

Yoga's role in prevention of elderly injuries

A recent study conducted in Hyderabad has come up with evidence to back the well-known benefits of regular practice of yoga in the prevention of physical injuries in the elderly.

The study titled, 'A mixed methods evaluation of Yoga as a fall prevention strategy for older people in India', and published Biomed Central journal, was led by Dr. Lisa Keay of Injury Division, The George Institute for Global Health (TGIGH)-Australia. Researchers from Population health and cardiovascular divisions of TGIGH-India, musculoskeletal division of Sydney School of Public Health, University of Sydney, Centre for Physical Fitness and Sports Sciences, University of Hyderabad and Osmania Medical College, Hyderabad participated.

The study was conducted for three months involving 50 people aged between 60-81 years where the participants attended 27 yoga sessions of about one hour duration.

In the research, it has been found that there was a positive sign of rising up from the chair and more steps observed in walking. It was also found that the fear of falling down had reduced as compared to earlier.

Dr. D Praveen, Programme Head-Primary Health Care, TGIGH-India said, "This was a pilot study with small sample size which showed a positive impact. Now, we want to do a larger study using randomised control trials to prove effectiveness of yoga."