

# OJAS AYURVED CENTRE

Dr Sarita Vaidya , M.D. Ayurved Address: 5, Upendra - 1 Society, Opp. Hotel Nisarg, Padalkar Hospital Lane, Nal - Stop,Pune - 411 004 Tel 020 65238169 sarita.vaidya@ojasayurved.com

## SLIP DISC

Slip disc is a problem related with our vertebral column.vertebral column is a chain of bones situated in the middle of or back.it is also called as backbone.this chain of bones enables to move forward,backward, bend, stand straight. It has huge flexibility.to have comfortable mobility to human body.

To avoid friction between two vertebrae and give smooth movement,there is a smooth plate of soft bone between each pair of vertebrae.this plate acts like a shock absorber disc.That is why in our every movement, we don't get jerks...or they are tolerated by the discs.

### What happens in Slip disc?

In some uneven movements, travelling on uneven rough roads a sudden jerk reaches the vertebral column, and the soft bony tissue disc slips from its place to side or it protrudes partially on one side.There are nerves passing through each pair of vertebrae. when the disc displaces, it creates pressure on the nerve coming out from that side. since nerve is a very sensitive or rather sensitivity giving organ, the pain created through this pressure is very severe, and it immediately gives restricted movements.

### Common signs—

A person is having normal movements,but suddenly he/she gets severe pain in a specific region of lower back, unable to walk continuously, can not seat for long time. The pain usually radiates from back till thigh or may be forward till calf.

### First precaution---

The immediate action is bed rest.Rest to the back relieves the pain.Also, it avoids further damage. Bending forward should be strictly avoided.at this stage,muscles are in spasm so any strain on back would further enhance the pain.

### What is treatment for Slip Disc —

According Ayurveda It is the disorder of not only bones i.e. asthi but rakta, mamsa, meda and majja dhatu are also involved.

Treatment to all these elements would take care of disorder from all corners.panchakarma treatments are immensely important and useful in slip disc treatment treatments like katibasti, kasheruka basti, pindasweda, tail dhara are involved in this. The usual durations of treatment is 7 days to 14 days but of course depends on the severity of the disorder. These treatments immediately relieve pain, reduce spasm.That gives patient immediate relief .Also due to these treatments,paravertebral muscle strengthening takes place. Which is very important in slip disc because it is these muscles, which bear the load of body even in presence of damage to vertebral column.

After proper treatment,a gentle exercise is recommended to every patient.

Usually people know, treatment of traction, physiotherapy and operation as a last resort in slip disc treatment but Ayurved treatment are far better and still fast relief giving treatment and should be taken by preference.

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