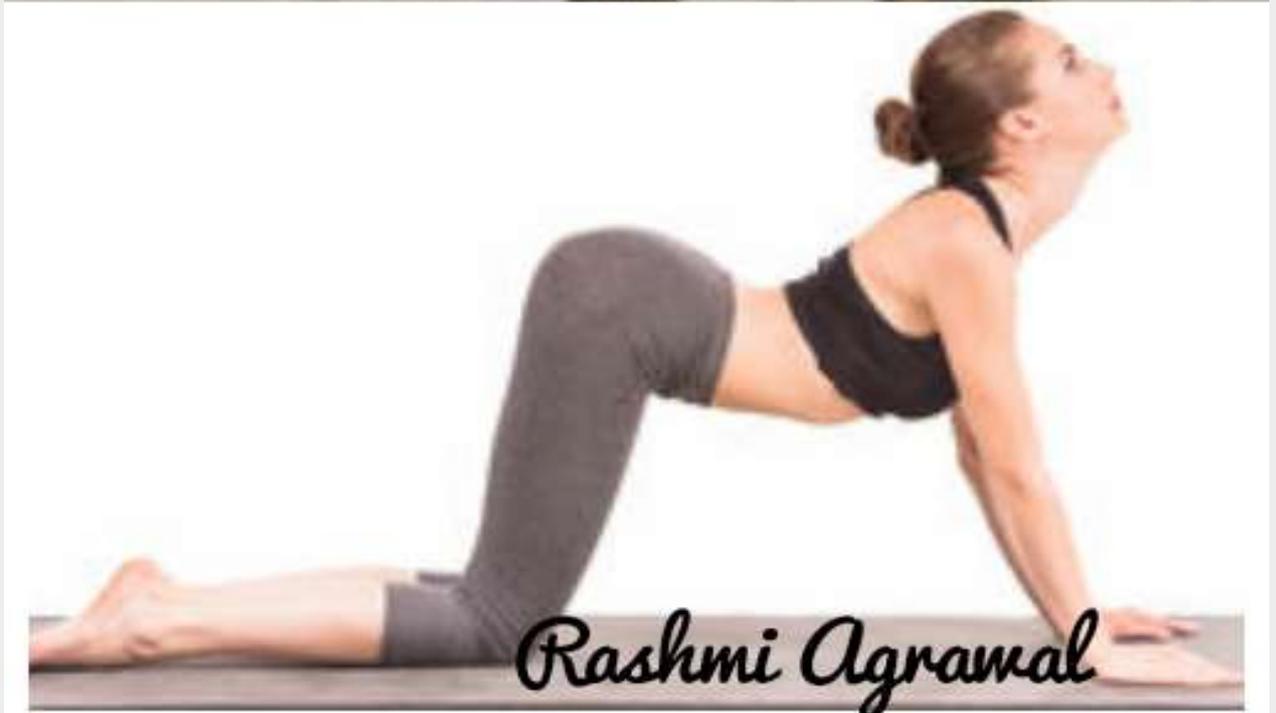


Yoga for Back Pain



Rashmi Agrawal

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About The Author



Residing on the banks of the holy Sangam, mother of two and a loving wife, **Rashmi Agrawal** is an engineer by qualification and a teacher by profession. Immensely in love with learning new skills. She researched immensely on Yoga and Mindfulness, Healthy Food and Sweet Sleep.

She strongly believes that regular Yoga Practices, develop the habit of mindfulness which enables you to choose "Better Food to Consume" and "Sleep Better at the end of the Day". This is why she is focussing on the Best "3 Ingredients 2 Live & Love Life"- Yoga, Healthy Food and Good-Sleep.

She got Yoga and Ayurveda from her family traditions in India and came up with her very own website '<https://www.yogarsutra.com>' which helps in exploring the impassioned and profound "Science of Yoga". Currently, she works as a Health, Yoga, and Productivity expert with thousands of viewers on various platforms and guides the people in her community. The website serves as a medium to brighten the scientific and logical side of yoga.

Rashmi can often be seen watching and loving birds and digging deep to plant a new sapling in her garden.

Books By Rashmi Agrawal

1. [A Complete Book On Office Yoga \(A Practical Chair Yoga Guide\)](#)
2. [Behind The Brain Beyond The Books \(A Book On Student Brain-Focussing Yoga\)](#)

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[AUTHOR CENTRAL](#)**

Dedication

This book is dedicated to my parents. Both of you are my inspiration for everything I do and achieve.

