



## CHAKRAPANI AYURVEDA ISO 9001:2000



Vol 9 Issue IV

Back pain

AyurvedaNews

Dear Reader,

### GUEST COMMENTS

After 4 months of your Rasayana my mother's liver (which was very bad) got completely cured, and the doctors all wondered how and why, as no western medicine was working. She is very happy and thankful to you! So, I thank you very much. All the best for you and all the others.

- Petra, Germany

We have completed 10 years of our operations in June 08. It was a great journey of success with a support of people like you from different parts of the globe. Our growth was 58% each year which is tremendous. We have started from merely an 150 square feet office and now we are serving the community in an 8000 square feet facility of a wellness center. This success is an evidence of a strong under current of the demand of quality services in the field of Ayurveda. People from all part of the society are looking for a good source for their requirement of Ayurveda therapies and to achieve health through Ayurveda. We are honored that they put trust on us and we want to commit for the best. We have now ISO 9001:2000 quality certification for our Panchakarma facilities, consultation services, training programs and products. Our products are now being exported to 18 countries. All these became possible due to the blessings of you, our Gurus and elders in family. Kindly accept our gratitude and many thanks for all the support.

We welcome you to arrive in Jaipur and enjoy all our services of Panchakarma and training programs. Kindly expect best from us. Do come with your family and friends. You can write at [manish@chakrapaniayurveda.com](mailto:manish@chakrapaniayurveda.com) for your booking related inquiry or call at +91-141-2624003.

Experience personalized  
Ayurvedic Healing  
Treatments

Best regards,

**Dr. Rajesh Kotecha 'Vaidya', M.D.(Ayurveda)**

Director

Chakrapaniayurveda Ayurveda Clinic and Research Center

### VAIDYA TALK

#### Feature article: Back pain

Back pain has become a common problem in recent time. One among every ten persons in our world suffers from back pain. There are many reasons for a patient to experience back ache. Back pain can exist in any one region of the back or in multiple areas at the same time. Pain can be localized to one side or can be a band of pain wrapping across the width of the back.

#### Causes:

We all know that back pain is a common complaint prevalent among middle-aged men and women. But the causes are different in both sexes. It involves vertebral column, their ligaments and various muscles attached to it. The serious doshas include - avalambaka kapha, samana, apana and vyana type of Vata.

Lack of proper exercise, excessive workload, obesity, traveling too much, improper posture, inherited weakness of bones and muscles are some of the common reasons for back pain. Among elderly persons back pain occurs due to destruction such as - ostemalacia, osteoporosis and in males prostatic diseases.

In females, working women are more prone to back pain because of the lengthy hours of office work and the work to be done after coming to home gives much strain to their back bone. There are other causes too like - multiple pregnancies, chronic cervicitis, uterine fibroid, tubo-ovarian mass and certain urine pathology.

Obstruction in vertebrae diseases, inter vertebral disc, tumour, soft tissue involvement, tuberculous spine, diseases of retroperitoneal organs like kidney or intraperitoneal organs may cause back pain.

Driving on rough roads, long use of old vehicles having no shockproof mechanism, lifting heavy

### HERB SCOPE



#### Botanical Name:

Trigonella foenumgraecum

**Sanskrit name:** Methika weight etc are some of the main causes of back pain in developing countries.

**English name:** Fenugreek **Chakrapani's tips for back pain**

**Therapeutics:**

It is pungent, hot, carminative, hypoglycemic, aphrodisiac, anti-inflammatory, uterine contractor, mild laxative and lactogenic herb. It is used in fever, diabetes, arthritis, and flatulence. It enhances breast milk in a feeding mother. The Seeds and leaves are anticholesterolemic, anti-inflammatory, antitumor, carminative, demulcent, deobstruent, emollient, expectorant, febrifuge, galactagogue, hypoglycemic, laxative, parasiticide, restorative and uterine tonic, and useful in burning sensation.

It is used both as herb and spices. It is used as a hair conditioner mixed with curds. Its seed is used as a digestive aid for increasing the appetite. Fenugreek seeds supplements lower serum cholesterol triglyceride and low-density lipo protein. Recent researches prove the anti cancer (Breast and colon) properties of fenugreek. It was also used for inducing child birth as a uterine contractor.

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If you are a computer professional or an office going person, be careful not to sit in a stretch and strain yourself for a long time. Refresh yourself in between.

Swimming is a good exercise for back pain.

Avoid lifting heavy objects

Now and then oil massage or spinal bath is good for back pain.

Yoga under the guidance of an expert yoga instructor is good for back pain.

Avoid a sagging bed.

Take a hip-bath everyday.

**Treatments offered at chakrapani for back pain.**

**1. Oil Massage**

Just as a vehicle needs to be greased occasionally so is the case with human body too. Body especially the back should be oiled and revitalized occasionally.

N.B.- Such type of oil massage is not indicated in surgical types of back pain.

**2. Pizhichil**

Two therapists first massage the body in synchronization using warm medicated oil and then dip cotton swab in warm oil and squeeze it over the affected part of the back and massage gently by their hands. This therapy tones the back muscles and relieves the stiffness over the back.

**3. Dhara**

Here the patient is asked to lie over his/her stomach. Thereafter a stream of medicated oil is poured over the back. This provides a soothing relief for the pain.

**4. Kati Basti**

In this, warm medicated oil is retained 20-30 minutes over the back with the help of application of circular dough prepared with white gram flour and water.

**FROM GRAND MOTHER'S DIARY- FENUGREEK**

When given to nursing mothers, fenugreek acts as an excellent galactagogue.

Paste of fenugreek leaves when applied on inflammatory area reduces inflammation.

Fenugreek seeds powder when taken in one tsp. dose help reliving body ache.

Paste of fenugreek helps in hair fall and also makes hair and skin soft

**CHAKRAPANI PRODUCTS OF THIS ISSUE**

[Madhumehar yog](#)

: Helps in diabetes.

Hair conditioner : Improves hair growth and lusture..  
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### UPCOMING EVENTS

**10th International Ayurveda Symposium 2008 in Birstein on 6 - 7 September 2008.**

**For more details Log on to [Ayurveda symposium 2008](#)**

**3rd world Ayurveda congress & Arogya 2008 in Jaipur from 16-21 December 2008.**

**For details Log on to [www.Ayurworld.org](http://www.Ayurworld.org). Tel.+ 91- 141-2634613 E- mail: [niawac2008@gmail.com](mailto:niawac2008@gmail.com)**

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