

ABSTRACT

Background: Glaucoma is the leading cause of irreversible blindness in many countries and can affect the quality of life with moderate to severe loss. This study is to evaluate the effect of selected Yogasanas on Intraocular pressure (IOP).

Methods: A total of 100 subjects aged 21.20 ± 2.69 years were randomly assigned into 5 asana group after satisfying inclusion and exclusion criteria. Ushtrasana (n=20), Sedhubandhasana (n=20), Dhanurasana (n=20), Shalabhasana (n=20), & Ardha Chakrasana (n=20). All 5 asana group assessed at baseline IOP, then given intervention for 30 seconds, post IOP taken with immediately after intervention and followup IOP after 2min relaxation are taken for analysis. The tonometer used to assess IOP in this study is Topcon CT-80 non-contact tonometer. All the 100 subjects completed the study successfully.

Results: The study showed no significant changes between the group Analysis. However significant reduction of IOP in left eye was seen in Dhanurasana and Sedhubandhasana immediately after the practice, Ushtrasana showed significant reduction of IOP in left eye after 2 minutes of practice and ardha chakrasana showed significant reduction of IOP in right eye after 2 minutes of practice.

Conclusion: Among selected 5 asana practice Dhanurasana, Sedubandasana, Ushtrasana and Ardha chakrasana showed significant reduction in IOP. Whereas there is no significant changes observed in Shalabhasana.

Keywords: Intraocular Pressure, Tonometer, Dhanurasana, ushtrasana, Ardha chakrasana, Sedhubandhasana, Shalabhasana, Glaucoma, Vision Loss