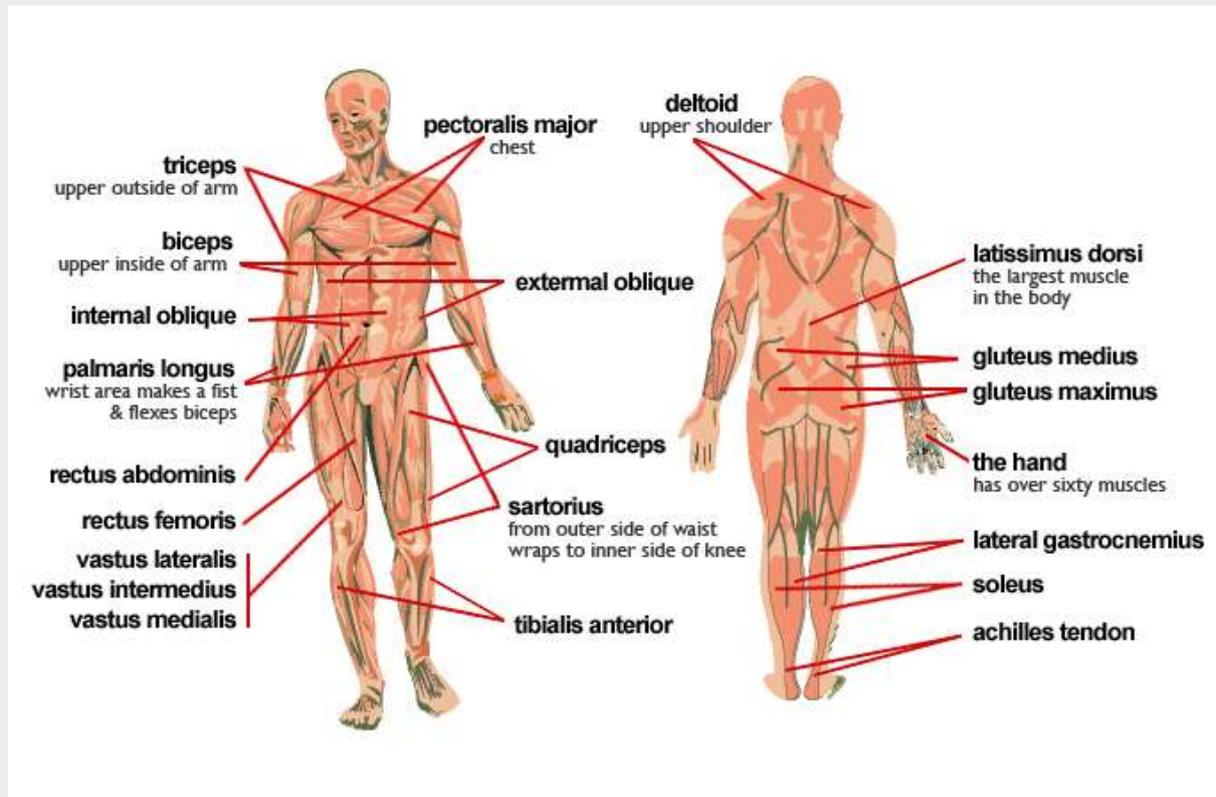
I'd also like to dedicate this eBook to you and everyone else who believes in the power of Chakra, Yoga and this beautiful universe! I believe we live under a unified force and there is a universe inside us!

"Immensely in love with my Husband, Children, and Readers."

Rashmi Agrawal

Muscles in Your Body

P.S.-Different yoga postures contribute towards different muscles group in your body. Refer this diagram to better understand the anatomy of each pose, described later in the book. Learn more about the muscles [here](#).



Credit: <https://www.sciencelearn.org.nz/images/2363-muscles-in-the-body>

DIAGRAM A

Hello yogis! Today I am taking some pain to write about back pain. Yes, writing about pain is indeed painful. So is the reading. But, if you are in pain at this time, will start feeling great soon. In this eBook “**Yoga For Back Pain**” you will be served some deep insights on back pain- the causes, preventions, and “YOGIC CURE” for your ailing back.

Back pain exists everywhere- from my home to yours. Parents, in-laws, aunt-uncle, everyone seems to have contracted some kind of back pain. Children being the only exceptions, Thank God!

