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## Sciatica Exercises That Relieve Back Pain

I wanted to talk to you about [sciatica](#) exercises that relieve back pain. Most people would say that back pain is probably about the worst pain that you could ever experience. It's not like a paper cut that effects a tiny fraction of your body. Back pain is an electrical storm of pain that travels across your back. It's crippling in a way because any little movement could lead to it. You could be reaching into your refrigerator and you feel the sharp pains spread throughout the back. It's a rough time and being able to get easy relief is important. This is why I wanted to share with you [sciatica](#) exercises that relieve back pain.

The [sciatica](#) exercises that relieve back pain are really easy. The first one involves you laying on your back and pulling your knees up to your chest, giving them a hug. The idea here is to stretch out the lower back, which rarely ever gets a stretch. The other exercise is grabbing onto something above you and allowing it to stretch out your upper body. It's sort of like hanging on the monkey bars.

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Essentially what is happening is that there is some nerve or nerves are getting irritated. A common reason is due to your spinal discs. They're supposed to hold onto liquid and slowly compress throughout the day. If you have a burst disc or one that is too low, your vertebrae will actually grind together and most likely on a nerve. You can also experience the pain of sciatica when a tight muscle compresses on a nerve. The idea of the exercises is to help get the stress off the nerves and get rid of the pain.

In the later & complicated stages of Sciatica, the gait of the affected person resembles that of an Eagle's walk & the inflamed nerve appears like Eagle's beak, hence the term Gridhrasi.

Dietary Regimen: Pulses, beans, and fried foods should be prohibited. Curds and other sour substances should be avoided. Saffron, in small quantities, should be mixed with milk and given to the patient to drink. Life style Regimen: Gentle exercise of the leg is advised. Exposure to damp and cold should be avoided. Swimming in warm water is a good exercise for legs. The patient should use a hard bed and wear a lumbo-sacral belt. Yogic exercises like Halasana, Shalabhasana, and Bhujangasana may be undertaken after pain has subsided to prevent recurrence of sciatica. Internal Medications: include many types of Ayurvedic preparations like Thailams, Grithams, Gutika, Pills, Lehyams, Churnams, Asavaaristams & Kashayas are prescribed by a qualified Doctor after a thorough examination of the patient.

Learn more about the Sciatica Stretches That Work

Majority of these patients give a history of lifting heavy weights on their head or back, adopting improper spinal postures while sitting or bending forward, riding two wheelers on bumpy roads, female patients standing for a longer time in kitchens - these all contribute to the unbearable & excruciating pain called [Sciatica](#).

For appointments, Please Contact Dr. Kranthi R Vardhan, Chief Physician & Managing Director, The Kerala Ayurvedic Care, Sciatica & Spinal Research Institute, Basheerbagh, Hyderabad-29. Ph: 92461 66636 / 98666 66055 / 66101140 on all days from 8am - 8pm strictly with a prior appointment.

Back Problems Leading To [Sciatica](#) Pain Often people ignore back and leg pains until they become severe enough to merit attention. While not all back pains or leg pains will be serious and can be treated easily, some may require extended medical treatment. If you are suffering from leg pain and possibly some numbness or weakness that starts from the low back, through the buttock and down your leg, you could be suffering from [sciatica](#). Usually, large majorities of people who do experience sciatica get better in time but it is always best to get medical treatment and undergo therapy in time. What is Sciatica? Sciatica is usually the condition caused by irritation to the sciatic nerves. Sciatic Nerves are one of the largest in our bodies and start from the base of the lumbar spine. They run through either side, through the buttocks and then down the legs, going all the way to the feet. If the roots of these sciatic nerves are pinched, pain is felt not only in the back but also the buttocks and lower legs. What Are the Symptoms of Sciatica? When the sciatica nerve root gets compressed, pain starts affecting all the areas that the nerve runs through. The pain could be dull or even sharp at times, at times there is just a burning feeling. This is usually accompanied by some shooting pain starting in the buttock going down the leg or the back of the thigh. At times, rather than actual pain, there is just a tingling or sense of numbness. It may prove to be difficult to stand up and even coughing or sneezing aggravates the pain. What Are the Problems Causing [Sciatica](#) Pain? Most of the times, sciatica is caused by what is commonly referred to as "slipped disc". The disc in this case refers to the discs that form part of our spine and act as shock absorbers for all the heavy work that the spine has to do. When we bend or twist, the pressure on these discs increases. At times, when there is a sudden, violent twisting movement or one is carrying a very heavy load that adds tremendously to the pressure on the discs, the soft center in the discs pushes through the outer cover. This bulge then starts to press against the sciatic nerve roots nearby causing pain, numbness and a general sense of weakness in the limbs. There are other causes that could lead to irritation or compression of the sciatic nerve leading to sciatic pain. These include aging, which causes part of the spine to become rough and enlarged. At times, though very rarely, infections and tumors could be found to cause the problems. How can Sciatica Pain be treated? Most [sciatica](#) pain can be treated with simple painkillers or anti-inflammatory medications, followed by physical therapy and rest. Only in very severe cases, is surgery suggested as a remedy for sciatica pain. If you are suffering from lower back pain or leg pain, seek advise from your doctor and treat sciatica immediately for early relief. For more tips visit <http://www.gasmileagesecrets.org>

