



ISSN 2278 – 0211 (Online)

## A New Approach to Back Pain Acharya Technique

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### **Abstract:**

*Back pain is more common amongst the professionals especially at the middle and upper managerial levels with the onset of computerization, Internet etc., more and more persons are spending long hours sitting in front of their machines and screens, straining their backs against the rule of nature. If we follow nature and our natural instincts, it is very easy to reduce and completely cure various health problems like fatigue, mental and physical depressions. With the changing health care trends nursing education must emphasize Acharya technique as a non pharmacological therapy on relieving back pain.*

**Keywords:** Acharya Technique, Back pain, Exercise

### **1. Introduction**

Frequent and repeated attacks of common backaches are the single biggest cause of absenteeism from productive work all over the world. More of sedentary workers and executives at all levels suffer from these nagging backaches. This results in the loss of millions of man hours and millions of dollars worth of production world wide annually.

The spinal column which joins the Sahara's chakra at the top spine is the central key to good healthy simple relaxation techniques which are ingrained in almost all the 84 lakh species including human beings which naturally reflex back the body to its natural god given state.

Statistics reveals that prevalence of back pain vary year to year, on 2000 40% women, 38% men and on 2005, 52% women, 56% men had back pain.(ICMR 2005)

The main causes of backache and spondylosis are muscular tension, strain of the joints , poor posture and incorrect nutrition resulting from the diabetic errors and lack of exercise, other causes include stress and strain resulting from sitting for a long time, improper lifting of weights, high heels and emotional problems which may cause painful muscle cramping. (Spine Health .Com.1999 – 2007)

This simple exercise appears to activate the various yogic charkas effortlessly without having to do scores of yogic exercise which are time consuming, tiring and require hours of daily practice for months if not years. Once you learn the Acharya technique and get all the details of dos & don'ts including some simple precautions, it can be practiced in the comfort of your home. You can then look forward to the start of a healthy, active and kicking lifestyle. (Pune Times of India .Oct. 3, 2000)

Health of the spine is the key to good health, both physical and mental, or else, man is called spineless. The burden of chronic low Back Pain on society is enormous in terms of both patient suffering and cost. Numerous treatments for low Back Pain have been advocated, but not may have been proven to be effective. As these treatments are very costly the Industrial Workers cannot afford to take such treatment.

### **2. Steps in Acharya Technique**

#### *2.1. First Step*

- Lie with your palms under your head looking at the ceiling
- Pull your feet towards you with a jerk keeping the heels firmly in the bed
- Remain in that position for a few seconds
- Take the feet side ways: left foot to the left side and the right one to the right side.
- Bring your feet together in a circular motion towards the center

- Straighten your legs holding your feet together
- Relax in that position for a few seconds
- Repeat this ten times

### 2.2. *Second Step*

- Lie with your palms under your head
- Pull your feet towards you with a slight jerk holding the feet together
- Take both the feet straight downwards with a similar jerk
- Take the feet side ways: right foot to the right side and left one to the left
- Bring your feet together in a circular motion
- Straighten the legs and relax for sometime
- Repeat this 10 -15 times

### 2.3. *Third Step*

- Lie with your palms under your head looking at the ceiling
- Pull both the feet towards you in a sudden jerk
- Hold them together tightly for a few seconds
- Slowly release the reassurance and straighten the legs and come to the original position
- Do the exercise 10-15 times

### 2.4. *Fourth Step*

- Lie on your back with your palms under your head
- Part your feet ( 4-6 inches)
- Pull your feet towards you half way
- Suddenly pull both your feet upwards
- Strike the knees gently in a sudden motion
- Hold that position for a few seconds
- Release the pressure by separating the knees
- Straighten the legs down to the original position

### 2.5. *Fifth Step*

- Adjust your position in the bed in such a way that your feet touches the wall or the wooden plank or rod of the cot
- Close your eyes
- Imagine you are stretching and becoming longer and longer
- Continue to push against the plank or wall which will push you half an inch or so backward
- Point your toes downwards as if the entire body is in a straight line
- Turn on to the side and raise yourself up to the sitting position supporting yourself with your hands

### 2.6. *Do's And Don'ts*

For preventing backaches, some important do's and don'ts are imperative. While it is not possible to list exhaustively all the do's and don'ts, we can cite a few important ones.

- Avoid constipation as it worsens backaches.
- Don't lift heavy items or push or pull them in an unscientific manner.
- Bend your knees, instead of bending your body from waist downwards, while taking up something from the ground.
- Do not get up from the bed suddenly with a jerk as it may trigger or worsen a backache.
- Always turn sideways and support yourself with your palms when rising from or coming to a sitting position.
- Then get up straight, putting your palms on the thighs above the knees using them as levers to help you get up.
- Hold yourself erect while walking

As relaxation therapy is a vital responsibility, clinical nurses have to take up the responsibility to plan a relaxation therapy session for industrial workers. Nurses should create awareness among the industrial workers and family members about Acharya technique with regard to reducing back pain. Nurses are vital sources in educating the public through health education programme.

Nurses have major role in assessing and providing necessary non pharmacological therapy (Divers ional Therapy) to decrease the level of back pain among industrial workers. The industrial workers should be assessed early and directed towards Acharya Technique. The nurses also play a vital role in disseminating this knowledge to other field of work. This in turn reduces the morbidity and mortality rates and helps to achieve healthy people 2010.

### 3. Conclusion

With the changing health care trends nursing education must emphasize Acharya technique as a non pharmacological therapy on relieving back pain. The nursing students should be taught the importance of assessing back pain using various pain scales.

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