



## Can yoga treat back pain?

Do you sit in front of your computer for hours at a stretch? Do you also suffer from back pain and aches? You're not alone. 60% of India has reported suffering from back pain, especially lower back pain.

If not given the right amount of attention and care, back pain can cause significant discomfort in our day-to-day lives and even lead to chronic pain and posture issues. Our backbone protects the spinal cord which houses the nervous system. Taking care of your back is key to a healthy body and mind.

Some of the main causes of back pain are:

- Bad posture
- Nutrient deficit diet
- Stress
- Sedentary lifestyle



## Can yoga treat back pain?

Yes, and it is definitely worth a try. If done correctly and with proper guidance, you can use [yoga exercises for back pain](#) relief, cure, and prevention. "Yoga helps strengthen and stretch back muscles that might be tight, which improves mobility," says Dr. Lauren Elson, medical editor of the Harvard Special Health Report. There is only so much painkillers can do. If you're looking for something more long-term, yoga can help you.

Yoga is an ancient Indian practice that is now growing increasingly popular worldwide. It combines postures, poses, and breathing techniques to align your body, mind, and spirit. Ideal for maintaining back strength and flexibility, if done regularly and correctly, yoga can be a saviour for anyone facing back pain.

## Yoga exercises (asanas) for back pain:

1. Hasta Padangusthasana (Hand leg toe pose)- great for aching lower back muscles. Results in an extreme stretch of your posterior muscles bringing suppleness to your spine.
2. Hasta Padangusthasana wall support variation- targets lower back muscles and helps loosen knots and release tension.
3. Bhujangasana (cobra pose)- helps to correct minor displacement of the vertebra. It stretches and activates the spine. This posture stretches your torso, shoulder, and neck.
4. Supta Vakrasana (reclining spinal twist pose)- helps release stiffness of back muscles and vertebrae. Regular practice will help correct your posture as well as relieve lower back pain arising from sitting for long hours or sitting in a slouching position.
5. Yastikasana (stick pose)- helps improve the emotional aspect of back pain by helping lower stress and alleviate anxiety and depression.
6. Half standing forward bend- gives strength to your back, shoulder, and neck and also releases stiffness instantly. Regular practice can help to stretch and tone the spine.

These are some yoga exercises that can certainly relieve you of your back pain. Make sure to consult with a doctor in case of any injury before trying these.