

Dr Acharya backs ayurveda for aching backs

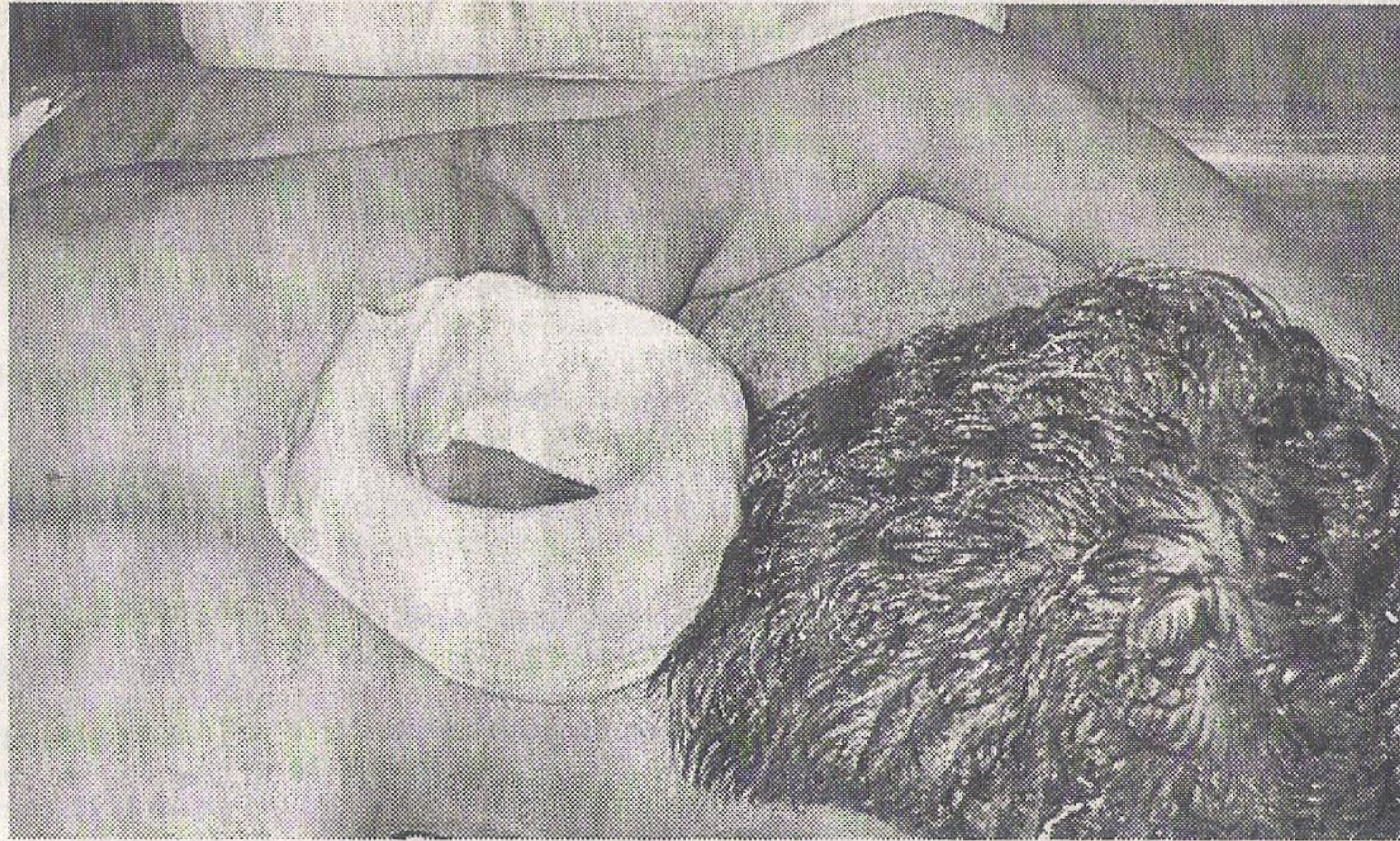
By Salim Joseph

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AS Dr Prashanth S. Acharya, director of Arth, a city-based ayurvedic health centre, massages the ayurvedic oil – unique concentration with chandana (sandal), bala (sida cardifolia) and laksha (lac) – on his patients suffering from back ache, he promises relief that allopathy could not offer for over years.

A PhD holder in panchakarma on low back ache, he treats the afflictions on back bones – a very compact natural system where no duplication has ever been possible. Dr. Acharya has liberated about 400 people from moderate or severe back aches through ayurvedic treatment.

“Almost every person experience back pain for some reason or other at least for a short period in their life. The reasons could be as simple such as stress



or fracture. But what matters is the intensity or variation,” he says.

Dr. Acharya says he has evolved unique concentrations that can relieve the pressure on

nerve routes, the basic cause for back aches. “Usually, it is either the inter-vertebral disc – the spongy substance between vertebrae which give flexibility and cushion effect to the backbone –

slip or disc degeneration – the wear and tear of discs due to ageing – that put pressure on the nerves,” he says.

If the pain is mild it could be managed by proper exercises,

but if the compression on nerves is significant it has to be treated, says Dr. Acharya. The pressure on nerves due to disc slip can be released either by surgically removing the portion of the disc that has come out or merely shrinking it through ayurvedic treatment. Dr Acharya strongly recommends the latter. “Because I have found the sandal-bala-laksha oil treatment to have 100 percent results,” he claims.

According to him, the surgery is required only if a sensory nerve is damaged. Allopathy, he says, has no medication to offer except non-steroidal anti-inflammatory drugs (NSAIDs) which are only painkillers.

“In fact, the use of NSAIDs conceals the pain and weakens the muscles. The patients will have relief from pain initially but will suddenly be at an advanced stage of disc slip,” he adds. Call Dr Acharya at 5288630/5254654.

BACK PAIN

WHAT CAUSES BACK PAIN?

Pressure on nerve routes due to accidents, due to fall or resting in awkward positions, stress, stiffness or old age

Deficiency in calcium and magnesium

WHO ARE MORE PRONE TO BACK ACHES?

Women as there are huge variations in alignment of vertebrae and pelvis, employees of IT sector because of their lifestyle and work schedule, those driving two-wheelers, those lifting weights in awkward manner

IF YOU HAVE A BACK PAIN?

Do not neglect. Meet the doctor. Mild pains could be managed by proper exercises. Moderate or severe back pain has to be treated. To stay away from back pain eat healthy and exercise regularly.

WHEN SHOULD THERE BE A SURGERY?

Surgery is recommended only when sensory nerves are damaged.