An estimated 10% of the world’s population suffers from pain in the lower back. According to a [recent study](#) by the Annals of Rheumatic Diseases, one in ten people around the world are afflicted with LBP making it the world’s leading cause of disability.

So if you’re dealing with **back pain**, regular yoga may be just what the doctor had suggested. Yoga is a mind-body therapy that’s often recommended to treat not only back pain but the stress that accompanies it. The appropriate poses [can relax and strengthen](#) your body.

Practicing yoga for even a few minutes a day can help you gain more awareness of your body. This will help you notice where you’re holding tension and where you have imbalances. You can use this awareness to bring yourself into balance and alignment.

Keep reading to learn more about how these poses may be useful in treating back pain.

9 Common Types of Back Pain, You Should Be Aware Of

BACK PAIN YOGA CURE

*The Series - Yoga
For a Super Healthy
Back @2019*



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9 Common Types of Back Pain



Sciatica

Fibromyalgia

Osteoporosis

Arthritis

Pinched nerve

Pregnancy

Referral Pain

Cancer

Slip disc



Our back is a complex system of muscles, bones, cartilage, and nerves. Age, weight, lack of fitness are some of the causes of back pains. It's important to be alert and exercise, regularly. Maintain a healthy weight and avoid lifting heavy objects. Since the back is involved in almost all of our daily activities, it can get injured pretty easily.

[Sciatica](#)—The sciatic nerve, which starts in the lower back and runs down the back of each leg—becomes pinched and creates lower back pain and a sharp pain in one or both legs, especially when sitting.

[Fibromyalgia](#)-Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that [fibromyalgia](#) amplifies painful sensations by affecting the way your brain processes pain signals

[Osteoporosis](#)-Menopause and other age-related factors deplete calcium and phosphorous present in the bones. Brittle, weak bones may break or collapse and create compression fractures.

Arthritis— When the discs in the spine lose their ability to absorb shock, the bones rub together and create bone spurs.

Pinched nerve— The nerve is pressed right up against the bone or muscle groups.

Pregnancy— Extra weight in the front can put a lot of strain on the back and cause a back-ache.

Bulging or slipped disc— One of the soft discs between the vertebrae extends out over the edge.

Referred pain— Intense pain in another part of the body may cause pain in the low back or groin. This is a common symptom of kidney stones, for example.

Cancer— Cancer of the spine or in nearby organs may trigger [back pain](#).

7 -Ways You Can Soothe Acute Back Pain at Home

What if all of sudden your back starts soaring at the time an important meeting is fixed? Or maybe visiting a doctor too frequently is not in your habit (just like me!). Following are some remedies to get you going instantly. But in any case, don't overlook the symptoms of pain for longer. If condition prevails, you may need to take an appointment with a doctor.

AN ANTI-INFLAMMATORY AS A FIRST-AID

Like naproxen or ibuprofen. Since inflammation is a common cause of acute back pain, taking an anti-inflammatory is the best first-aid.

CHECK YOUR TIME ON THE BED

Resting a day or two is rewarding. But a sedentary lifestyle can further deteriorate the condition. Gradually trying to step into your daily routine can be more healing.

MIND YOUR SLEEPING POSTURE

Love to lie on the back? Slip a pillow under your knees to reduce stress on the back and spine. Want to switch on sides- place a pillow in between the knees and curl your legs up toward the chest.

“Sleeping on the stomach is generally not recommended as this almost always leads to hyperextension of the back,” says Dr. Chang. [Learn more about how your sleep position impacts your health.](#)

HOT AND COLD COMPRESSION

Cold compresses work best if your back is inflamed. Signs of inflammation in the back include swelling and feeling hot and sensitive to the touch. Alternatively, heat therapy works best for stiffness by increasing blood flow to the area.

TRY RESTORATIVE YOGA POSES

[Restorative yoga poses](#) are the best when you are in pain.

[Always use supports to cause less strain on the back.](#) Avoid poses that strain the back.

LOOK FOR A GOOD PHYSIOTHERAPIST

Yes, good not an average one. You can point him/her from a long queue of visiting patients. “The goal of physiotherapy for managing back pain is to show you the proper stretches, and pain management techniques to avoid aggravating the pain further.

REVIEW YOUR MATTRESS

Yes, you may have this achy back because of your mattress. According to the National Sleep Foundation, 63 percent of people say that their back pain improved after getting a new mattress.

