

## Benefit of Trifala and Ghee in Chronic Low-Back Pain with Yoga

Snehal V Bidwai<sup>1\*</sup>, Sharada T Deshmukh<sup>1</sup> and Vihar Bidwai<sup>2</sup>

<sup>1</sup>Department of Swasthavrutta, Ayurveda Mahavidyalaya, Pusad, India

<sup>2</sup>Department of Shalyatantra, Ayurveda Mahavidyalaya, Pusad, India

Correspondence should be addressed to Snehal V Bidwai, Yoga Teacher, Department of Swasthavrutta, Ayurveda Mahavidyalaya, Pusad, India

Received: March 10, 2020; Accepted: April 24, 2021; Published: October 1, 2021

### ABSTRACT

#### OBJECTIVE

Wealthy is more needed that is associated to conditions can not destroy it. Earning a lot of money is different condition, which makes rich only than another. Living wealthy, that is learn by only few people. So, many times we heard "get rich as early as possible," but you will never hear "get wealthy as early as possible."

So many studies have reported on chronic low-back pain associated with performing set of yoga that may help reduce pain. Some studies also suggest yoga nothing but other forms of regular exercise which gives more benefit likes reducing heart rate, reduce blood pressure, relieve anxiety and depression. It had mixed results and benefits.

#### MATERIAL AND METHODS

Here, we done randomized control study. The patients divided in two groups Group A. 30 patients followed by yoga only. Group B. Another 30 patients followed by Trifala and Ghee and yoga. This study followed for the three months.

#### RESULTS

Trifala and Ghee and yoga give a reliable and more benefit to improve the immune system of the patients and completely reduced the chronic low-back, joints pain, and make the patients healthy.

#### CONCLUSION

Trifala and Ghee followed by yoga gives more benefit to patients which are associated to live wealthy.

#### KEYWORDS

Yoga; Trifala ghee; Low-back pain; Immune system

**Citation:** Snehal V Bidwai (2021) Benefit of Trifala and Ghee in Chronic Low-Back Pain with Yoga. Int J AAYUSH Trad Med 1(1): 1-4.

## **INTRODUCTION**

Adolescents are suffering from LBP which is associated with highest rate of incident in the third decade of life worldwide. There are so many risks factor such as various risk factors such as obesity, smoking, family history, stress, and exercise have been described and other are listed below. This study was conducted because there is need to take care of low back [1,2].

The low-income country like India and others, the people are busy in physical work to earn something that is main cause and increase the risk of low back pain [3].

Low back pain is discomfort feel when pain in the lower region of the body of back. It may be lower stiffness or back side stiffness. It is associated to decrease the activity of the back side. It also shows difficulty in standing. If lower back pain stays for long time, then it called as chronic low back pain. We heard frequently about the lower back pain, everyone complaints about it. But still there is not any kind of specific reason known [4,5].

Because of any single reason, it is not possible to cause back pain. But it may cause because of some or many wrong activities like weightlifting in wrong way or bending the waist in the wrong way. That all reason leads to pain. Which will convert into lower back pain [6].

Arthritis is one of the main causes of the back pain or sometimes, it may cause due to the extra wear and tear of the lifestyle. That is due to so many reasons as. 1) Heavy use from work or sports; 2) Injuries or fractures; 3) Surgery [7].

Sometimes, there will be is associated space between the spinal nerve and the spinal cord become narrowed which led spinal stenosis (Spinal stenosis is nothing but the narrowing of the spinal canal). These types of disease are called as degenerative joints or spin disease [8].

You are at greater risk for low back pain if you: 1) Over age 30 year; 2) Overweight; 3) Pregnant; 4) Do not exercise; 5) Feel stressed or depressed; 6) Have a job in which you have to do heavy lifting, bending and twisting, or that involves whole body vibration, such as truck driving or using a sandblaster; 7) Smoke.

Yoga is playing very important role in curing the chronic diseases [9]. Trifala siddha ghee have the capacity to regenerate the new cells in the body and provide oil to the bone [10].

## **MATERIAL AND METHODS**

### ***Consent***

We took written consent from the patients.

### ***Inclusive Criteria***

All type of complaints for back pain patients took here.

### ***Exclusive Criteria***

The patients with Tuberculosis, AIDS, and other type auto-immune disease excluded here.

### ***Type of Study***

Randomized control study.

The patients divided in two groups Group A) 30 patients followed by yoga only. Group B) Another 30 patients followed by trifala and ghee and yoga. This study followed for the three months with continuous follow up.

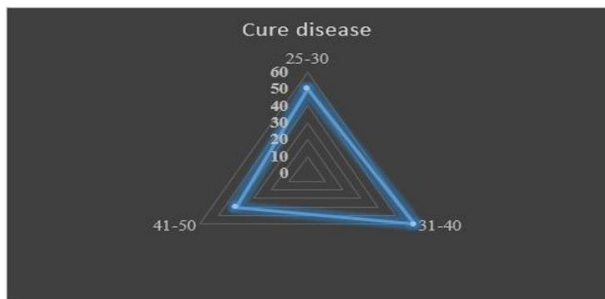
### ***Procedure to make Trifala Siddha Ghee***

Take cow ghee 1 liter with 1 liter of water and add trifala 100 gm. Then boil the mixture up to evaporation of water. Then wait to cool the ghee. Then fill close container with trifala siddha ghee. Trifala siddha ghee given to the patients in the morning empty stomach.