SCIATICA, Gridhrasi in Ayurveda, is a Vata roga, characterized by Sharp Shocking pain radiating from the Hip unto Thigh, Calf or the Toes in one or both the Legs. Numbness, Weakness, Tingling sensation & Discomfort along the path of the Sciatic Nerve are the results of Compression, Irritation & Inflammation of the Sciatic Nerve.

Today, you may not have to live with that pain anymore. We at THE KERALA AYURVEDIC CARE, [SCIATICA](#) & SPINAL RESEARCH INSTITUTE, Basheerbagh, and Hyderabad have successfully Treated Lower Back Pain resulting from herniated, bulging, or degenerative discs. Our Meru Chikitsa (Ayurveda Neuro Therapy) enables patients to return to more active lifestyles.

Ayurveda believes that [Sciatica](#)/Gridhrasi is caused by the aggravation of vayu. Sometimes the vitiation of kapha along with vata brings on the attack. At times constipation precipitates or aggravates an attack of sciatica. Ayurveda prescribes the perfect prescription for Gridhrasi. It includes:

In the past, a patient suffering from Disc problems may have been prescribed Pain killers / Medications, Instructed to refrain from physical activities, referred for Physiotherapy, received Steroidal Shots or Injections, and when they weren't progressing, they were sent for Spinal Surgery. Frankly speaking only 5% of Back pains require Surgeries; the other 95% can be dealt with Conservative & Curative Ayurveda Panchakarma Chikitsa.

Our commitment is To Improve the Quality of Life for those with Spine Disorders; To advance the understanding and Treatment of those conditions through Research, Prevention and Education; and To deliver the finest quality Spine Care in a Friendly and Compassionate Environment, Treating every patient with the same Care and Respect we would demand for ourselves.

We are dedicated to improving the health and function of our patients by combining Traditional Ayurveda Panchakarma Chikitsa with modern technology to deliver an unprecedented level of service. Till to date we have treated more than 33000 patients with Spinal conditions like: Herniated Discs Bulging Discs Degenerative Disc Disease Sciatica Syndrome Spondylosis (Cervical /Lumbar/ Ankylosing).

The most common causes are Lumbar herniated disc, Lumbar Spinal Stenosis, Degenerative disc disease, Aging, Osteoporosis, Spondylitis, Pelvic Infections, Tumors, Diabetic neuropathies etc.

"We are aimed at Redefining Ayurveda by propagating the ancient traditions of Ayurveda to the modern world, and practicing the Genuine, Shastroktha & Purest form of AYURVEDA from the past 9 years. Today, we are known for conceptualising ayurvedic cures to diseases like sciatica, slip disc, arthritis, spondylitis, herniated disc, degenerative disc etc. which never had a solution other than surgery. For my work in the field of ayurveda I was awarded KRRUSHI RATNA AWARD, AYURVEDA TAPASWI AWARD, VAIDYA RATNA AWARD." Says Dr. Kranthi Vardhan Chief Physician & Managing Director, The Kerala Ayurvedic Care, 3-6-101/1, st no: 19, basheerbagh, Hyderabad-29. For details contact Cell: 98666 66055, 92461 66636 & 66101140 on all days from 8am to 8pm strictly with a prior appointment.

External Therapies: includes the famous Panchakarma & Rejuvenation therapies. Abhyangam, Nadi Swedam, Elakizhi, Pizhichil, Kati vasthi, Matra vasthi and other Ayurvedic procedures are performed accordingly for a period of 7/14/21/28 days thus treating the underlying cause of the disease without any side effects.

Take great care and avoid straining that delicate structure called the 'Spine'.

David Lind

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