“Depending on how firm or how soft the mattress is, it may put your spine out of alignment”. Finding a right mattress is crucial in curing your back pain.

Why Yoga is The Best Practice to Heal Your Back Pain

The magnitude of suffering from any kind of pain may heighten because of perception.

Negative [psychological](#) and emotional factors don't necessarily change the physiology of the back, but once coupled with negligence in nutritional intakes and a sedentary lifestyle, may cause havoc on overall health.

Role of mental factors may be further. Psychological and emotional factors are the primary influence in the sensation of pain and can physically alter the body.

For various reasons, high stress and negative emotions may actually cause back pain, especially in lower back and hips area. This is the main reason why hips-opener yoga poses result best in coping up stress and anxiety.

Yoga enables you to concentrate your energy on breathing and maintaining posture. The systematic breathing increases oxygen flow to the brain and sets a rhythm within the body and mind.

Further, this action added with [mindful-meditation](#) has the power to alleviate [stress and anxiety](#), therefore, easing back pain caused by psychological and emotional factors.

Thus, reducing the perception of the pain ([through yoga and meditation](#)) can reduce the overall feeling of [back pain](#).

UNDERSTANDING THE HEELING-MECHANISM OF YOGA

Yes, it is crucial at this point to understand the mechanism behind Yoga-science of yoga! For an in-depth understanding, please check [YOGA BY ANATOMY](#).

Yoga Poses work in two ways:

- **Strengthening from holding yoga positions**

Hence providing your core big strength.

Yoga poses such as the [downward facing dog](#), [cat and cow pose](#), [cobra pose](#), [plank pose](#), just to mention here, gently strengthen the muscles in the back, as well as the abdominal muscles.

Back and abdominal muscles are essential components of the muscular network of the spine, helping the body maintain proper upright posture and movement. When these muscles are well conditioned, back pain can be greatly cured.

- **Stretching and relaxation from yoga**

Hence relaxing your muscles.

Yoga postures incorporating stretching and relaxation such as [forward fold](#), [child pose](#), and [diamond pose](#) to name a few. These poses reduce tension in stress-carrying muscles. You may require to hold gentle poses anywhere from 10 to 60 seconds or 3 to 4 breaths. While in a posture, certain muscles flex, while others stretch, promoting relaxation and flexibility in muscles and joints.

Best Yoga Poses to Strengthen Your Core and Alleviate Back Pain

Following yoga poses, if done regularly, will make your core and overall body strong enough to keep you ache-free.

P.S. - Please click the name of each pose to download the 'Yoga Pose Tutorial'.

Download [Cat and Cow Pose](#)



Muscles worked in cat and cow pose

- erector spinae
- rectus abdominis

- triceps
- serratus anterior
- gluteus maximus

Download [Downward facing Dog Pose](#)



Muscles worked in downward facing dog pose

- hamstrings
- deltoids
- gluteus maximus
- triceps
- quadriceps

Download [Extended Triangle Pose](#)



Muscles worked in extended triangle pose

- latissimus dorsi
- internal oblique
- gluteus maximus and medius
- hamstrings
- quadriceps

Download [Cobra Pose](#)



Muscles worked in cobra pose

- hamstrings
- gluteus maximus
- deltoids
- triceps
- serratus anterior

Download [Locust Pose](#)



Muscles worked in locust pose

- trapezius
- erector spinae
- gluteus maximus
- triceps

Download [Bridge Pose](#)



Muscles worked in bridge pose

- rectus and transverse abdominis
- gluteus muscles
- erector spinae
- hamstrings

Download [Half Lord Of Fish Pose](#)



Muscles worked in half lord of fish pose

- rhomboids
- serratus anterior
- erector spinae
- pectoralis major
- psoas muscles

Download [Lying Spinal Twist](#)



Muscles worked in spinal twist

- erector spinae
- rectus abdominis
- trapezius
- pectoralis major

Download [Pigeon Pose](#)



Muscles worked in pigeon pose

- Psoas major
- Iliacus
- Quadriceps
- Pectoralis major
- External oblique

This is it yogis, Your Starter Kit for **Back Pain Yoga Cure**. I hope it will help it alleviate your back pain. For more details and insights keep visiting www.yogarsutra.com.

**[Yoga Novice](#)? Don't worry, Start from [here](#).

Thank You 

Thanks for trusting me, reading this eBook and believing in immense power of YOGA!

Namaste,

Rashmi Agrawal

Founder of Yogarsutra

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