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Treatment of Sciatica -- Lying, Sitting, and Standing

The sciatic nerve is located deep in the muscles of the buttocks, originating from the sacral plexus and running distally along the thigh with its branches to the shank and foot. It is an important nerve of the lower extremities, for both motor and sensory purposes.

Acupressure is also known to aid your health in a number of other positive ways - including reducing stress and tension; increasing blood circulation; aiding in the removal of toxic wastes; providing relief from head, neck and shoulder aches; promoting healing; increasing energy levels; and increasing feelings of well-being.

Scientific research has also shown phenomenal results for sufferers of low or high blood pressure, insomnia and chronic fatigue. The Applicator has an immediate effect on pain caused by hard physical work, over exertion in sport or other physical stress related activities.

Unlike most drugs, relief is usually immediate. Over 70 million can't be wrong! They have already got their healthy pain free lives back with the Tibetan Applicator.

This natural pain relief technique requires a special simple but extremely effective device Tibetan (or Kuznetsov) Applicator and can be learned by anyone through the easiest steps of instructed Applications. It has provided effective relief in thousands of clinical cases and the success rate is 80%. Further, it doesn't seem to matter how severe the pain is or how long you have had it.

Treatment comprises of three approaches, Elimination (Sodhanam) of the accumulated toxic products of digestion, metabolism and the disease process, Pacification (Samanam) and correction of the entities responsible for altered functioning and Rasayanam (Rejuvenation) of the bodily tissue to regain and maintain natural strength and vitality.

According to studies, some people can get relief from this problem of sciatica by consumption of potassium in large quantity. It is also advised by certain doctors to include a number of potassium rich foods in the diet of people suffering from sciatica. Foods such as potatoes and bananas are rich in potassium.

Ayurveda categorized Sciatica as one of diseases caused by vitiation Vata (one of the principle dosha in the body, responsible for the movement and functionality of the body). Sometimes even kapha (dosha responsible for lubrication and bodily fluids) vitiation along with vata (vata kaphaj) also causes sciatica.

Reflexology might also be helpful in certain cases. One needs to work on reflex points around the shoulder and the sciatic nerve. A therapist could help in finding such reflex points.

Causes of Sciatica It's important to understand what conditions cause sciatica because remember, sciatica is not a condition ??? it's a medical term used to describe symptoms caused by other low back conditions.

People can even get relief from sciatica from massage. For this purpose a therapist can be consulted. Once the massage over the effected part is done it is suggested to rub the painful area with a cube of ice or with a piece of wet cloth. Massage also helps in preventing sciatica related problems.

Ayurveda is specialized in treating Sciatica with highest treatment success rate. It offers excellent Panchakarma therapies along with internal medicines for treating Sciatica.

Sciatica is a painful inflammation of the sciatic nerve, usually neuritis, but it may also result from pressure by tumor or inflammation of the neighboring bones, tendons or muscles, particularly by protruding intervertebral disc. In an acute case of protrusion of intervertebral disc, there is a cutting pain that radiates from the iliocacral region to the foot, causing an inability to walk. When it becomes chronic, the patient will feel a dull stretching pain and have difficulty walking.

The strength of Ayurveda in the area of spine and joint treatments is globally appreciated. Since it addresses the root cause of the issue the results are fantastic. Therapies like Abyanga swedam, Pathrapotala swedam, Choomapinda swedam, Pizhichil, Shirodhara, Kadeevasthy, Navarakizhi, Vasti (the most important procedure in Ayurveda for curing Sciatica permanently) etc. are done as per the necessity and condition. These therapies are directed towards relieving the inflammatory changes and underlying causes of Sciatica, releasing the spasms and nerve compressions in the affected area, strengthening and nourishing entire spine & supporting tissues. Usually the treatment period is 3 - 5 weeks according to the severity of the disease.

There is a natural source of healing power in everyone. When this healing power is activated, it triggers a series of complicated internal processes producing a Healing Response. Pain or injury act to alert the body that damage control is needed, at which point the Healing Response begins and endorphins are generated to repair the affected area. This increases the heart rate and alters the blood pressure to speed up the elimination of toxins from the damaged area.

