

Watch Your Back!!!!

By: Savneet Singh

Back pain is a familiar problem, regardless of how it happens or how it feels, you know it when you have it. And there are a lot of chances, if you don't have it now, you will eventually get it! It can happen to any one irrespective of age or gender. Backaches can be dull, constant or sudden and sharp pain. One can get backaches from an accident, a fall, or lifting something too heavy or it can develop slowly with the age, maybe because of the age-related changes in the spine. The causes for back pain vary depending upon the lifestyle of the person and other factors, such as medical conditions. In most cases, backache is self-inflicted because of bad habits. According to reports between 30 and 60 percent of the U.S. population experience some form of lower backache. But not all of these people will seek medical attention. Lower back pain is usually divided into acute and chronic types. Acute backache is less than three months old while chronic lasts more than three months. The lifetime prevalence of chronic lower back pain in the US is estimated to be between 10 and 20 percent of the population. There is currently considerable uncertainty associated with recovery rates. Severe backache could in reality make you bed-ridden for days and could make you feel like crying out.

The root

There are several reasons for the backache to strike. Some of the main causes of back pain are: Sitting in the same posture for long hours, pain in joints, muscular pain, lifting heavy things, accident, eating junk food, lack of balance diet, lack of exercise, constipation, Arthritis, improper functioning of kidney, obesity, irregular menstrual cycle in women, wearing high heel shoes and sleeping in a wrong posture. There may be many other reasons as well.

Symptoms

The most common symptom of lower back pain is the pain itself! Intensity of the pain can vary from a dull ache to searing agony. The onset of pain may be sudden, gradual, sharp, stabbing, dull, throbbing or it may be with or without apparent reason. The pain may occur in the middle of the lower portion of the back. You may experience associated pain in the buttock and or leg. This pain can be located on one side or more rarely on both sides. If pain extends below the knee, it is more likely to be due to pressure on a nerve than to a muscle problem. Most commonly, the pain starts in the buttock and travels down the back of the leg as far as the ankle or foot. The pain may increase as you make movements such as bending, twisting, lifting and even walking. Many people find relief when they lie down. In some cases some other associated medical conditions may exist such as urinary problems, weakness in legs and foot, loss of sensation, pain lasting more than a month and fever or weight loss associated with back pain.

Back pain relief

The relief that one gets from the painkillers is temporary. There are, however, other natural methods that you can try in place of medication. It's better to go natural in treating the pain. There are hordes of natural therapies and remedies that not only cure the pain, but also uproot the back pain causes.

- * Always walk, sit, stand and sleep in correct posture. Physical activities help to correct the excessive curvature of the back and strengthen abdominal muscles.
- * Yoga is a very good solution to help get rid of back pain. Some of the common yoga to relax your back is halasana, shavasana, bhujangasana and uttarpadasana.
- * Exercise helps to supply necessary nutrients to spinal discs, which in turn helps to cure backache. Practice exercises geared towards strengthening the back muscles and abdominal muscles. The cobra stretch is a very effective exercise. Lie on the floor as one lies to do a pushup but push up only your upper body by straightening your arms while keeping palms on the floor. Keep your legs and feet on the floor. People with severe lower back pain may not be able to straighten their arms. Most people's hips will come off the floor. Hold posi-

tion for 30 seconds. Do a set of 10 to begin with and then gradually increase the sets.

- * Don't sit for longer than 30 minutes. After every 30 minutes stand up and stretch. Never sit with your legs crossed.
- * Controlling one's weight is another important step towards relieving backache as excess weight greatly increases the stress on soft back tissues.
- * Buy comfortable shoes that fit your feet. Get shoes with a heel of about 3-4 cm. Keep in mind that shoes those are completely flat can be painful as well.
- * Sit up straight and place a pillow between your back sofa/ chair.
- * While lying do not extend your legs because the lower back is arched and may cause pain. Don't lie down for a long time. Stay mobile.
- * Change your mattress if it is older than five years or a second-hand one. You can also experiment with the type and the way you keep pillows.
- * Mix 1 tbsp glucose or honey in warm water and have it in the morning, on an empty stomach. It is a simple, yet an effective way to get relief from backache.
- * Basil leaves can also cure a person suffering from backache. Take a cup of water and boil ten basil leaves in it. Let the water boil until only half the quantity is left. Cool down the water and add 1/4 tsp salt. Drink this concoction once a day.
- * For tea drinkers, an easy remedy would be to add 5 black pepper corns, 5 cloves and 1 gram dry ginger powder to the tea. Drink this tea twice a day.
- * Eat a proper and balanced diet. Raw vegetables for salad may include carrot, cabbage, cucumber, radish, onion and lettuce. You should also include at least two steamed or lightly cooked vegetables such as cauliflower, cabbage, carrot, spinach and liberal quantities of fresh fruits.
- * Massaging soft tissue helps ease the back pain by relaxing you mentally and physically.
- * Smoking is also a cause of back pain as smoking reduces the supply of nutrition to the spinal cord.
- * You may also try hot and cold compresses with chronic back pain.

To sum up, backache should be addressed immediately with the proper care and attention; it should not be left to 'fix itself'.