



YOGA AND ARTHRITIS



Yogacharya

Dr ANANDA BALAYOGI BHAVANANI

MBBS, ADY, DSM, DPC, PGDFH, PGDY, FIAY, MD (AM)

Deputy Director,

*Centre for Yoga Therapy, Education & Research,
(CYTER), MGMC&RI, Puducherry, South India.*

Email: abbhavanani@mgmcri.ac.in



- "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





METABOLIC ARTHRITIS

- 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

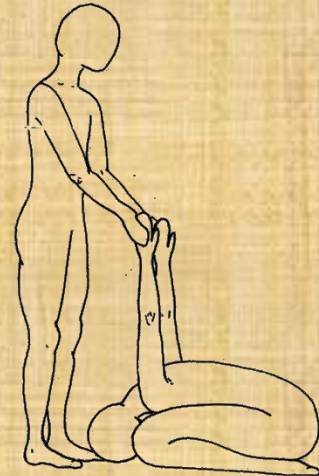
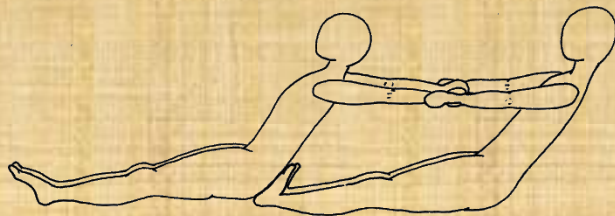
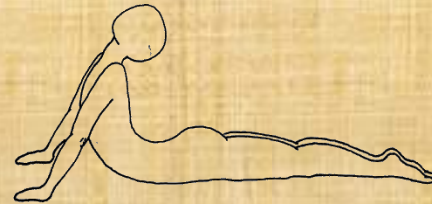
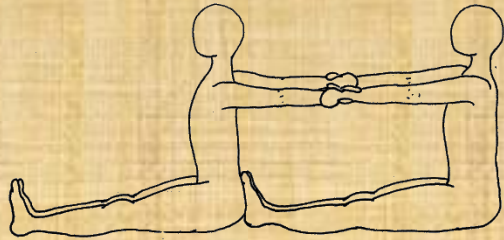
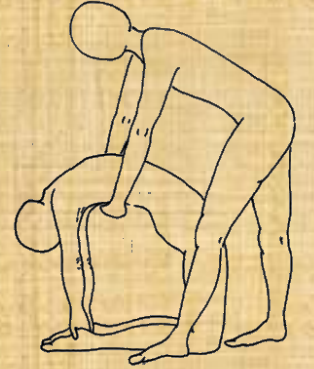
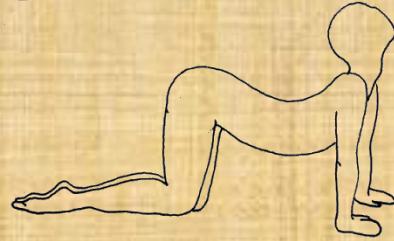
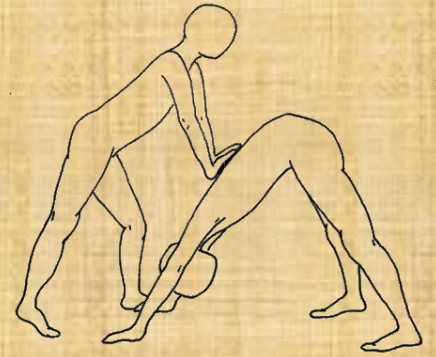
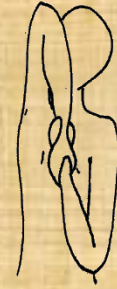
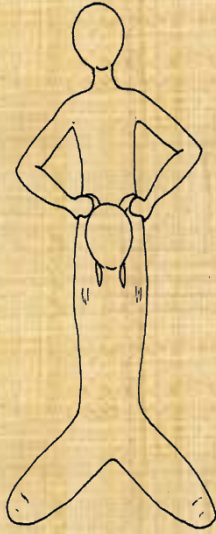






- **Strengthening back & torso musculature**
 - Manduka, Gomuka, Sarpa, Bhujanga Asana
- **Relaxing and energizing the neck region**
 - Brahma Mudra
 - Mayur Mudra and Jalandhara Bandha
- **Working with a partner**
 - Baddhakona Kriya with partner
 - Helping push a bit more in forward bending
 - Supporting in the back bending postures
 - Helping improve range of joint movement
 - Giving isometric resistance to improve strength