Along with these therapies, Ayurveda has also described Sira vedana (Venesection) and Agni karma (Heat therapy) for treating Sciatica.

In four to six weeks, the majority of patients find their symptoms are relieved without surgery.

Ayurveda described sciatica as Gridhrasi (Gridhra means Eagle), as the gait of the affected person resembles that of an eagle's walk and the inflamed nerve appears like eagle's beak.

Several low back conditions can cause sciatica, including: ??? Bulging disc or herniated disc: This is the most common cause of sciatica. When a disc bulges, the gel-like center (nucleus pulposus) pushes against the outer wall of the disc (annulus fibrosus). A herniated disc means that the nucleus pulposus breaks through the annulus fibrosus. With both bulging and herniated discs, the disc material can press on nerve roots, causing sciatica. The consequences of a herniated disc are worse than those of a bulging disc. The disc material that leaks out contains an acidic, chemical irritant (hyaluronic acid) that causes nerve inflammation. ??? Degenerative disc disease (DDD): Sciatica is a common result of the aging process that affects discs called degenerative disc disease. DDD is a change in the disc shape and function, and it can result in a bulging disc or a herniated disc and pain. ??? Piriformis syndrome: The piriformis muscle, located in the lower part of the spine, connects to the thighbone, and helps you rotate your hip. The sciatic nerve runs under the piriformis muscle, so muscle spasms can compress the sciatic nerve. It may be difficult to diagnose and treat as it is not easily identified by x-ray or MRI. ??? Pregnancy: The extra weight and pressure on your spine caused by pregnancy can cause compression of the sciatic nerve. The symptoms will usually go away after childbirth. ??? Spinal stenosis: Your nerves travel through passageways in your spine, and when this space narrows (stenosis), it can put pressure on the nerves in your low back. ??? Spinal tumors and spinal infections: Although very rare, tumors and infections can compress the sciatic nerve. ??? Spondylolisthesis: If a vertebra slips forward over the vertebra below it, it's called spondylolisthesis. This slip can pinch the nerve root and cause sciatica. ??? Trauma: You can develop sciatica because of direct nerve compression from an outside force. For example, you could be injured in a car accident, resulting in a pinched nerve in your low back.

Use of the Applicator results in complete relaxation free from pain or stiffness.

About the Author:

Care for Health is dedicated to the pursuit of health using the incredible power of the human body to heal itself. More info you will find at CareforHealth">http://www.careforhealth.co.uk">CareforHealth

2. Sitting: Sit upright on a mat or on the floor with the legs straight in front, the feet flexed so that the heels touch the ground and the hands placed flat on the

In chronic cases of sciatic neuritis, the pain is associated with adhesion around the nerve. "Lying, sitting and standing" is a great treatment for this condition, providing an opportunity to exercise the sciatic nerve by tightening and relaxing it and helping relieve adhesion and alleviate pain after repeated practice.

It is suggested not to perform such an exercise in case of swelling of the sciatic nerve. It is suggested to pregnant women not to apply excessive pressure while performing the exercise. Or else the certain nerves could be stimulated. This could lead into the pelvic area.

The Applicator works by applying non penetrative acupressure on numerous points over an area of the body. The pressure spines stimulate blood flow and lymph circulation locally. Endorphins ("hormones of happiness" or "natural pain killers") are released. These are effective in blocking pain and producing analgesia and a sense of well-being.

Sciatica is a general term for pain originating from the sciatic nerve. Sciatica is a symptom of a disorder that causes mild to sharp and sometimes excruciating pain. Patients have described sciatic pain as mildly disturbing to burning, aching, deep, and similar to a sudden bolt of lightning. Sciatic nerve pain travels from the buttock, down the back of the thigh, and into the leg. Leg pain is the classic hallmark of sciatica. Low back pain may accompany sciatica, and some patients experience sciatic pain extending into the foot. Another characteristic of sciatica is it usually affects either the lower left or right side of the body.

About the Author:

http://www.tcmadvisory.com/#

The Applicator has been successfully used by millions of people for many years all over the world. It eliminates muscle pain, increases the flexibility of joints and increases resistance to muscle fatigue. The Tibetan applicator produces exceptional results in the treatment of sciatica pain, lower back pain, numbness or tingling in legs, pinched nerves, upper back pain, chronic pain in cervical spine, joint pains and spasms.

