

**Disclaimer: Content on this website is an advertisement**, therefore it may be biased and should not be considered an objective or independent review. Owner of this website may be compensated when you purchase a product by clicking a link on this website. The views and opinions expressed on this website are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information on this website is for educational purposes only and is not intended to replace the advice of your health care provider.

Thu September 19, 2019

ADVERTISEMENT

## Burning Limbs: The Truth About Sciatica

Have you ever felt a chronic, burning pain that spreads from your lower hip running down to your foot? Is it just as painful sitting down or standing up? You might be suffering from *sciatica*.

Burning Limbs: The Truth About Sciatica

It is not strength of will or courage that wins the day... it is consistency. A famous quote from Winston Churchill about winning World War 2. It can be applied to winning your war against sciatica and back pain. Learn to consistently target the areas causing your back pain and sciatica then... it will disappear once and for all.

Another cause can be spondylolisthesis, or more commonly known as slipped discs. It may also cause sciatica when a vertebral disc moves out of place and applies direct pressure to the spinal nerve adjacent to it, usually occurring on the lumbar or the lower portion of the spine. Blunt force trauma to the lower back region may cause severe damage to the spine and may cause sciatica as well. Accidents or external forces that may cause bone fractures like vehicular accidents, horse riding accidents, sports injuries may all lead to sciatica as bone fragments may occasionally be the cause of the nerve compression. The piriformis syndrome occurs when the piriformis muscle spasms and compresses the sciatic nerve. In this case, the sciatic nerve running beneath the piriformis muscle may sometimes get irritated by movement of the said muscle.

Here goes... Reason #1: Your **sciatica** remains for the primary reason of habit. No you don't have habits that you must change like your posture or how you lift. Habit relates to the internal mechanisms of your body. Habits form because of consistent and repetitive acts.

The second area to attack is inflammation. Sure this can be accomplished by medication, but medication can have side-effects. So use natural products such as Homeopaths, herbs etc first. If they fail to remove the inflammation, then use medication. Inflammation is not a major cause of sciatica though, but should still be addressed.

Who is right and who is wrong. In fact they are all right and all wrong. Back pain and especially sciatica is a combination of factors. Tight muscles, weak muscles, joints not moving correctly and inflammation - these all create your pain.

Reason #3: Most people fail to remove their back pain and sciatica because they believe that to do so is too hard, too laborious, or too time consuming. You may also believe that unless you see results in a few minutes that things are not working.

Your sciatic nerve pain that you thought you were doomed to have forever, or at least need surgery for. Is able to be treated and treated successfully.

Acupuncture is a form of alternative medicine that originated from China. Fine needles are inserted into your skin in strategic points in the body to release negative energy and restore health and well-being, and treat pain and illnesses. It has been proven effective by medical practitioners. It is highly recommended as a treatment for generic lumbar pain, even for mild sciatica, as it supposedly releases tension from the spastic muscles and relieves the pressure from the compressed nerve.

Sciatica... you know the pain that travels down your leg and makes life so horrible at times. Your back pain is affecting your life; you can't do so many activities you once could. You may have sought treatment from many different practitioners, you may even have purchased many products off the internet... but your **sciatica** remains.

In fact - research now shows that the majority of sciatica cases are not caused by disc injuries. The majority are a result of spinal misalignment, muscle tension and inflammation of the sciatic nerve.

The final area to correct is the spinal and pelvic misalignment. When the spine and pelvis tighten the muscles in the area tighten, which then leads to your sciatica. To balance the pelvis and lower spine, you need to use techniques that re-align the spine and pelvis and maintain it. Simple ways to keep the spine moving freely and easily.

There are a lot of treatments recommended for *sciatica*, some non-invasive and some involving surgery. In cases of bone fragments, spinal tumor, and severe cases of slipped or herniated disc causing the *sciatica*, of course surgery would be required as treatment. But for some minor instances, chiropractic treatment and acupuncture is enough to relieve the pain. Chiropractic therapy may range from ice/cold therapy, ultrasound, transcutaneous electrical nerve stimulation (TENS), to spine adjustment or manipulation. These entail for the lumbar area to be exposed to cold or heat to reduce inflammation and muscle spasms.

