



STUDY OF CHRONIC LOW BACK PAIN IN DARBHANGA REGION.

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ABSTRACT

A sample survey conducted in private hospital shows chronic low back pain affects approximately 1 in 5 people in Darbhanga region. It is mainly caused by physiological disorder. Most common causes are improper lifting, poor posture, lack of regular exercise, fracture, a ruptured disc or arthritis, inactive lifestyle and inadequate nutrition. It may also be caused by injury of muscle and ligament. It is not specialised to any class or community but more common in female. A person is at least affected by it once in a lifetime. It affects patient's daily activity and quality of life and also affects patient's family and social environment. Pharmacological treatment of this condition is a challenge because of balance of analgesic effect and tolerability. To avoid intolerable side effect of painkiller and longterm safety we should apply physical therapy to reduce chronic low back pain.

KEYWORDS: Chronic lowback pain, Darbhanga Region, painkiller, physical therapy.

INTRODUCTION

Low back pain is very rampant all over world. According to one study 80% people experience low back pain at some point of their lives several risk factors for low back pain been identified including congenital causes, Traumatic Causes, inflammatory Causes (Tuberculosis, Ankylosing spondylitis, seronegative spond-arthritis (SSA), Degenerative (Osteoarthritis) Neoplastic (benign & malignant), Metabolic Causes pain referred from Viscera. (Genitourinary disease, Gynaecological disease), Miscellaneous Causes like functional back pain, Postural back pain (occupational bad posture, habitual bad posture). So it can be considered that back pain is not a disease but a indication or symptoms of disease.

Darbhanga is an important city & District located in northern part of Bihar. It is highly populated districts with more than 3.5 lakh of Population (according to 2011 census). The main occupation of the people in Darbhanga is Agriculture, fisheries & daily wage labour. Almost 15% of the youth population migrates in search of jobs to the metropolitan city, (District Health Action plan, Darbhanga 2010-11). In a study of 513 districts of the India (*jansankhyasthirats Rosh*) in terms of overall ranks in health it was found that Darbhanga District ranks 477/through on the basis of under five mortality it ranked 362. Filariasis, Malaria, Kala-Azar, Skin diseases & Tuberculosis are most common in Darbhanga district.^[2]

METHODS

From the study conducted by the Choudhary Clinic from June, 2021 to Jan, 2022. 200 patient out of 1000 were suffering from low back pain. Patient between the ages of 18-65 years were included into the study. Out of 200 individuals in study, 80 (40%) were males & 120 (60%) were females. The most common age group to be affected among the males was 25 to 45 years with 42(52%) were affected. While in female the most common age group to be affected as 46 to 65 years with 60 (50%) followed by 26-45 years in 40 (33%) were affected.

Age Group	Male	Female
18-25	18 (22%)	20 (16%)
26-45	42 (52%)	40 (33%)
46-65	80 (26%)	60 (50%)

Most of the people under study. Were migrant labourers (32%) carrying heavy weight, 30% were farmers, 12% were Local labourers, who involves in lifting weights, 6% were drivers such as taxi & lorry. Very few patients (10%) were highly educated and holds sedentary jobs, 4% patients were obese, 2% patients were suffering from severe disease, 4% of patients were suffered by accident.

DISCUSSION

Low back pain is common causes for frequent visited to hospital, Which results in financial stress. As well as absence from work & activity causes mental and physical stress to the person and his family.^[3,4]

Although LBP occurs at any one at any age in their whole life. According to our study LBP is more frequent to female than male. In Present study we found socioeconomic background or literacy to LBP. It's more common among the lower venerable section of the society. The most common risk factors for LBP in present study lifting weighs obesity, sitting for long Periods, absence of Physical exercise, stress and poor Nourishment.

CONCLUSION

This study shows that LBP is prevalent among all the age groups. The Treatment of chronic LBP is challenging for various reasons & Requires a multidisciplinary approach of treatment, encompassing pharmacology Lab, psychological and physical Therapies, and these multidisciplinary approach improve Quality of life and functionality of Life.

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