

Panchakarma for slip disc

IMRAN SHAHNAWAZ

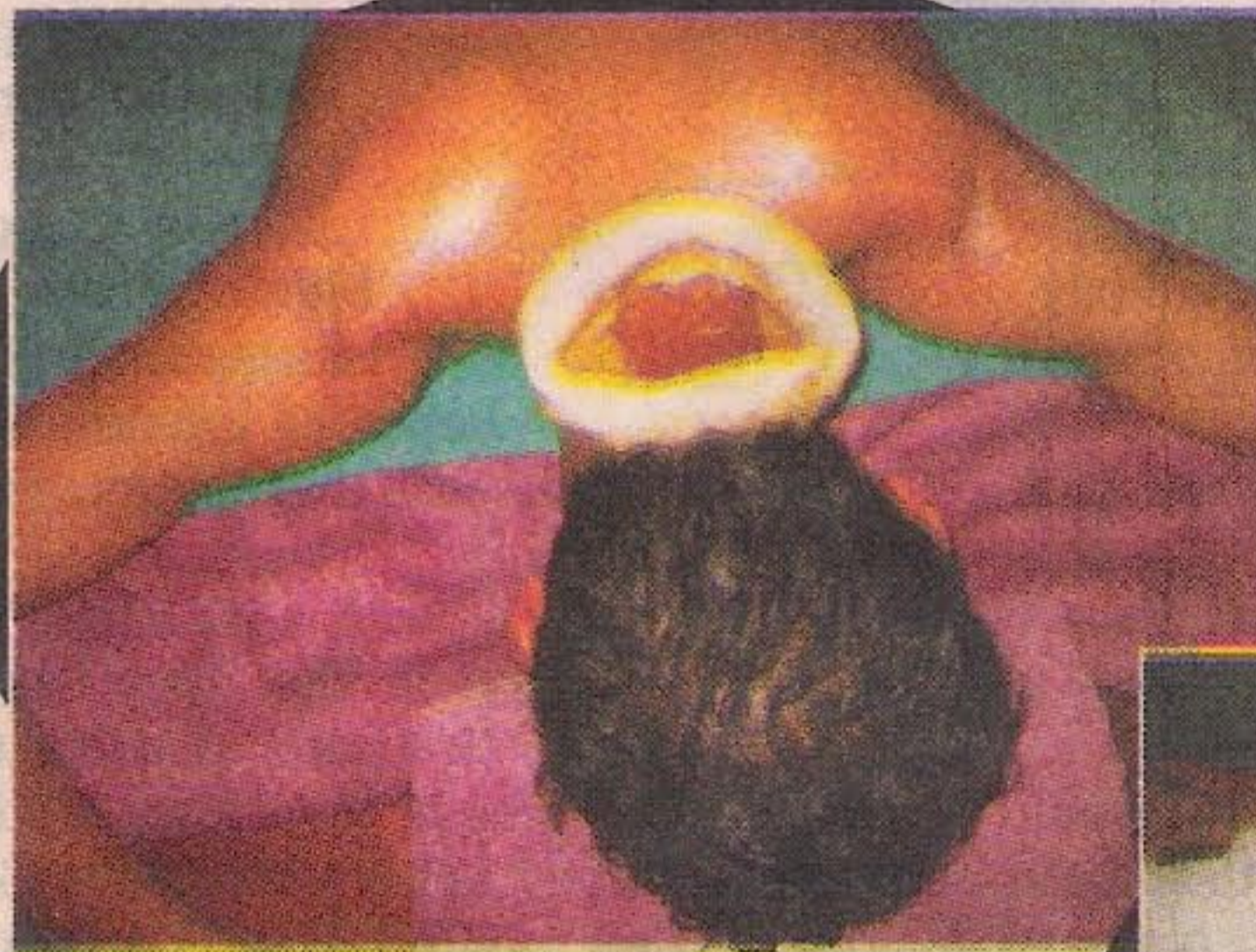
FAST and hectic schedules teamed up with unhealthy lifestyle have led to many unknown pains. Low backache, slip-disc, spondylosis, etc., which were uncommon have become a part of life now. A survey conducted by the Arth Ayurvedic Health Center in Bangalore shows that about 65-75 per cent of the people working in MNCs and other desk job companies suffer from backache and related ailments.

Dr Prashant, an Ayurvedic consultant at the centre says, "The trend is like you hardly find people who have never experienced backache these days." Increase in number of accidents, injuries, sudden pressure on back muscle, work environment, travelling on bad roads have contributed to the problem. All back pains need not necessarily lead to a slip-disc or spondylosis. Since the term 'slipped disc' is common, people generally mistake backache as slip disc. This term is inaccurate as the disc never slips, it just bulges, protrudes or herniates. A CT or MRI scan helps find the actual damage."

Human spine is a structure of 33 stacked bones called vertebrae arranged in three curves to support the body. Between these vertebrae there is a spongy substance called disc (inter-vertebral disc), which acts as a shock absorber. Of these, cervical vertebrae (neck part) that is C4-C7 and lumbar vertebrae (lower part) that is L1-L5 are the most complex and delicate structures of the spinal cord

that hold and help in body movement. Too much pressure on these tough tissues in disc weakens and the soft gel-like substance protrudes.

This bulge presses the nerve adjacent to the spine which radiates severe pain,



numbness in back, arms and legs, where the nerve passes.

