The value of cross legged sitting: Virtue or vice for health. A review from sports medicine, physiology and yoga. Implications in joint arthroplasty.

Dr. Pavankmar Kohli, Dr. Poorv Patel, Dr. Hanumant Waybase, Dr. Satishchandra Gore and Dr. Sunil Nadkarni

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Abstract

Background: Despite the large volume of knee replacements carried out the world over, three very pertinent questions regarding the basic act of sitting & its relevance to Knee Arthroplasty have not yet been given adequate thought.

Objectives: 1). whether sitting cross legged is healthier than chair sitting, 2). does sitting cross legged impact quality and longevity of life, 3.) Does it affect durability of the Arthroplasty implant whether total or partial knee Arthroplasty. This Pilot Analysis may lead to change in the habitual practice of doing total knee replacements without considering a more functional, less invasive & more cost friendly option.

Methods: This study was conducted in accordance with the MOOSE (meta-analysis of observational studies in epidemiology) and PRISMA (preferred reporting items for systematic reviews and Meta analyses) guidelines.

Results

1. Sitting cross legged is scientifically proven healthier way to sit compared to chair sitting on all counts…Body &Mind as reported by studies from Yoga, Sports medicine & human physiology. It increases fitness & enhances longevity of life too.
2. Only Unicondylar knee Arthroplasty gives the ability to sit cross legged (most Total knees are not allowed to sit cross legged for fear of exaggerated wear and those that are have an unacceptable percentage of spin offs or dislocation of polyethylene inserts)
3. The mean wear rate of the medial & lateral bearings combined as a Total knee Replacement are significantly lower than a comparable fixed bearing as TKA under the same kinematic conditions. Unicondylar knees last longer too.

Conclusions: Sitting cross legged is an important function for health & longevity. It is culturally an unalienable part of Indian/Asian lifestyle. UKA provides these advantages and lasts longer in In vitro studies.

Keywords: UKA/UKR (unicondylar or partial knee replacement), TKA (total knee replacement), cross leg sitting, Sukhasana, arthroplasty, health, fitness, longevity

Introduction

Background

There has till date been no scientific evaluation of the health benefits of sitting cross legged from various sciences although it has been an ingrained part of the Indian / Asian cultures for Millenia. But is it healthier from evidence based medicine point of view?

The normal lifestyle of Asians, where sitting cross legged has passed down the generations as a cultural and healthier lifestyle. In fact in India & Japan, where the two fore most systems of meditations flourished i.e Yoga & Zen, it was found to have other advantages too like development of calm, steadiness & equanimity of mind. It is noteworthy that almost all the Gods of the east from early documented times, have been portrayed in the sana, work & during eating& prayer, the most essential acts of any human life.[3, 4].

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Thus, in a frequent condition of knee osteoarthritis, where arthroplasties are increasing by the day, the most major advantage of UKA over TKR i.e. of sitting cross legged… is sacrificed thoughtlessly. Total knee replacement sacrifices the normal lateral compartment and most importantly, the proprioceptive ligaments and framework of the intercondylar notch [9, 10, 12].

We thought this particular question which is so important to the health, cultural & functional needs of the patient, needed specific redressal. In addition, we also tried to address the question that does this sitting cross legged and UKA affect the life of the implant? It would be safe to presume that an implant, which helped resumption of normal cultural lifestyle, adoption of a healthier life, lasted longer, increased the life span of the patients and had shorter hospital stay and less morbidity, was definitely the procedure & implant of choice!

Of course, about 25% of patients have very severe deformities, bilateral compartmental affection, this study is for the remaining 75% who have primarily medial compartment affection, with or without some patellofemoral arthritis & who are slated ad hoc for TKR, thereby giving them pain relief, but taking away function, longevity & fulfillment in the passing. This question, we felt deserved sincere addressal. To our knowledge, this is the first time that such a pilot review & Analysis study has been attempted.

Material & Methods
A detailed review was made for the advantages of cross legged sitting for health.

Studies considered were of how cross legged sitting impacted longevity, mental health and a fulfilling life from journals of Physiology, Yoga & Sports Medicine. Another review was made for the in vitro mechanical lab tests regarding longevity of UKA vs TKR implants. Finally, Studies were also reviewed on the ease of recovery, lesser costs, lesser morbidity & earlier discharges from hospital in Bilateral UKA vis a vis Bilateral TKA. Satisfaction index post UKA was also considered.

Results
UKA is a superior alternative to TKR for a vast majority of patients. It enables a more active lifestyle, enables more function including cross legged sitting, both of which are enabling for longevity of life [1, 4].

In UKA, Not only does the patient live longer, the implant also lasts longer. And all this while enabling a more health friendly lifestyle.

