



Effect of Selected Group of *Asanas* on the Patients with Cervical Vertigo

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ABSTRACT:

One of the most prevalent issues among patients in their middle years is vertigo. The existence of so-called cervical vertigo among the different causes of dizziness is still debatable. Based on the research of cervical vertigo was once believed to be caused by aberrant input from cervical sympathetic nerves. Later studies discovered that sympathetic stimulation has no effect on cerebral blood flow. Some studies made the hypothesis that diseases of vertigo of cervical origin can be associated to aberrant sensory input from the damaged joint receptors of upper cervical areas. Additional research revealed that cervical intervertebral disc disease appears to be the source of cervical vertigo. According to recent studies, vertigo of cervical origin may be associated to the in growth of many Ruffini corpuscles into degenerative cervical discs. Generally, the symptoms of Vertigo are not visible at the initial time, some time people consider it as epilepsy or brain related disease, first of all, it is necessary to diagnose and treat it properly. *Yoga* is an alternative therapy for any kind of cervical related problems, in which some special *Asanas* like *Bhujangasana*, *Dhanurasana*, *Makarasana*, *Ardhamatsyendrasana*, *Akaranadhanurasana* and *Pranayama* such as *NadiShodhan*, *Bhramari*, and *Udgeetha*. Which is helpful in this type of pain, it has been seen from many studies that yoga may work as a shield for spinal card related problems.

Keyword: Cervical vertigo, Lifestyle, *Yogasana*. *Bhujangasana*

INTRODUCTION

Vertigo is a common presenting complaint in primary care offices and emergency departments. It is a symptom of vestibular dysfunction and has been described as a sensation of motion, most commonly rotational motion. It is important to differentiate vertiginous symptoms from other forms of dizziness, such as lightheadedness, which is most often associated with presyncope. Vertigo affects all ages. In younger patients, middle ear pathology is most

often the cause. In the elderly, specific assessment is needed due to the risk of falls and their complications. Vertigo commonly presents in both primary care setting and emergency departments.¹ It is a sign of vestibular dysfunction and it has been described as a sensation of motion, most frequently circular motion. Vertiginous sensation must be distinguished from other types of faintness, such as giddiness, which is most frequently



linked to presyncope everyone can get vertigo affects all ages. In younger patients, middle ear pathology is most often the cause.^{1,2} In elderly persons, specific assessment is required due to the risk of falls and their complications. The initial goal in diagnosis is determining whether or not the patient is truly experiencing vertigo, since most patients will list dizziness as their primary complaint. To obtain true vertigo sign and symptoms, a doctor may ask, "Does it feel like the room is spinning around you?" Once vertigo has been identified, a thorough history helps the provider differentiate between a central and peripheral etiology. Eliciting a time course of symptoms is one of the best ways to determine the underlying etiology. For instance, recurring vertigo lasting a few minutes or less is often associated with benign paroxysmal positional vertigo.³ A single episode lasting minutes to hours can be caused by a vestibular migraine or even a more serious underlying diagnosis such as a transient ischemic attack. More prolonged episodes can be seen in both peripheral and central causes such as vestibular neuritis or stroke.

A patient sits on an exam table facing forward with eyes open, and the provider turns the patient's head 45 degrees to the right⁴ The provider continues to support the patient's head while the patient lies back quickly to a supine position with the head hanging about 20 degrees off the end of the table⁵ The patient remains in this position for 30 seconds before returning to the upright position, where they are observed for another 30 seconds. This maneuver is repeated with the head turned to the left. The test is positive if, at any point, the maneuvers produce vertigo with or without nystagmus.⁶

MATERIAL AND METHODS

The literary material related to *cervical vertigo, and yoga asanas* has been collected from different textbooks and modern medical books, critically reviewed.

Pathophysiology

The vestibular systems asymmetry is what cause vertigo as a symptom. A central disruption in the brainstem and cerebellum can cause asymmetry, as can damage or dysfunction in a peripheral system like the vestibular labyrinth or vestibular nerve. The central nervous system adapts within a few days to a few weeks, so even though there may be a permanent vestibular disturbance, the feeling of vertigo is never permanent. Vertigo may result from tumors. The most frequent lesion in the cerebellopontine angle is schwannoma. The most frequent extra axial tumors in adults are a meningioma. It is the

cerebellopontine angles second most frequent lesion. The two primary tumors of the jugular foramen are glomus jugular are and jugulo tympanicum, which are tumour of the chemoreceptor system. Patients should take metastatic disease into account.^{5,6}

