



Lumber pains

Low backache

Bilateral or unilateral sciatica

Spondylolysis

Spondylolistesis

These all diseases are related to lumber region

Reasons -----1) sedentary lifestyle

2) Less physical activity

3) Lifting of heavy weight

4) Postural deformities

5) Osteoporosis

6) Old fractures etc.

Because of all above reasons patient may suffers from repeated attacks of lumber pains----AYURVEDA has given many effective treatments to recover the diseases.

Sometimes patient is not treated by Nsaids, OR NO SURGICAL TREATMENT IS USEFUL OR RCOMANDED

By Panchakarma therapy we can completely cure the patients including DISC PROLAPS

Now days ----- we are using various methods in ayurveda for treatment

1. BASTI

2)KATIBASTI

3) SNEHAN (massage)

4) SHAIK Â Â (hot fomentation)

5) Ayurvedic medicines

By these multiple ways of Â Ayurveda patients recovers dramatically ,

Also in many case we can avoid the surgeries. So this is real worth to take ayurvedic treatment as needed