

Ancient remedies for modern health woes

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BANGALORE: The combination of ayurveda, yoga, acupressure, reiki and meditation is apparently performing miracles — in avoiding the onset of ailments that bug IT professionals. Be it eye disorders, low backaches, carpal tunnel syndrome or stress-related problems, these therapies team up to form a potent weapon against the woes.

According to Dr Sanjay Sharma of Arth, a Bangalore-based health centre which specialises in ancient therapies: "We studied about 248 of the IT professionals who came to us with varied health problems. We combined our knowledge of these therapies and began treatment. The results have been very satisfying."

Dr Sharma claims:

- 87 per cent of eye-related disorders were cured.
- 88 per cent of stress-related problems were treated.
- 70 per cent of those with respiratory disorders found relief.
- 79 per cent said they had relief from low backaches.
- 86 per cent patients with the carpal tunnel syndrome were cured.
- 74 per cent of cosmetology-related problems were also cured.

The combination of ayurveda, yoga, acupressure, reiki and meditation promises wonder cure to stressed-out IT professionals. By combining ancient therapies, doctors have slowed down/thwarted progression of ailments and even avoided onset of serious problems. A health centre has developed a two-day programme for IT professionals to avoid and cure ailments.

"By combining ancient therapies, we were not just able to slow down or thwart progression of the ailments, but in several cases avoided the onset of serious problems," says Dr Sharma.

"IT professionals suffer from these ailments mainly because of continuous exposure to the computer, long hours in airconditioned surroundings; restricted movements while at work; stress of deadlines; working late hours and untimely and junk food intake," says the doctor who's the MD of Arth.

Ayurveda has specific proven therapies for irritable eyes, low backaches and other such ailments, but combining therapies worked fine in cases where the individual had several complaints. "Computer Vision Syndrome (CVS), insomnia, joint pains, respiratory disorders, headaches... the list is endless. The number of software engineers visiting doctors for CVS and low backaches is increasing rapidly."

A normal human being blinks 10 times a minute, whereas a computer professional blinks just half that amount while at work. Human eyes aren't suited for staring for such long periods. This leads to stress of eye muscles. After prolonged computer use, the frequency of blinking is decreased as a result of which the eyes dry out and become sore. Another common ailment is repetitive stress index (RSI).

"Based on the research, Arth has now developed a two-day programme to cater to needs of computer professionals to avoid and cure the ailments," says Dr Sharma.

With computers having become a reality in life, it isn't surprising that answers to many problems thrown up by them may come from older realities such as these eastern therapies. (For more information, contact Arth at 1142/1, 12th Main, 1st Cross, HAL II Stage, Indiranagar. Ph: 5288630/5254655).