## **RESULT**

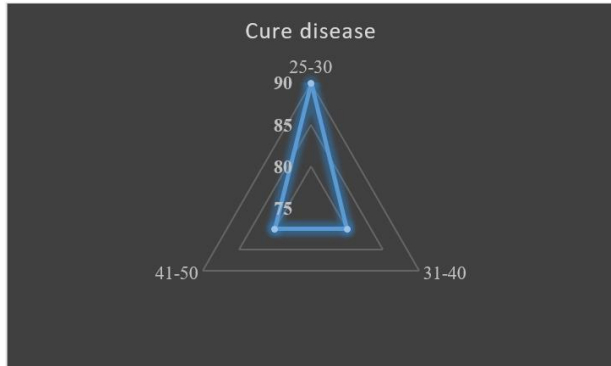
Yoga is very important now a days which is associate to cure so many diseases like depression and others. So here in

this study we took 60 patients as a sample size and divides into two different groups.



**Figure 1:** The effect of yoga in case of lower back pain.

The figure 1 shows that the patients divide into three parts of age group the first age group is 25 years - 30 years, second age group is 31 years - 40 years and third age group is 41 years - 50 years. So, after doing yoga for one month on an average the patients get 30% relief in their lower back pain. From above figure we also come to know that the patients get relief up to 60% after doing the yoga for the three months.



**Figure 2:** The effect of trifala siddha ghee with yoga.

The figure 2 shows that the average 85% cure in the lower back pain of the patients. We took her 30 patients from the age group of 25 years to 50 years and trifala siddha ghee given to the patients for the in the morning 2 teaspoon with

empty stomach followed by yoga for 1 month. So, within one month we get 85% relief in lower back pain. From above figure we come to know that if we follow the same procedure for next three month then the cure will be 90% in lower back pain.

## DISCUSSION

Lower back pain is commonly and very frequently heard by everyone mouth. It is becoming a major thereat now a days. If mainly because of lifestyle. But the confirm reason not known yet.

Yoga is paly a very important role in lower back pain. If will improve the health status of the patients.

Trifala siddha ghee is work as chemical agent in the body. It regenerates the new cells in the body. It improves the vision as well. It gives oil to all joints. It decreases the risk of narrowing of the bone.

Here, the trifala siddha ghee with yoga gives excellent result in lower back pain.

## CONCLUSION

The trifala siddha ghee followed by yoga gives excellent result in lower back pain by 85% if continue to lifetime then there will not be any type of lower back pain further in life. Trifala and ghee and yoga give a reliable and more benefit to improve the immune system of the patients and completely reduced the chronic low-back, joints pain, and make the patients healthy.

## CONFLICTS OF INTEREST

There are no conflicts of interest.

## REFERENCES

1. Balague F, Troussier B, Salminen JJ (1999) Non-specific low back pain in children and adolescents: Risk factors. European Spine Journal 8(6): 429-438.
2. Roy SH, De Luca CJ, Casavant DA (1989) Lumbar muscle fatigue and chronic lower back pain. Spine 14(9): 992-1001.
3. Hoy D, Brooks P, Blyth F, et al. (2010) The epidemiology of low back pain. Best Practice & Research Clinical Rheumatology 24(6): 769-781.

4. Harding TW, De Arango V, Baltazar J, et al. (1980) Mental disorders in primary health care: A study of their frequency and diagnosis in four developing countries. *Psychological Medicine* 10(2): 231-241.
5. Ezzati M, Lopez AD, Rodgers A, et al. (2002) Selected major risk factors and global and regional burden of disease. *The Lancet* 360(9343): 1347-1360.
6. Bonner Jr FJ, Sinaki M, Grabois M, et al. (2003) Health professional's guide to rehabilitation of the patient with osteoporosis. *Osteoporosis International* 14: 1-22.
7. Ravilly S, Robinson W, Suresh S et al. (1996) Chronic pain in cystic fibrosis. *Pediatrics* 98(4): 741-747.
8. Herkowitz HN, Kurz LT (1991) Degenerative lumbar spondylolisthesis with spinal stenosis. *The Journal of Bone and Joint Surgery* 73(6): 802-808.
9. Behere RV, Arasappa R, Jagannathan A, et al. (2011) Effect of yoga therapy on facial emotion recognition deficits, symptoms and functioning in patients with schizophrenia. *Acta Psychiatrica Scandinavica* 123(2): 147-153.
10. Sahu D (2017) Contribution of chakrapani datta on charak samhita in the context of contemporary development in traditional knowledge. *Shodhganga: A Reservoir of Indian Theses @ INFLIBNET*.