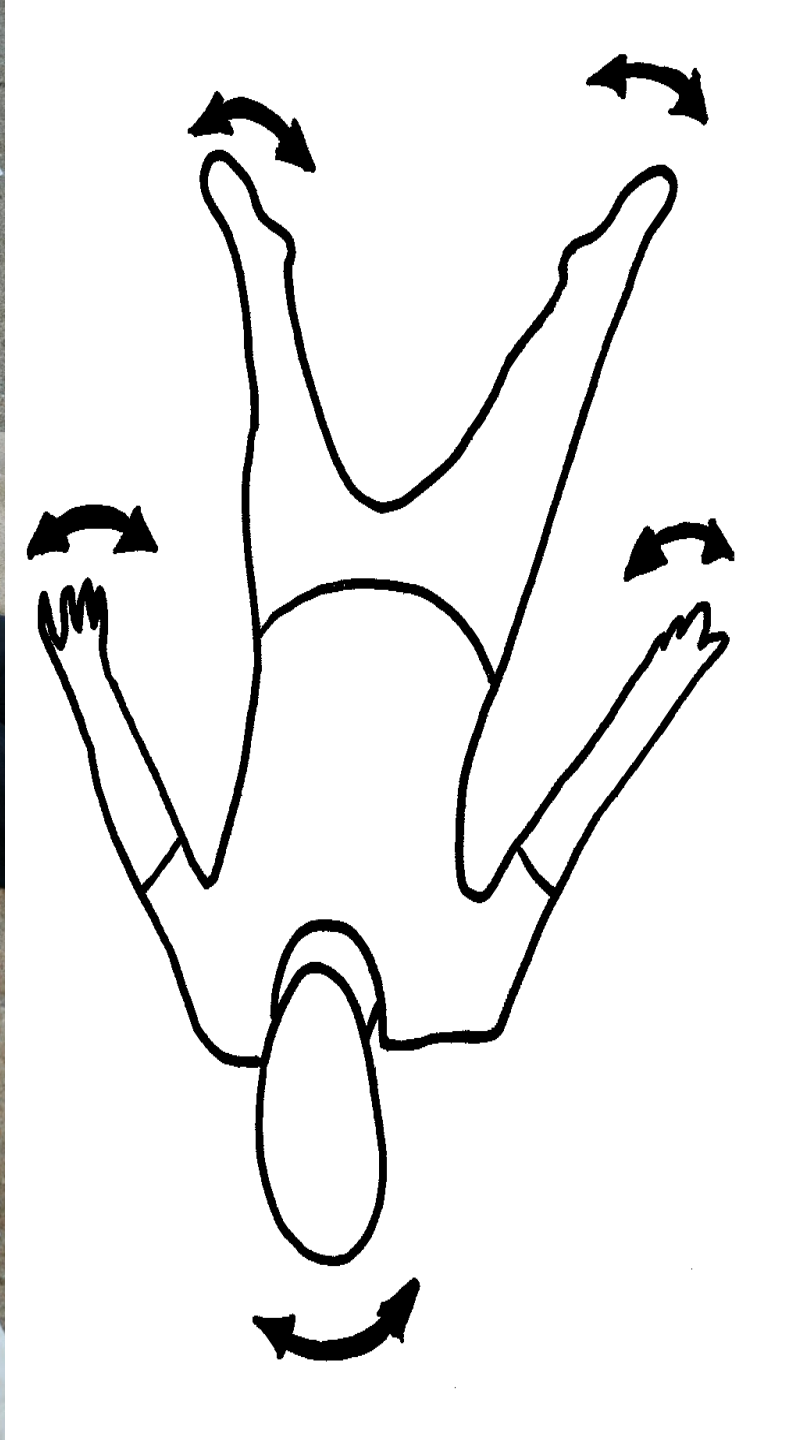






- **Kriyas**
 - Kapalabhati and Kunjal
- **Energizing Pranayamas**
 - Bhastrika and Surya Bhedana
- **Pranayamas for harmony and stress reduction**
 - Vibhagha and Pranava Pranayamas
 - Nadi Shuddhi
 - Bhramari Pranayama
 - Chandra Nadi Pranayama
 - Cooling Pranayamas to balance Doshas







- **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

