

Effects of Yoga in Dentistry- A Review

G. Nishanth¹, L.Malathi², N. Aravindha Babu³, E.Rajesh⁴

¹Post graduate Student, ²Reader, ³Professor, ⁴Reader, Department of Oral Pathology and Microbiology, Sree Balaji Dental College and Hospital and Research, Bharath Institute of Higher Education

Abstract

Each individual plays out a few or other type of occupation or work to procure business and to remain intellectually and truly in sound wellbeing. Each occupation is related with a few or opposite symptoms alluded to as work related risk. Dentistry as a profession is an exceptionally demanding and challenging. To gain accessibility and better deceivability dental specialist achieve physical stances which are inconvenient to their wellbeing. Among the various symptoms of dentistry musculo-skeletal issues is one of the most well-known dangers influencing the dental specialist. Yoga which started in India is a type of physical, mental and spiritual practice. In present day the physical stances of Yoga is utilized to mitigate medical issues, diminish pressure and make the spine graceful in contemporary occasions. There are various yoga poses which have impact on the musculo-skeletal tissues and which when preceded as prompted have the ability to invalidate the musculo-skeletal disorders. Yoga poses which have most extreme impact on musculo-skeletal tissues are a lot simpler to perform, less tedious and are ideal for dental specialist to follow. Musculo-skeletal disorders among dentist is a settled certainty and yoga postures or exercise may be the quality restoration degree to stop the equivalent.

Key Words: *Yoga, Dentistry, Musculo- skeletal disorder, Aasanas*

Introduction

Dentistry as a profession is an extremely specialized and demanding occupation due to its temperament of work, for example, little working territory, off-kilter working stances, consistent concentration and serious extent of exactness and so forth causes loads of inconvenience and ailment over some stretch of time to dental specialist. To obtain entrance and better perceivability of oral cavity dentist will in general gain skeletal stances which might be unfavorable to their great wellbeing particularly musculo-skeletal tissues. Along with this long span of dental methodology, serious extent of focus and steady working stances prompts wellbeing risks among the dental specialists. The word

related dangers that are regular in dental calling are cross infection, musculoskeletal disorders, stress and anxiety, radiation, allergic responses, eye and ear problems, etc. [1,2]

MUSCULO- SKELETAL DISORDERS:

Of the numerous occupation related perils that a dental specialist is exposed to musculoskeletal disorder might be considered as one of the most significant dangers that a dental specialist is inclined to. Studies have indicated that dental specialist report more regular and more terrible medical issue [3] especially musculoskeletal pain [4]. The term MSD alludes to conditions that include the nerves, ligaments, muscles and supporting structures of the body [5]. WHO characterizes MSD as “a disorder of the muscles, tendons, peripheral nerves, muscles system not directly resulting from an acute or instantaneous event ex slips or falls.. Musculo-skeletal pain, especially back agony has been discovered to be a significant medical issue for dental professionals [4, 6]. Studies tells that back, neck and shoulder or arm ache is found in up to 81% of dental practitioners [7]. While

Corresponding Author:

Dr. G.Nishanth

Post graduate student. Department of Oral pathology and Microbiology, Sree Balaji Dental College and Hospital and Research, Bharath Institute of Higher Education

an intermittent back and neck hurt isn't a reason for caution, if routinely happening agony or uneasiness is disregarded, the cumulative physiological damage can lead to an injury or a career ending disability^[8]. To get great vision and access dental specialists will in general twist their backs, over flex and bend their neck and raise their arms and shoulders which may cause pressure on nerve roots creating pain and over some undefined time frame this overemphasizing of muscles and tendons may bring about musculoskeletal disorders.

SYMPTOMS OF MSD:

- 1) Fatigueness in the shoulder and neck
- 2) Burning or other pain in arms
- 3) Cramping of hands
- 4) Numbness in fingers and hand
- 5) Hypersensitivity in fingers^[9]

CAUSES:

- 1) Improper patient and position
- 2) Inconvenient and improper height of dentist operating stool
- 3) Repetitive, forceful and stressful muscular actions (Carpel Tunnel Syndrome)
- 4) Improper posture for better accessibility especially for maxillary region.
- 5) Constant and long working postures.^[9]

YOGA FOR MUSCULO-SKELETAL DISORDERS:

Yoga has been shown to reduce incessant agony related with musculoskeletal and joint diseases^[10]. Yoga is a physiological and practice that includes physical stances, breathing activities and contemplation to improve overall well being^[11]. Yoga has been utilized to lighten musculoskeletal pain and has been related with huge improvement in scope of movement and function, decreased delicacy^[12, 13]; lower levels of burdensome side effects^[14] and diminished pain during activity in patients with musculoskeletal disorders^[12, 13].

