

YOGIC CURE FOR SCIATICA PAIN

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Sciatica is a disease in which the patient complaints of pain from hip to the foot on the backside. The patient also suffers from pain while bending down or walking. It is generally on one side but sometimes it could be on both sides. The patient is forced to drag the feet while walking and bear severe pain even while sitting and sleeping.

Yogic cure

Yog practice is the permanent solution for relieving sciatica pain. Consumption of natural medicines along with Yog practice is beneficial. Yog practiced with full devotion and faith has positive affect.

- ♦ **Markatasana** should be practiced regularly in order to get good result. It is beneficial in case of backache, cervical, slip disc.
- ♦ **Katiuttasana** is also beneficial to overcome backache, cervical, slip disc and sciatica pain.
- ♦ **Makarasana** is beneficial for the patient suffering from sciatica, slip disc and cervical pain along with asthma, lung disorders and knee pain.
- ♦ Regular practice of **Shalabhasana** relieves the pain arising in the lower part of the spine and relieves backache and sciatica pain.
- ♦ **Ushtrasana** overcomes cervical, spondylitis along with sciatica and spinal diseases. It is beneficial in thyroid problem. It strengthens respiratory system, activates lungs and is thereby beneficial for asthma patients.
- ♦ **Ardhachandrasana** is also beneficial for relieving sciatica pain. Increase the duration of practice slowly.

Pranayam

Pranayam is the best medicine for all diseases. Patients of sciatica should practice Anulom-Vilom, Nadi shodhan. It purifies all the nerves of the body and thereby makes the body healthy, bright and strong.

Suryabhedhi pranayam is very beneficial in this case because regular practice of this pranayam increases heat and pitta in the body, which subsides the vata and kapha diseases. Patients of sciatica will get enough relief from this pranayam.

Kapalbhati pranayam is also beneficial for the patients of sciatica as it overcomes digestion related problems. It cures constipation, indigestion and brings natural glow on face, increases intelligence, enhances overall beauty; it strengthens heart, lungs and the whole body from within. It thereby overcomes sciatica.

Nature cure

- ♦ Mix fine powder of Akarkara in walnut oil and massage the painful area (sciatica pain).
- ♦ Grind castor kernel in milk and drink to relieve sciatica pain and backache

DEVOTIONAL SONG

जीवन खतम हुआ तो जीने का ढंग आया।
जब शमा बुझ गई तो महफिल में रंग आया॥
जीवन खतम हुआ तो ॥
मन की मशीनरी ने तब ठीक चलना सीखा।
जब बूढ़े तन के हर इक पुर्जे में जंग आया॥
जीवन खतम हुआ तो ॥
फुर्सत के वक्त में ना सिमरण का वक्त निकाला।
उस वक्त वक्त मांगा-2 जब वक्त तंग आया॥
जीवन खतम हुआ तो ॥
आयु ने तेरी जब हथियार फेंक डाले।
यमराज फौज ले के करने को जंग आया ॥
जीवन खतम हुआ तो ॥

The poet says that the man realizes the way of life when it comes to end. The machinery of mind learns to work properly when all the parts become weak. The man did not take out time to pray god when he actually had time and asked for time when it was really short. When the death comes to the doorstep and god of death comes to take you away from the world at that time the man realizes the importance of healthy life style.