"Bed rest is not the answer, rather it stiffens the muscles and causes more damage. *Ayurvedic Chikitsa*, a treatment based on its five detoxification therapies called *Panchakarma* is a non-surgical way to beat the stress on the back muscles." Dr Prashant says.

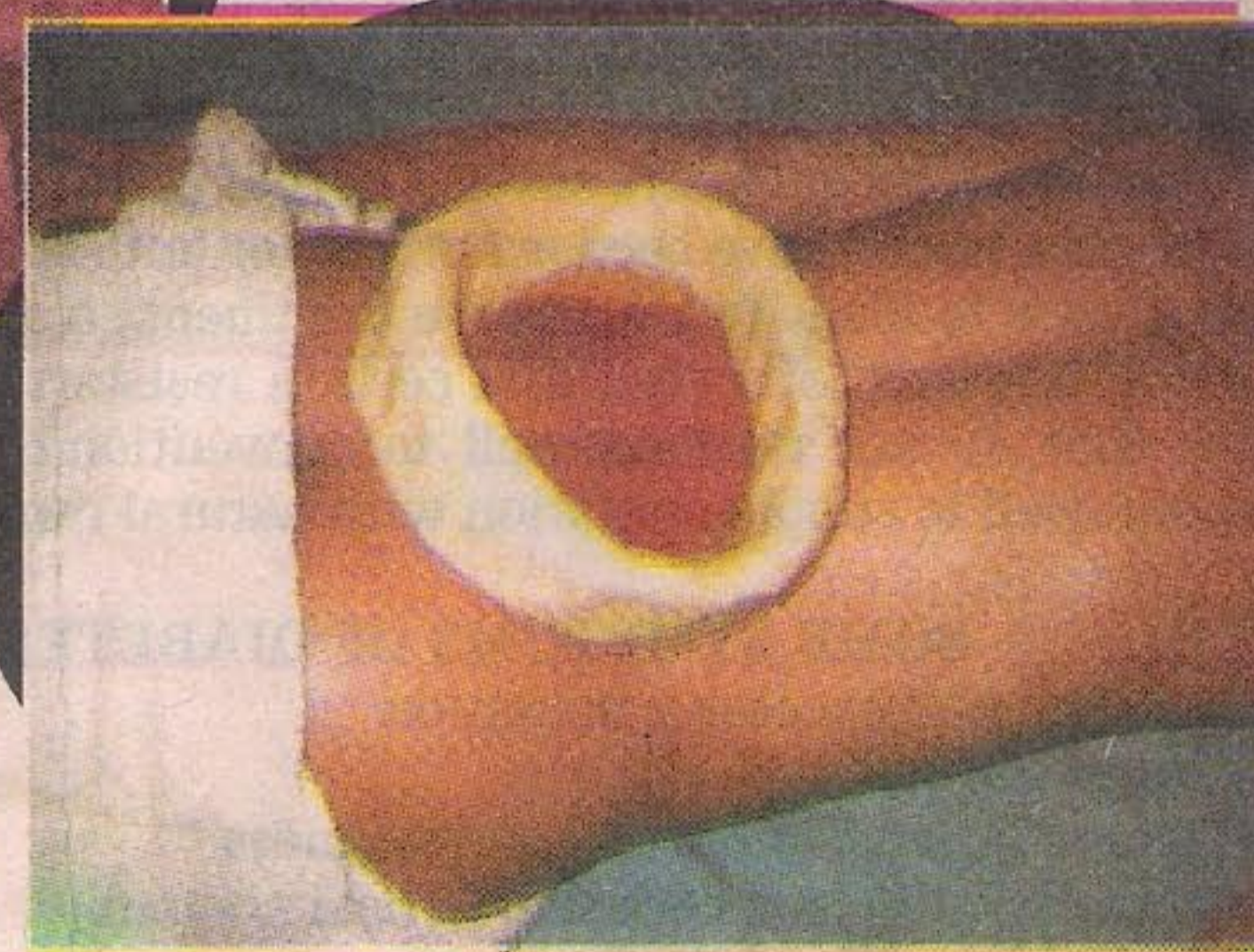
R C Rao, a software engineer with a slip disc says, "I got no relief even after two years of allopathic treatment, so I decided to go in for ayurvedic treatment."

Ayurveda treats through the anal. *Kati Dhara*, *Kati Basti*, *Abhyanga*, *Patra-pinda-sweda* and *Matra Basti* involve the application of apply various types of herbal oil on the effected part. The whole process goes about in three stages. First the stiffness of abdominal muscles is removed and made more flexible.

Secondly, the bulge on the disc is shrunk and then comes the strengthening of the vertebrae and abdominal muscles.

Lata Sabastian, a housewife, suffered from backache since an accident she met. She says, "The treatment has been effective. There has been incredible decrease in pain, but I still take the treatment once in three months just to keep myself fit."

Lakshmi Suresh, a homemaker, undergoing treatment for slip-disc and spondylosis here adds, "I took the treat-



ment just ten days ago and I have been advised to go on with the procedure after eight months. Allopathic treatment for two years had no positive results on my problem, this oil massage has helped ease life a lot. Dr Prashant is of the opinion that if patients follow instructions given then there is no need for repeating the treatment again. A one time course is enough to do the magic."

With holistic treatment being the solution for today's ailments, *Panchakarma* seems to tackle the root cause of all the pains and aches of the generation X.

For further details call at Arth Ayurvedic Health Center on 080-25288630/25254654.