SOME OF THE POSES:^[15]

1. Cat & Cow Pose: MARJARIASANA & BITILASAN

This posture is performed for neck and shoulder pain just as for lower back agony. In this posture you must be in table top position on all fours and spine in neutral position. On the breathe in, gather the spine and bend together into your cat posture. On the breathe out, curve the back and lift the chest to come into a cow posture. Repeat the excersice three to multiple times, zeroing in on the breath. These stances help to knead the spine, while additionally extending the back and the middle. Cat-cow tilts can be a successful headache reliever, in addition to opening up the back and stretching the spine.

2. Downward Dog Pose: Adho Mukha Svanasana .

This posture is an extraordinary absolute body stretch that objectives back extensors, or the large muscles that help from your lower back, uphold your spine and assist you with standing and lift objects. Start in tabletop and raise your hips so your body is in a upside down V position. Loosen up your head and neck and draw your internal thighs towards back of the room. Spreading your shoulder bones separated will extend your upper back much more, and arriving at your hips up and back will assist with opening your lower back. Hold the position for 5 to 10 breaths, and repeat the posture five to multiple times. This posture extends and fixes the muscles of the body. It decreases pressure in the shoulders, loosens up the neck, and lets somewhat more blood stream get to the cerebrum. The posture is likewise extraordinary for loosening up the wrists and hands, which may get sore or tired from long stretches of composing or because of holding of instruments or hand piece in case of dentist.

3. Child Pose: Balasana

This is an astounding posture not exclusively to unwind yet it likewise extends our whole back and hip. Start down on the ground; plunk down with your legs folded beneath you, toes contacting and knees spread separated from one another, keeping your arms forward; sit back so your butt is resting simply over your heels. Wrap your chest down between your thighs, carrying your brow to the floor and either expanding the arms

out before you or resting them by your sides. Hold and inhale profoundly, feeling the breath venture right into your hips. The more you stretch out in either course, the more you'll feel relief.

4. Fish Pose: Matsyasana

It is an excellent strain reducer, and can likewise be helpful for fatigue and anxiety, as indicated by Yoga journal. To come into the posture, sit up on your hips with legs loosened up together before you and toes pointed. Bring your hands under your hips and recline to prop yourself up on your lower arms. At that point, lift the chest over the shoulders and drop the head back to the ground behind you. Attempt to keep up the vast majority of the heaviness of your head in your elbows and lower arms, not the crown of the head. Inhale profoundly and rest in the posture for 15-30 seconds.

5. Spinal Twist: Marichyasana

There is extraordinary assortment in regard to spinal twist pose. Anyway the normal and most likely the simple one is the Marichyasana C. In this posture keep your left leg straight and twist your right leg so your foot is level. Place your right hand on the floor behind you for help, similar to a tripod, and contort so you can snare your left elbow over the right thigh. Its well established reality that any type of physical exercise ought not be begun at one proceed to warm up exercise to loosen up the muscle and tissue is significant. Similarly exercise to chill off the body after incredible exercise is similarly significant. For warm up one can perform standing forward

Uttanasana Posture: Remain with your feet at hips-width separation, and gradually twist forward from the hips to come into the forward twist. At that point, have a go at adding an arm tie to extend the shoulders: Intertwine your hands at the lower back and stretch the arms over your head and hands towards the ground in front of you. These aides in warming up the spine as well as the shoulders and neck muscles.

Conclusion

Almost every dental specialist in his/her profession will sooner or later of time will experience the ill effects of MSD. As consistently expressed that avoidance is superior to fix, propensity for practice among dental specialist ought to be underscored from the time they

take up dentistry as profession. To begin or to cause your body to play out any type of exercise at the later phase of one's life is consistently troublesome thus ought to be begun at an early age of one's life. Yoga as a remedy for MSD is a verifiable truth now. Yoga practice among the dental experts ought to be stressed from their school days just so the propensity for practice among dental specialist is instilled from the very beginning of their vocation. A conventional yoga program ought to be followed and started at different dental foundations to build up the propensity for practice among the dental experts. On a normal an individual should denote 30 minutes in a day for yoga work out. This quite a bit of activity is adequate to fix the probable harm which may happen to our muscular-skeletal tissues after taxing day of work.

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