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“ THE CONCEPT OF LOW BACKACHE ACCORDING TO CONSERVATIVE MANAGEMENT: A LITERATURE REVIEW ”

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ABSTRACT:

The Ayurveda is a holistic life science which deals with prevention of diseases and their treatment. LBA is the most common disorder in developing country and their life style. Different medical science with various principles and fundamentals are trying best for one common goal i.e. Health for all.

LBA is painful condition affecting lower part of spine which is treated by medication, physiotherapy, exercise, patient education, yoga etc.

The article reviews the concept of LBA in the view of conservative management.

Keywords: LBA, LBP, Lumbar pain.

INTRODUCTION:

It is the most common problem in all developed countries. It is a painful condition affecting the lower part of the spine involving the muscles, nerves, or bone of the back.

Low back pain is caused by injury to a muscle (strain) or ligament (sprain). Common causes include improper lifting, poor posture, lack of regular exercise, fracture, ruptured disc, or arthritis. Lower back pain can have causes that aren't due to underlying disease. Examples include overuse such as working out or lifting too much, prolonged sitting & lying down, and sleeping in an improper position.

Acute LBA is commonly treated in primary care practice. Some conservative management includes medication, Physical therapy, exercise & patient education. Radiographs and lab tests are generally unnecessary except in some serious cases; such as infection, malignancy, rheumatological diseases, neurologic disorders, cauda equina lesions, etc. About 90% of people suffer from LBA at some point. LBA can be classified into Traumatic & non-traumatic LBA. Traumatic LBP is caused by falls on stairs, RTA, slippery surfaces, etc.

Non-traumatic LBP may arise from chronic muscle injury, Lumbar disc degeneration disease, malignancy, and vertebral fractures.

Back pain is also classified into three subtypes; According to duration.

Acute back pain (6wk or less)

Sub acute pain (6 to 12wk)

Chronic pain (>12wk)

LBA is a complex subject to manage multiple therapies. It includes muscle relaxants, analgesics, Yoga, Ayurvedic t/t, Hot patches, Acupuncture, Physiotherapy, etc.

The exercise includes; back exercise, pelvic tilt, Lumbar rotation arm movements, whole body movements, etc

CONCLUSION:

Back pain is a widespread human phenomenon. According to one study, almost 80% of people in modern industrial society will experience back pain.

The principles of it include mostly conservative management. Such as rest, drugs, hot packs, spinal exercise, traction, awareness education, and rare surgical management. Such as decompression, stabilization e.g. minimally invasive spinal surgery), Laser discectomy, percutaneous discectomy, total disc replacement, etc.

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