



PAIN MANAGEMENT PACKAGE

(Osto-Arthritis, Rheumatoid Arthritis, Gout, Spinal Problems- Cervical Spondylosis, Lower back ache, Sprains and other joints and muscular pains associated with swelling)

The unhealthy lifestyle of modern world gives rise to so many diseases. Among these diseases Arthritis is the major one, which disables the person and makes day to day activities difficult. Wrong posture, improper food, regular driving, bike riding and sitting before computer for a long time, **as IT professionals do**, result in lower back pain, neck pain and other spinal problems. If these diseases are not treated in the beginning , it results in many complications such as IVDP, spinal nerve root compression, degeneration of vertebrae and discs and may end up in a crippled state. Muscular pains are also not negligible.

With Nature Cure and yoga treatments, at **Nirmayee Nature Cure Centre**, we treat these conditions efficiently and effectively.

We provide the following Nature Cure treatments for pain management with modern equipments.

NATURE CURE TREATMENTS

1st Week

- 1st Day : Enema +Mud pack abdomen + Hip / Spinal bath
- 2nd Day : Full body massage + Infra Red Radiation
- 3rd Day : Under water massage + Ice pack
- 4th Day : Full body massage (Vibro) + Heating compress
- 5th Day : Neutral immersion bath with epsom salt + Hot and cold fomentation
- 6th Day : Steam / Sauna + Partial massage to painful area

For the 2nd, 3rd and 4th Week, the same treatments will be continued with some changes as prescribed by Doctor according to the condition of the patient

YOGA

Some of the yoga practices are found helpful to relieve pain, strengthen the muscles and relieves stiffness, swelling and spasm.

Asanas

Ardha Pavana Mukthasana
Uttan Padasana
Bhujangasana
Salabhasana
Vakrasana
Ardha Halasana
Sethubandhasana
Parvatasna
Savasana

Pranayama

Anuloma-Viloma
Brahmari
Kapalabhati
Bhastrika
Surya Bhedana

Note : All the forward bending asanas should be avoided and one should practice yoga only with yoga experts guidance. Here at Nirmayee, we teach therapeutic yoga during the one month pain management treatment course.

DIET

Diet of an arthritic patient should be low in fat, protein and salt, excludes milk products and plenty of vitamin C. The proper diet pattern will be taught during this course.

LIFESTYLE MODIFICATION

During this treatment course, our eminent doctors will be advising you the lifestyle modification such as proper rest, relaxation, exercises, right posture and reduction of weight if obese. As lifestyle modification plays an important role in treating these conditions.