YOG-NIKETAN Sankul, Maharaja Sayajirao University, Vadodara.

Inclusion criteria:-

- ✓ Females of age group 20-40 yrs.
- ✓ Females having Flat Foot.

Exclusion criteria:-

- ✓ History of surgery of lower limb and ankle region
- ✓ History of recent fractures
- ✓ History of Knee and ankle deformities
- ✓ History of pathologies around knee and ankle
- ✓ History of trauma
- ✓ History of steroidal medication since last months.

Outcomes measures:-

- ✓ VISUAL ANALOUGE SCALE for pain due to Flat Foot.

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.***TADASANA*** was given to the participants. In the beginning of treatment, they were given VAS scale questionnaire. They were asked to fill theis questionnaire. After 10 days of protocol of ***TADASANA*** was given, they were again told to fill these outcome measures.

Tadasana:-

This is "*Sanskrit*" word, which means "*samasthiti*"

"*Tad*" means "Mountain and "*Asana*" means "Position"

This asana is practiced in 4 stages:-

(1) Posture is entered by standing with the feet together.
(2) Groundly evenly through the feet and lifting up through the crown of the head.
(3) The thighs are lifted, the waist is lifted and the spine is elongated.
(4) It is important as it allows the body and consciousness to integrate the experience of the preceding *asana* and to prepare for the position.

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

DATA ANALYSIS

Variable	**FASH**
Mean	**5.35**
Standard Deviation	**3.786**
S.E	**0.793**
T value	**5.091**

Conclusion:- T-value is highly significant at 2% level

TADASANA highly significant for Flat Foot.

RESULTS:-

It shows statistically significant improvement in:

Pre intervention or post intervention scores of VAS scale.

DISCUSSION

The results of this study supported hypothesis that ***TADASANA*** is significant in the patients with Flat Foot than general exercises. There were greater improvements in the group that received ***TADASANA*** 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 stretching pain. ***TADASANA*** was found very effective as part of yoga also,major effects on thigh,calf and planter surface 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

TADASANA was more efficient in reducing Flat Foot pain and disability of lower limb of patient.

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