Impact of yoga on common lifestyle in current scenario

In recent decades, life style is most important factor of health is more focused by researchers. According to WHO, 60% of related factors to everyone's health and quality of life are correlated to lifestyle.⁷ in today's busy times, people are not able to connect with themselves properly, far from being social. They earn delicious food and luxury life only by keeping them at the center, if this is said then perhaps there will be no exaggeration. Trying to explain the style of life through research can be very important for the society. The real nature of life was quoted by our forefathers in the texts of *Vedas, Upanishads and Ayurveda* in which *Hita Bhuk, Mita Bhuk, and Rita Bhuk* are discussed. *Maharishi Gheranda* also suggested filling one-third of the stomach with water and one-fourth with air. Majority of the people follow unhealthy lifestyle. Hence, they face illness, disability and even death. Problems, like metabolic disease, joint pain, skeletal problems, cardio-vascular disease, hypertension, overweight, sleep problem, stress and so on, can be caused by an unhealthy lifestyle.⁸ the relationship of lifestyle and health should be highly considered. If everyone on earth exercised sufficiently starting tomorrow, the average healthy person's life expectancy would likely rise by almost a year. Indian culture includes *yoga* real solace comes from being well happiness requires healthy physical and mental state as well as mental contentment *yoga* is a daily habit that brings enormous joy and peace of mind to those who practice it.⁹ anyone from any career can experience prosperity and pleasure via *yoga*. *Yoga* improves interpersonal relationship at home and society because it cause appropriate behavioral and attitude adjustment in a person. This is the rationale behind why western nations are increasingly adopting *yoga* related aspects of the Indian way of life. They are aware that practicing *yoga* help they manage their stress and a healthy, fulfilling life.¹⁰ Achieving connection and harmony between our mind, and soul as well as the ultimate merger of our individual consciousness with the universal consciousness are the goals of the psycho-somatic spiritual practice of *yoga*.¹¹ *Pranayam* derives from the *sanskrit* world *Ayama*, which means to prolong, and *prana*, which means vital power or life energy.¹² one kind of meditation called transcendental meditation include letting the mind naturally linger on a string of words that the meditation

teacher has provided. If the mind wanders, it may do so until it comes back to the change. When someone practice *yoga* with a yogic attitude (attitude of patience, consistent practice) and conquering difficulties inside oneself, namely trouncing lethargy wrath, delusion, and longing to be different. *Yoga* is not only popular in India but also in western countries.¹³

Mechanism of *Yogasanas* and *Pranayama*: Naturally, depending on the nature of performance the results will vary. When *asanas* are practiced using isometric or isotonic muscle contractions and when they are carried out in according with tradition, the mechanism involved will differ. We all agree that when someone learns an *asanas* for the first time or practices it for a few days to become accustomed to it, the muscles, joints and tendons experience some discomfort, at least at the beginning. This is due to the limited amount of stretching and bending that the muscles and joints are undergoing. To achieve the final position, one may contract or stretch a little bit farther. Several specific postures that target the spinal column although practically all cultural *asanas* have a vertebral spine- related effect, the focus of this particular set of *asanas* is on the joints, ligaments, muscles, and nerves that are connected to the vertebral column. *Bhujangasna*, *Dhanurasana*, *Ardha-matsyendrasana*, *Chakrasana*, *Ushtrasana*, *vajrasana* are a few examples. We are aware that the respiratory system employs a number of reflex mechanisms to function automatically. The depth and rate are automatically maintained in according with the body's changing demands for oxygen. Now, the entire breathing process altered when we make so many alterations to our breathing during *Pranayama* we'll now talk about the physiological changes brought on by variations in breathing during various *Pranayama* phases.¹⁴

Impact of *Yogasana* and *Pranayama* of cervical vertigo: Chronic pain conditions such as cervical pain, vertigo problem, low back pain, knee pain, are highly prevalent youngster due to irregular life style. Chronic pain significantly affects the mental health, sleep and quality of life among youth. Some yogic practices work on the nervous system and strengthen it. *Yoga* works on the sympathetic and parasympathetic nervous system and helps to improve the blood circulation to the head and other parts of the body. *Yoga* is unique form of exercise that integrates the body, breath and mind into one restorative practice. In this system of healing four basic principles are defined which underlie the theory and practice of *yoga*.¹⁵ Based on the numerous benefits

DISCUSSION

The main goal of the study was to determine how *yoga asanas* and *Pranayama* programs affected a certain group of physiological variables, such as stress and cervical vertigo in individuals who were not demonstrated that the subjects chosen physiological characteristic improved significantly as a result of practicing *yoga asanas* and *Pranayama*. The appropriate planning is responsible for the changes in the chosen parameters he certain and delivery of the aforementioned training programs.

CONCLUSION

Yoga can reduce the severity of cervical pain and vertigo problem, improve pain related functional improvement, and increase quality of life. However, we draw a very cautious conclusion about this because it was challenging to compile a thorough synthesis of all the sources due to the *yogasanas* and *Pranayama* groups. Based on the results we draw the conclusion that, when combined with conventional medication, a specific set of *yoga asanas* and *Pranayama* exercises performed as part of a home based program can help person with cervical vertigo reduce their pain and level of handicap. To prove this as a therapy option, additional through, comparable, and multi centric trials are needed. In shorts, current research has found that *yoga* is beneficial therapy for cervical vertigo.

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