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Best Sciatica Treatments Ayurveda @ Dr Kranthi Hyd

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.

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Before being considered for either type of surgery, the doctor will typically have an imaging study performed such as an MRI (magnetic resonance imaging) or a CT (computed tomography) scan in order to help diagnose the specific cause of the problem. Discectomy and microdiscectomy procedures are normally done in a hospital under general anesthesia. In some cases discectomy can be performed in an outpatient surgical center.

Discectomy surgery is a common treatment for herniated or ruptured discs of the lumbar spine and may be used for back pain sufferers who have not responded to traditional non-surgical treatments such as anti-inflammatory medication, physical therapy, traction, spinal decompression, and epidural steroid injections.

About the Author:

To learn more about DRX9000 and pinched nerves visit <http://www.dr9000-spinal-decompression.com> - a popular website with information on pinched nerve pain relief using spinal decompression.

Sciatica Sciatica is probably one of the best-known cases of a pinched nerve that occurs in the body. It is important to note that sciatica is not a condition in and of itself. It is actually a symptom of another condition in which the sciatic nerve is pinched or compressed. Since the sciatic nerve is quite long -- running through the lumbar area down the back of the thigh and towards the feet -- there is a greater chance that this nerve can experience some form of disruption. The pain associated with sciatica can range from somewhat mild to crippling and often occurs in the lower back, buttocks or hips. It may also cause tingling that can go the whole way down into the feet.

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.

Microdiscectomy Alternative A newer, less invasive form of discectomy is also now available. This procedure is called a microdiscectomy and uses special magnifying and muscle-spreading instruments to allow the surgeon to view and operate on the herniated disc region. The surgeon can then perform the procedure through a smaller incision and cause less damage to the surrounding muscle and tissue.

SCIATICA is pain caused by general compression and/or irritation of one of five nerve roots that are branches of the sciatic nerve, and represents one of the most common forms of radiculopathy. The pain is felt in the lower back, buttock, and/or various parts of the leg and foot. In addition to pain, which is sometimes severe, there may be numbness, muscular weakness, and difficulty in moving or controlling the leg. Typically, the symptoms are only felt on one side of the body. For some people, the pain from sciatica can be severe and debilitating. For others, the pain might be infrequent and irritating, but has the potential to get worse. Treatment for sciatica or sciatic symptoms will often be different, depending upon the underlying cause of the symptoms. At CHARAKA, we are specialized in treating Sciatica with highest treatment success rate. We offer excellent Ayurvedic Panchakarma therapies along with researched internal medicines for treating Sciatica. 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. In four to six weeks, the majority of patients find their symptoms are relieved without surgery. The therapies like Pathrapotalaswedam, Choomaswedam, Pizhichil, Kadeevasthy, Greevavasthy, Navarakizhi, Vasti etc. are done as per the necessity and condition. These therapies are directed towards relieving the inflammatory changes, releasing the spasms and nerve compressions in the affected area, strengthening the supportive tissues holding the spine/joints, nourishing the joints through improving the circulation. for more info:

As a result, the patient can experience less pain and a quicker recovery. Not all patients are able undergo discectomies or microdiscectomies. A lot has to do with the particular nature of the patient's herniated disc.

Carpal Tunnel Syndrome Another type of pinched nerve which is often found in many individuals is known as carpal tunnel syndrome. This is where the median nerve that travels through your wrist is compressed by the carpal bones. This can be found in individuals as a result of a repetitive stress injury, such as that which is found whenever an individual types frequently. This also can be extremely painful and can cause numbness in the hand and fingers.

Finally, there may be times when surgery is required in order to alleviate some of the pain of a pinched nerve. Typically surgery is done so that the bone or cartilage which is compressing the nerve can be moved out of the way. Most people view surgery as a treatment of last resort and prefer to explore non-surgical options first.

Herniated Discs Here is a simplified explanation of what happens with a ruptured or herniated disc. The disc itself is kind of like a soft jelly-filled donut. The outer wall of the disc is called the annulus fibrosus and the inner part of the disc -- the jelly part -- is called the nucleus pulposus. When the outer part of the disc becomes weakened, it can tear and allow some of the inner nucleus pulposus to leak out. When this inner jelly presses on the surrounding nerve tissue it can weakness, tingling and pain in the back and legs.

Another common way to treat the pain is through the use of over-the-counter pain medication or perhaps a prescription medication from your doctor. As long as the pain is not too intense, it can easily be controlled in this matter.

This article is not meant to replace the advice of your personal health care provider. Be sure to consult with your physician to explore all your back pain treatment options before taking any medical course of action.

"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.

There may also be times when physical therapy is prescribed by your doctor in order to help overcome the problem. DRX9000 spinal decompression therapy is also becoming a popular form of non-invasive treatment. This type of treatment addresses pinched nerve pain that is often caused by neck and back problems. The DRX9000 spinal decompression system uses a sophisticated and advanced computerized system to administer and monitor a series of oscillating motions that are designed to bring relief and healing to the areas affecting the pinched nerve. This system can often be a viable option to back surgery for relieving pinched nerve pain.

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, Churmams, Asavaaristams & Kashayas are prescribed by a qualified Doctor after a thorough examination of the patient.

A discectomy is an invasive surgical procedure that removes herniated disc material that is protruding into the spinal canal and pressing upon nerve tissue. This pressure can cause numbness, weakness, tingling, or mild to severe pain in the back and leg.

About the Author:

For more information on discectomy alternatives see DRX9000 spinal decompression for *sciatica* at <http://www.dr9000-spinal-decompression.com>, a popular site with free info on the DRX9000 and other back pain treatments.

Although pinched nerve pain is often associated with back problems, it is possible for the pain to occur in many other places in the body as well. Here are a few of the most common areas where a pinched nerve can occur along with some possible treatment options.

What Happens In A Discectomy? In a traditional discectomy -- often referred to as an open discectomy -- an incision is made in the patient's back over the herniated disc region. Muscle tissue around the herniated disc is removed and a retractor may be used to keep the muscle tissue and skin out of the way which gives the surgeon better access to the surgical area. In some cases, some of the vertebrae bone -- called the lamina -- may need to be removed to allow the surgeon better access to the disc. This procedure is called a laminectomy. Once the herniated disc fragments have been removed, the muscle tissue is put back and the surgical incision is closed with sutures.

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.

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:

For those of us who have suffered from a pinched nerve, we realize exactly how inconvenient and painful it can be. A pinched nerve can occur at almost any part of the body where a nerve is present and may occur as a result of bone or cartilage pressing against the nerve itself.

This article is for informational purposes only and does not replace the advice of your personal healthcare provider. Be sure to consult with your doctor to understand your full set of treatment options and their associated risks.

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.

Pinched Nerve Treatments There are several different things that can be done in order to help with a pinched nerve. Sometimes simple bed rest can help or just relieving stress in the afflicted area is all that is needed to reduce or stop the pain.

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

'CHARAKA - THE SPECIALITY AYURVEDA' Institute of Panchakarma & Research 1-8-49/1, Krishna nagar colony (lane beside Food world), P G Road, Secunderabad, Andhra Pradesh, INDIA-500003. Phones: +914027896644, +914066329888, +919849015400 E-mail: info@charaka.org Web: <http://www.charaka.org>

David Lind

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