YOGA AND ARTHRITIS

Yogacharya

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• "Arthritis" is a term referring to more than 100 kinds of diseases that affect the joints.
• Common symptoms include joint swelling, lasting joint pain, and warmth in a joint.
• The cause is mostly unknown.
• Effectively prevention involves knowing risk factors, monitoring the health, and making lifestyle changes.
TYPES OF ARTHRITIS

– Noninflammatory arthritis
  • (eg. osteoarthritis)

– Inflammatory arthritis
  • (eg. rheumatoid arthritis)

– Metabolic arthritis
  • (eg. gout)

– Infectious arthritis
  – septic arthritis, tuberculosis arthritis, fungal arthritis, viral arthritis and spirochetal arthritis

– Hemorrhagic arthritis
  – Hemophilia and Sickle cell anemia.
OSTEOARTHRITIS

- Most common type of noninflammatory arthritis
- Most common type of arthritis in general
- Cartilage wears away leaving bones to rub against each other
- Hands, neck, lower back, or large weight-bearing joints of the body are usually affected
- Symptoms range from stiffness and mild pain that come and go with activities to severe pain that continues even at rests
- Growing older is biggest risk
- Various therapies can help patients manage symptoms and improve overall quality of life
INFLAMMATORY ARTHRITIS

- Rheumatoid arthritis
- Juvenile rheumatoid arthritis
- Lupus arthritis
- Spondyloarthropathies, including:
  - Ankylosing spondylitis
  - Reactive arthritis (Reiter's syndrome)
  - Psoriatic arthritis
  - Enteropathic arthritis.
RHEUMATOID ARTHRITIS

- Autoimmune, symmetrical, poly-joint disease
- Inflammation in the joints causes pain, swelling, and stiffness that can last for hours.
- Rheumatoid arthritis can attack almost any joint in the body, including the joints in the fingers, wrists, shoulders, elbows, hips, knees, ankles, feet, and neck.
- It also attacks organs like heart, muscles, blood vessels, nervous system, and eyes.
- Medications, surgery, and lifestyle changes are among the treatment options
• Gouty Arthritis - one of the most painful.
• Most often a problem in the big toe
• Crystals of uric acid form in the connective tissue and/or joint spaces
• Swelling, redness, heat, pain, and stiffness.
• Attacks often follow foods like shellfish, liver, dried beans, peas, anchovies, or gravy
• Obesity, alcohol or some medicines like aspirin, diuretics or levodopa may worsen it
• Management aims at relieving symptoms and reduce long-term damage to the joints.
EXERCISE AND ARTHRITIS

• It is safe for patients of arthritis to exercise
• Exercise has been shown to:
  – Reduce joint pain and stiffness
  – Increase flexibility and muscle strength
  – Improve cardiac fitness and endurance
  – Help with weight reduction
  – Improves the sense of well-being
• Types of exercises
  – Range-of-motion exercises
  – Strengthening exercises
  – Aerobic or endurance exercises
ARThritis prevenTion

- Maintaining a healthy weight
  - decreases stress on knees, hips, and lower back, as well as lessens inflammation

- Eating a well-balanced, healthy diet
  - with heart-healthy foods
  - limiting fats and added sugars.
  - limiting the intake of alcohol.
  - to achieve /maintain a healthy weight.

- Exercising regularly
  - strengthening the muscles decreases the chances of developing arthritis

- Preventing joint injuries
YOGA THERAPY

- Adoption of a Yogic lifestyle
- Cultivation of Karma, Bhakti and Raja Yoga principles in daily life
- Yogic diet and proper hydration
- Adequate rest - avoiding strain on joints
- Gentle stretching and strengthening by Jattis / Sukshma and Sthula Vyayama and other breath-body movement work to restore psycho-somatic harmony
• **Gentle Hatha Yoga Kriyas**
  – Chatus Pada Kriya
  – Ardha Kati Chakra Kriya
  – Ardha Chakra Kriya
  – Pawan Mukta Kriya
  – Padottana Kriya
  – Pada Hastha Kriya
  – Navaka Kriya

• **Strengthening thigh & abdomen muscles**
  – Eka and Dwi Pada Uttanpada Asana
  – Nava Asana
  – Dhanura Asana
  – Moola and Uddiyana Bandha
• Strengthening back & torso musculature
  – Manduka, Gomuka, Sarpa, Bhujanga Asana

• Relaxing and energizing the neck region
  – Brahma Mudra
  – Mayur Mudra and Jalandhara Bandha

• Working with a partner
  – Baddhakona Kriya with partner
  – Helping push a bit more in forward bending
  – Supporting in the back bending postures
  – Helping improve range of joint movement
  – Giving isometric resistance to improve strength
• **Kriyas**
  – Kapalabhati and Kunjal

• **Energizing Pranayamas**
  – Bhashrika and Surya Bhedana

• **Pranayamas for harmony and stress reduction**
  – Vibhagha and Pranava Pranayamas
  – Nadi Shuddhi
  – Bhramari Pranayama
  – Chandra Nadi Pranayama
  – Cooling Pranayamas to balance Doshas
• Relaxation practices
  – Shavasana
  – Spandha-Nishpandha Kriya
  – Kaya Kriya
  – Tala Kriya
  – Marmanasthanam Kriya
  – Yoga Nidra

• Dharana and Dhyana
  – Mandala Dharana
  – Chakra Dhyana
  – Om Japa
  – Ajapa Japa
Thank You