

Work from home sees rise in bone, back problems among millennials

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According to experts, yoga can help to manage the increasing non-COVID-19 burden



According to a government study called 'India: Health of the Nation's States: The India State-Level Disease Burden Initiative,' chronic non-communicable illnesses such as diabetes and hypertension are on the increase, and they already outnumber communicable illnesses in India's overall illness burden.

Back pain is affecting an increasing number of young people between the ages of 18 and 25. With the frequency of spine care visits among India's young working population increasing from 25% to 31%, low back pain is no longer regarded as an "old person's ailment" and has become a serious health concern for the country's youth.

Dr Rajiv Rajesh, Chief Yoga Officer, Jindal Naturecure Institute shared, "During the pandemic, when almost all people were working from home, most of them did not have correct sitting arrangements at their home and were not aware of the correct posture that must be maintained while working. We emphasise the practice of yoga asanas to maintain the right posture and also to prevent backache because it not only strengthens and improves the flexibility of the spine and muscles but also promotes the absorption of nutrients to the spinal discs, consequently delaying the ageing process of cells."

A fast-paced lifestyle is also encouraging millennials to accept pain as an inescapable part of life rather than recognising and addressing its root cause.

KR Raghunath, Senior Chairman of Jindal Naturecure Institute said, "Alternative treatments, such as acupuncture combined with physiotherapy, have been proven to be quite effective in relieving sciatica and back pain without causing any severe side effects or requiring a risky surgery."