The Tibetan (Kuznetsov) Applicator is an effective and easy to use acupressure pain relief device. It is made from non-allergenic materials and consists of high density plastic spines which are precisely arranged to best stimulate the body's internal abilities to heal itself.

One reason the sciatic nerve causes so much pain is because it is the longest nerve in the body! The nerve starts at the back of the pelvis and runs downward through the hip area and buttocks into each leg. Near the knee, the sciatic nerve divides into two nerves???the tibial and peroneal nerves. The tibial nerve runs behind the knee and the peroneal nerve runs along the side of the calf and ankle. Through the tibial and peroneal nerves, the sciatic nerve innervates ('stimulates') the action of many muscles in the lower legs and enables feeling in the thighs, legs, and feet.

This kind of a pain can occur when the sciatic nerve gets pressed as a result of pressing it against a hard tool or keeping something thick like cards or wallets in ones back pocket or even by wearing a tight belt. But such pain can be cured by performing a number of exercises under the supervision of a physical therapist.

There is a saying in China: "A door-hinge is never worm-eaten." It means that appropriate motion can prevent strain. Therefore, a sciatica patient should not keep motionless for fear of pain. Keeping motionless will aggravate the symptoms.

Besides pain, other symptoms may accompany sciatica. These symptoms include sensations such as tingling, pins and needles, burning, numbness or muscle weakness. Such symptoms may be felt in the buttock, thigh, behind the knee, calf, ankle, and sometimes the foot.

Another way of curing the problem would be with the help of yoga. One might need surgery if sciatica is caused by a hernia in the disk then one might need a surgery. Yoga plays a great deal in curing the problem. Daily stretches also serves as a good precautionary protection against due to sciatica.

Some doctors suggest hydrotherapy. According to some doctors taking a bath might provide some relief from sciatica. In such an exercise one is expected to soak his/her body in water (as warm as the body temperature).then one is expected to soak his/her body in water for around 20 minutes. The bath is finished by taking a shower. A hot water shower is recommended.

Sciatic pain can make life miserable. Walking, standing, bending over, driving a car, working at a computer, catching up on household chores, sneezing or coughing, and many other activities of daily living can cause sudden and intense pain. Patients who suffer sciatica, especially of a more acute nature, find the symptoms disrupt many aspects of their life.

The Tibetan Applicator provides particularly effective treatment for: arthritic pain, lower and upper back pain, sciatica, knee pain, muscle and joint pain in general, insomnia, headache, fat and cellulite.

The largest bone in ones body-the sciatic nerve has a tendency to be a bit uncomfortable and can cause a great amount of pain in ones buttocks. The pain that occurs in the sciatic nerve that affects the buttocks and goes down to the knees is known as sciatica. In this case it is quite natural that the pain is felt especially in one of the parts of the hip.

Instructions 1. Lying: Lie supine in the bed with the legs bent. Without letting the feet leave the surface of the bed, straighten the legs one after the other. While they are stretched straight, lift the legs above the bed alternately. Lift the healthy leg to an angle of 90 degrees and the affected leg to an angle of 45 degrees at first. By practicing, the affected leg can be gradually lifted higher to form a perpendicular angle as well (see Fig. 1).

Treatment in Ayurveda is aimed at restoring the equilibrium through correction of the underlying functional in-equilibrium. Ayurvedic treatments for Sciatica concentrate on bringing back the aggravated vata or vata kapha to the state of equilibrium and thereby to the state of health.

This therapy is considered to be the 'mother of acupuncture', in that it was used as a means to stimulate the body's energy flow long before needles were used for that purpose.

To determine the cause is the most important thing in the treatment of sciatica. If the pain is caused by pressure from outside the nerve, the pressure should be relieved. If sciatica is the result of an inflammation, bed rest, analgesics, acupuncture and massage therapy are indicated. In chronic cases, the following system of physical therapy is advised.

Find out more about Sciatica and how to cure Sciatica naturally at <http://www.treatsciaticanow.com>

David Lind

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