CHAPTER IV
AIMS AND OBJECTIVES

4.1 Aim of the research
To study the scriptures for the basis of stress management in Integrated approach of Yoga Therapy and to study the effect of integrated yoga-based lifestyle program in a short-term residential set up in persons with CLBP.

4.2 Research questions
1. Are there scriptural references which form the basis of the Integrated Approach of Yoga Therapy (IAYT) ?
2. Can we have a model from the traditional references that can suit stress management for present day problems of psychosomatic ailments?
3. Is this model applicable to chronic back pain?
4. Does this model provide the techniques and practices for a holistic approach to CLBP?
5. Does this offer explanations to understand the possible mechanisms?
6. Can yoga be used to help patients with chronic low back pain within a short-term residential setup without adverse effects?
7. How does yoga compare with exercise-based conventional lifestyle change program?
8. Is yoga effective in reducing pain in patients with chronic low back pain?
9. Is yoga effective in reducing disability in patients with chronic low back pain?
10. Is yoga effective in reducing anxiety and depression in patients with chronic low back pain?
11. Can yoga help in increasing spinal flexibility in patients with chronic low back pain?
13. Can yoga improve the quality of life in patients with chronic low back pain?

14. Is an intensive short-term week long yoga treatment effective in dealing with chronic low back pain?

**4.3 Objectives:**

1) To compare the efficacy of yoga therapy-based lifestyle intervention with exercise based healthy lifestyle intervention in persons with CLBP

2) To determine the efficacy of yoga on pain-related outcomes in persons with Chronic Low Back Pain (CLBP).

3) To determine the effect of Yoga therapy on Spinal flexibility.

4) To study the effect of Yoga therapy on Functional Disability.

5) To find out the efficacy of yoga therapy on anxiety and depression in persons with CLBP.

6) To find out the impact of yoga therapy on the Quality of Life (QOL) of individuals with CLBP.

7) To study the baseline stress scores in individuals with CLBP in the Indian population.

8) To correlate the scores of stress and QOL on all domains in individuals with CLBP in the Indian population.

**4.4 Hypothesis:**

The yoga group will report a greater reduction in pain, functional disability, anxiety and depression with better increase in spinal flexibility and QOL than the control group.

Null hypothesis:

The yoga group will show changes similar to control group in pain, functional disability, anxiety and depression, spinal flexibility and QOL.