

## Sparsha Approach to Body Pain



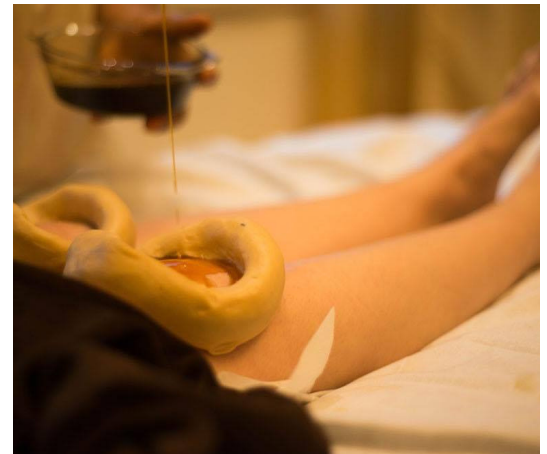
Ayurveda treatments, Ayurveda massages and Ayurveda therapies work effectively in relieving you from the pain and its associated symptoms. And these Ayurveda Pain relieving methodologies are proven since times immemorial to manage pain associated with a variety of injuries and conditions. Often, chronic pain is caused by an inflammatory response within the body. Ayurvedic herbal treatments are effective for healing and controlling excess inflammation, but for long-term results, such treatments must be part of an integrative approach combining dietary changes, detoxification and therapeutic exercise.

When you feel general body aches and body pains in multiple areas of your body, with more discomfort in the muscles and joints, there is no better comfort than to give your body a complete full body massage. Ayurveda offers Abhyanga massage therapy and kizhi (special herbal bolus bag massage therapy dipped in special hot herbal oil) which provide relief as well as relaxation to the painful muscles and joints of the entire body and also the oil nourishes the skin and mobilizes the deeper tissues.

### KNEE PAIN

**Duration: 45 minutes**

The knee pain is another kind of pain in the body which are much weakening and distressing. This pain is mainly the form of osteo-arthritis which is a degenerative joint disease due to the lack of lubricating (Synovial) fluid in the joints, leading to the damage in cartilage, bone, joint capsule, ligaments and muscles. Ayurveda offers special knee joint massage and external treatment for relieving the knee pains. In this particular Ayurvedic procedure, the warm medicated oil or herbal decoction is used to bathe the knee. This may be followed by hot fomentation of the knee joint.



### ARTHRITIS

**Duration : 70 minutes a day**

Ayurveda also has great help for those suffering from arthritis or the Osteoarthritis, a condition with chronic pain and limited mobility. This is a painful condition and the disease gradually worsens if not properly taken care of. There are aggravated symptoms of pain, stiffness and lack of flexibility in the joints. Ayurveda massage therapy & Ayurveda treatments relieve the joint pain considerably, as well as help to mobilize the joints. Ayurveda offers specialized treatment for this condition of arthritis called as Patra Pinda Sweda. This is an ancient Ayurveda technique of massaging the whole body with boluses prepared out of medicated leaves, fried in sesame oil and dipped in warm herbal oil. This is very helpful in relieving the joint pains in arthritis, and also helps to reduce the joint stiffness and immobility.



## ALL KIND OF BODY PAINS

**Duration :60 minutes a day**

Back pain is one of the most common painful conditions which is experienced by all age groups. Ayurveda treatments and massage therapies are much relieving for chronic and acute back pain



## SPINE AND NECK CARE PROGRAM

**Duration : 5-7 days**

Ayurveda suggests many effective methods on Spine and Neck Care Programme and Ayurveda has everything to satisfy patients related with the same. As a very ancient rishi medicinal science Ayurveda enlarges the Spine and Neck Care Programme where hundreds of patients gets relax and peace of mind. The patients or aspirants for Spine and Neck Care Programme has to undergo 5 to 7 days to complete the treatment and of course it would be advantageous to everyone. This treatment is very special and it keeps your spine and neck healthy and it has the power to cure many disorders related with Spine and Neck. This programme needs certain other massages and these massages are special with some features. Kativasthi, Sneha vasthi, Kashaya Vasthi, Kashaya Vasthi, Pizhichil etc. are also included with Spine and Neck Care Programme. It's a complete solution for enjoying a happy life.

