

OJAS AYURVED CENTER

Dr Sarita Vaidya , M.D. Ayurved

5, Upendra - 1 Society, Opp. Hotel Nisarg, Padalkar Hospital Lane, Nal - Stop, Pune - 411 004,
+91 98901 43920 , info@ojasayurved.com , www.ojasayurved.com

Spondylosis

Bone and joints in our body forms the skeleton. On this skeleton the muscles, ligaments, tendons like structures are attached. In every movement there is involvement of these bones, joints and structures attached to that.

Over the years, when certain movements are done continuously there comes a strain on the related joints. The bones involved in the joint are then affected. They get degenerated, their structure changes, or there is formation of osteophytes around them.

When such a things occur in the vertebral column, our back is affected. Vertebral column is from neck to hip and it is a chain of small multiple bones. For clinical purpose it is divided into cervical, thoracic and lumber region. When the strain comes on a specific area of vertebrae, like cervical region or lumber region... the bones there gets degenerated. The gap between two vertebrae is very important to allow their flexibility and movement. When it is hampered, nerves in between gets compressed and the shooting pain starts. Sometimes there is tingling sensation, heaviness on the affected part and gradually restricted movements.

Todays fast lifestyle, excessive city travelling, two wheeler, bike travelling and bad roads are actually challenges for our vertebral column to sustain. That leads to spondylitic changes and pains. This is the reason why it has started very fast at young age too.

Ayurved looks at it in a more different perspective. This problem is not only of bones and joints but also the muscles, fats and other structures surrounding it. So strengthening of this is equally important. Bone changes once happened can not be changed, but the structures holding the bones are corrected, sufferings stop.

Considering all above explanation, Ayurved offers very structured treatments. In panchakarma there are treatments called as Kati-basti, Manya-basti or kasheruka-basti. (these are Sanskrit medical terminological words) wherein, compounding is done to the affected area,

OJAS AYURVED CENTER

Dr Sarita Vaidya , M.D. Ayurved

5, Upendra - 1 Society, Opp. Hotel Nisarg, Padalkar Hospital Lane, Nal - Stop, Pune - 411 004,
+91 98901 43920 , info@ojasayurved.com , www.ojasayurved.com

and the affected part is filled with medicinal oils. The perfect use of medicinal oils has a huge value in the treatment.

Another treatment called as "Pindaswed" works wonders. It is a kind of gentle massage with a focused application of medicines to the affected part. This helps in strengthening the muscles and ligaments holding the vertebral column. This helps reduce the pain, tingling sensation very fast. Also, it gives strength to the muscles, so the effects are long lasting.

Tail-dhara (oil therapy) is one more treatment. When patient is in continuous or recurrent pains, to help the pain release immediately tail—dhara is performed. Once again, the right choice of medicinal oil which is actually poured on the affected part is very important.

This treatment is also used for severe muscle spasms, strains to give relief from the pain. Thus, panchakarma treatments are of immense value in any kind of spondylitic problems. Since the treatment has a wide spectrum treatment it not only relieves the sign and symptoms but also gives long lasting results.

OJAS AYURVED CENTER

Dr Sarita Vaidya , M.D. Ayurved

5, Upendra - 1 Society, Opp. Hotel Nisarg, Padalkar Hospital Lane, Nal - Stop, Pune - 411 004,
+91 98901 43920 , info@ojasayurved.com , www.ojasayurved.com

XXXXXXXX