A study published in the European Journal of Preventive Cardiology noted that participants who lacked the ability to rise from the floor without assistance were twice as likely to die than those who were able do so (“How Well”, 2012). Maintaining the ability to sit and stand from the ground is valuable in long-term health and wellness, and this skill is not currently being cultivated by sitting arrangements [1].

A similar study confirmed this sentiment, stating that musculoskeletal fitness indicators such as the Sit to Rise Test, i.e to stand up from sitting cross legged on floor, which examine individuals for muscle strength and flexibility, is a significant predictor of all-cause mortality (Chau J et al., 2014) [2].

Some reference is shown that research performed on floor-seated postures and their MET levels have been conducted by Hagins, Moore, & Rundle in 2007, wherein the researchers determined that while yoga alone cannot satisfy recommendations for the intensity of physical activity to maintain health and fitness, practicing yoga is akin to walking on a treadmill at 2 mph and expends around 2.5 METs [3]. So, while it has been determined that sitting on the floor in traditional Eastern postures such as the yogic Sukhasana (easy, joyful pose,) expends more energy than sitting in a chair is more calming & integrated state for the mind by journals of Yoga & Human Physiology, it has also been proven by inclusion of the above test in the American Council of sports medicine that the action of rising frequently from the ground, not only is a predictor of lifespan, but increases longevity [1, 2, 4].

The health benefits of yoga have been studied by hundreds of peer-reviewed scientific sources. One study published in the International Journal of Orthopaedics Sciences states that yogic meditation done in the sitting cross legged pose, is a promising way to improve cardio-metabolic health and, in a trial, found significant improvements in body-mass index, systolic and diastolic blood pressure, both LDL and HDL cholesterol levels, heart rate, weight, and triglyceride levels, which are all traditionally biometrics that indicate lifestyle disorders like obesity and CVD [6].

Study published in the International Journal of Cardiology, which assessed “the effects of yoga & meditation done in Sitting cross legged pose, impact modifiable biological cardiovascular disease risk factors,” found that yoga also improved biometrics like blood pressure, heart rate, respiratory rate, waist circumference, cholesterol, and triglyceride levels, revealing “evidence for clinically important effects of yoga on most biological cardiovascular
Disease risk factors." The use of yoga for alleviation of chronic lower back pain (CLBP), one study in the American Journal of Lifestyle Medicine found that yoga in a sitting cross legged posture reduces functional disability and improves stress, depression, and pain responses in patients. The authors state that their study "suggests that yoga and meditation in Sukhasana has the ability to reverse the interlinked downward spiral, whereby CLBP causes depression, which gives rise to further back pain, resulting in increased depression, and so on." This research indicates that potential health benefits of yoga extend beyond just the physical realm.

Discussion
Sitting cross legged has been an integral part of the Indian lifestyle since ancient times. It was adopted for studying, eating, praying & meditating or in short any activity that needed composure of mind & stability of body. Yoga has propounded the advantages of Sukhasana or sitting cross legged varying from stability of body needed for long duration tasks to self-realization & self-actualization.

Yoga says that body is the visible Mind & Mind the invisible body. Both have an inextricable link & are interdependent on the other. The stabler the body, the quieter the mind. Newer studies have mentioned the positive impact on muscles for core stability & pelvi sacral frame for proper breathing, proper oxygenation & central & peripheral circulation.

Even at its worst, the practice of sitting cross legged consumes more calories than chair sitting or couch sitting.

More recently, the practice of getting up from the cross legged position was included as one of the only two validated tests to predict life expectancy by the American college of sports medicine.

Other than walking up a flight of stairs, how long one will live, will depend on how easily he gets up from a floor cross legged sitting position. Thus sitting cross legged enhances integration of mind & body & getting up from sitting cross legged enhances longevity and balance & proprioception. Of all the pills & medicine that modern science has invented, Exercise remains the king of impact and efficiency in results.

In almost all lab studies, the same polyethylene lasted longer in the Unicondylar mode than in the Total knee Arthroplasty mode under all patterns of strain testing. The above are important factors for decision making in Japanese/Asians patients.

Conclusion
1. Sitting cross legged is scientifically proven healthier way to sit compared to chair sitting on all 3 counts Body, Mind & Soul.

2. Only Unicondylar knee Arthroplasty gives the ability to sit cross legged. Satisfaction level and resumption of original lifestyle was a great satiety factor for Unicondylar knees above total knee replacements.

3. In almost all lab studies, the same polyethylene lasted more in the Unicondylar mode than in the Total knee Arthroplasty mode under all patterns of strain testing. The above are important factors for decision making in Indian patients. Patients appreciate complete resumption of original lifestyle, especially when it is healthier, costs lessor (due to shorter hospital stay etc.) and lasts longer.

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