

ABSTRACT

EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY ON LOW BACK PAIN USING ELECTRO PHOTONIC IMAGING

Background and Introduction

Low back pain is an extremely common problem that most people experience at some point in their life. One report puts chronic low back pain in different categories like nonspecific, associated with radiculopathy, non spinal and spinal etc. Because of chronic low back pain work disability and socioeconomic burden is in increase worldwide. Moreover, the psychological problem is also associated with this problem.

EPI or Electro Photonic Imaging system allows for direct, real-time viewing and analysis of changes in the energy field of human. Gas Discharge Visualization (GDV) is based on EPI principle, measures electron emission from fingertips. Variation in images correspond to changing health status in different organ system, here we determined the characteristics of these GDV images in Back pain participants.

Methods

The IAYT program was administered for 1 week on a sample of 41 participants suffering from Back Pain. IAYT included the practice like yogic sukshma vayayama, relaxation techniques, asanas, pranayama, meditation, lecture and counseling. A single group pre and post design was applied for collection of data. EPI data were taken using Gas Discharge Visualization (GDV) before and after giving 1 week of practice.

RESULT

From the Electro Photonic Imaging using GDV showed significant changes in various variables. Energy, Yin of lungs, spleen, kidney, chakras, pain intensity, systolic blood pressure, mobility of legs, Oswestry low back disability scale, were found to be significantly changed. Result of pre-

post changes shows a highly significant result ($p < 0.001$) in total male and female together. Thus, the practice of seven days IAYT programmed has affected back pain affected patients.

CONCLUSION

The results showed significant changes in Breath holding time, chakra, subtle energy, and back pain related system and also in reducing pain intensity, degree of pains, systolic blood pressure, and respiratory rate. With this we conclude that IAYT is useful in Chronic back pain and EPI technique can be used assess such changes.

Keyword

Chronic low back pain, integrated approach of yoga therapy, Electro Photonic Imaging