

8th International Conference on Primary Healthcare & Management

July 17 2023 | Zurich, Switzerland

Shikha Mankotia, Prim Health Care 2023, Volume 13

Functional anatomy of the hamstring muscle and its correlation with the various yogic postures: A narrative review

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Yoga is believed to be a safe practice; nonetheless, as the number of yoga practitioners has grown, so has the incidence of yoga-related injuries. Overall, lower extremity injuries comprised 64% of total injuries; specifically, the hip, hamstring, knee, ankle, feet and toe. Although a few research studies have quantified the hamstring muscle activities in various yoga asanas, evidence correlating it to functional anatomy is scarce. Therefore, the objective of this narrative review is to examine the literature and analyse hamstrings activity and its relationship to yogic postures, as well as yoga-related injuries, to establish which poses provide the most risk of damage, and to suggest injury-prevention techniques. The following electronic databases were used to conduct the literature search: Cochrane Library, PubMed, Google Scholar, EMBASE, and Web of Science. hamstring muscle injuries OR yoga and rehabilitation OR intervention AND electromyography was among the search phrases utilized. Such information is important for yoga teachers, yoga therapists to help selecting yoga posture for hamstring muscle imbalance condition and avoiding posture to prevent hamstring muscle injury.

Biography

Shikha Mankotia has expertise in evaluation and a passion for improving health and wellbeing. She is a Yoga Therapist, Prenatal and Postnatal Yoga Teacher, Kids Yoga Teacher, and wellness coach. She has completed her Post Graduate Diploma in yoga therapy from the Government College of Yoga Education and Health, (Panjab University, Chandigarh) And Master's In Yoga from Uttarakhand Open University, Uttarakhand, and Certificate Course in Bhagwad Gita And Elementary Sanskrit From Panjab University. She has touched many lives by helping people manage diabetes, backache, cervical pain, tennis elbow, rheumatoid arthritis etc. she is pursuing her research works in the field of health and yoga. Her articles and Papers have been published in journals.

Received: June 29, 2023; **Accepted:** July 03, 2023; **Published:** July 17, 2023
