Twitter Thread by krithika sivaswamy

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Long thread alert on #Ayureda based on my experience.
I am not someone who discusses health issues with even extended family, let alone public. But I've decided to share it here to vindicate our traditional medicine 's powerful healing process.

In the 1st week of May this yr, i had developed upper back pain near my neck, upto hands down till finger tips. I had assumed it as being sore muscles due to workouts & summer heat. but it was persistent, i started feeling dizzy & a sense of losing balance came in.

It was there almost daily,not excruciating but typically would tingle when i picked up weight/sat long hrs.I also felt uncomfortable driving.That's when i decided to go to @bharathnarendra who immediately asked me to take a cervical MRI. As he expected, the report read disc bulge

The report read exactly this :

> **IMPRESSION:**
>
> - **Multilevel disc desiccation with bulge, maximally at C4-5 and C5-6 level, indenting the thecal sac with no significant myelomalacic changes.**

I was obviously paranoid & confused on how i could have had this when i did lead a fairly decent active life and wasn't that sedentary & messy.
Ofcourse @bharathnarendra is an amazing doc who very confidently & calmly told me this can be fixed if i am going to obey him fully

He patiently explained how this could have occurred over years with all sorts of lifestyle changes, with wrong posture at work being the biggest culprit. I also became irregular with dancing,HIIT due to WFH during 2 yrs of Covid.

He put me though panchakarma therapy, Varma & a lot of medication for the 1st month. Was strictly under rest (not bed rest), without too much activity for 15 days.

I faithfully followed all his instructions including changing sleeping timing & patterns. Changed my chair at work place very importantly.
By the end of panchakarma & Varma session in 15 days, my pain had almost gone. However was strictly adviced to continue rest & let it heal.

Gradually over 1.5 months, i had no pain at all. i was still mentally scared to try any heavy activity though. By this time he asked me to start slow exercises otherwise it would be counterproductive. If not for his guidance, i would have not got any confidence

From mid July to August, I've gone from mild walking, jogging to running & been without any pain, slowly gaining strength in my arms. I am now 99.9% normal doing normal activities. The tiny bit is just because of me being cautious.

The biggest take away for me: ayurveda is a blessing to our country & more people should go that way. It is not vague & heals even spine if we go at the right time.
Varma technique is unbelievable & the instant relief when your bones are cracked is something inexplicable. Ahhh.

Lifestyle takes a hit when we have long working hours. As a society, we have to come together & find a mid path to reduce health issues in young adults. We don't want a young society that's burnt out quickly.

I thank @bharathnarendra for the care he has given me.

As a claustrophobic person, i had a hard time taking an MRI and hated it.
I would try again to give a before & after picture soon ■

And i wasn't alone. 3 of my friends had similar disc bugle in different parts of the spine. All aged btw 25 and 35.

Tagging others ayurveda vaidyas here
@drmoghes @DrShrinidhnair @DrPareexitS @aayurarogyam @DVaidyamadham

Must thank @Gopalee67 for giving me @bharathnarendra 's contact.