

A STUDY OF THE EFFECT OF YOGA THERAPY CAMP ON ARTHRITIS PATIENT'S (THROUGH BLOOD CHEMISTRY)

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The present study shows the effect of ten days Yoga program on Arthritis Patients (in reference to uric acid level and RA factor level). The study was conducted in Yoga therapy Camp organized by Yoga Department, D.S.V.V, Gayatrikunj, Shantikunj, Haridwar. The sample consists of 35 patients selected by accidental sampling applying pre and post research design method. The result shows the significant change in blood chemistry (uric acid and RA. factor level) of the patients. The disease arthritis is connected with the joints. It is a burning feeling, some times with terrible pain and aching in the affected joints. There is swelling, redness, stiffness and heat in the joints. There are several variations of arthritis. The most common types are the Rheumatoid arthritis, Gout and Osteoarthritis. The most disheartening aspect of the disease is that it does not get easily cured through medicine when it is in chronic stages. Pain" in the joints is a common problem which may vary from a minor discomfort to a chronic problem affecting the pace of life to a great extent. The biomedical inventions have given great mobility and functional ability for damaged joints. It is not unusual to find persons with 10 to 20 joints (small and big) replaced as and when the joints get damaged, which has helped them to live their live in comfort. The foreign substance accumulated in the joint spaces, the immune system sends white blood cells there to wage a violent inflammatory reaction against them appending substances can be eliminated fairly readily from these tissues which have a good supply. But in the joint spaces, which are more isolated from the general circulatory system, their removal becomes more difficult. Joints problem is more in mobile joints as they are most vulnerable to injuries and inflammations. In most of the mobile limb joints, the expanded ends of the two long bones come together to form the joint.