For more information on Sciatica issues just visit Sciatica - <http://www.back-pain-advisor.com/sciatica.html>

Receive a free e-book on back pain when you subscribe to our newsletter, just click here - Back Pain Adviser - <http://www.back-pain-advisor.com/back-pain-adviser.html>

For Appointments, Please Contact Dr. Kranthi R Vardhan, Chief Physician & Managing Director, The Kerala Ayurvedic Care, **Sciatica** & Spinal Research Institute, Basheerbagh, Hyderabad-29. Ph: 92461 66636 / 98666 66055 / 66101140 on all days from 8am - 8pm strictly with a prior appointment.

So what should you do? Your sciatica needs a collective approach. This means you need to eliminate all the causes of your sciatica, no matter how minor they may be. If you don't ... your *sciatica* will return. Research has also shown that when it returns - it comes back worse the second time around. So eliminate properly the first time and save your self a lot of pain and money.

In the past, a patient suffering from Disc problems may have been prescribed Pain killers / Medications, Instructed to refrain from physical activities, referred for Physiotherapy, received Steroidal Shots or Injections, and when they weren't progressing, they were sent for Spinal Surgery. Frankly speaking only 5% of Back pains require Surgeries; the other 95% can be dealt with Conservative & Curative Ayurveda Panchakarma Chikitsa.

Stretching is the ideal way to reduce muscle tension. However, the most important ingredients are not what to stretch, but when and how to stretch. There are some simple and highly effective stretches that will reduce muscle tension in days.

We are dedicated to improving the health and function of our patients by combining Traditional Ayurveda Panchakarma Chikitsa with modern technology to deliver an unprecedented level of service. Till to date we have treated more than 33000 patients with Spinal conditions like: Herniated Discs Bulging Discs Degenerative Disc Disease *Sciatica* Syndrome Spondylosis (Cervical /Lumbar/ Ankylosing).

Our commitment is To Improve the Quality of Life for those with Spine Disorders; To advance the understanding and Treatment of those conditions through Research, Prevention and Education; and To Deliver the finest quality Spine Care in a Friendly and Compassionate Environment, Treating every patient with the same Care and Respect we would demand for ourselves.

Take great care and avoid straining that delicate structure called the 'Spine'.

Did you know there are 3 simple reasons why your sciatica and back pain remain? Would you like to understand what these are so you can be finally free from your debilitating back pain? You may even be surprised to find that you can change most of these your self.

Reason #2: Most sciatica and back pain treatments fail as they only address one aspect of your problem. You will see some practitioners, and many internet sites, saying your problem is due to muscles. Then other will say it is joints. Then more who say it is inflamed tissues. And so on.

Is **sciatica** driving you crazy, are you tired of waking up in pain and not being able to do what you want to do? Does your *sciatica* cause so much pain that life is just not enjoyable anymore?

Today, you may not have to live with that pain anymore. We at THE KERALA AYURVEDIC CARE, SCIATICA & SPINAL RESEARCH INSTITUTE, Basheerbagh, and Hyderabad have successfully Treated Lower Back Pain resulting from herniated, bulging, or degenerative discs. Our Meru Chikitsa (Ayurveda Neuro Therapy) enables patients to return to more active lifestyles.

Therefore to change habits you need to use techniques your self, consistently, repeatedly at home to change habits. For **sciatica** and back pain to disappear once and for all, you need to learn ways to help your self.

You then decide to stop using the techniques and fail to consistently change the habits that cause your back pain or *sciatica*. Reason #1 again. In reality, to change the habits, to correct the structural and general/emotional causes of your sciatica and back pain need only take a few minutes each day to apply.

Sciatica, as the name implies, affects the sciatic nerve. The sciatic nerve is the single longest nerve in the body. It originates from the lower lumbar region of your spine, through the pelvis, through the hind portion of your leg down to your foot. It is mainly responsible for distributing blood to the back of our lower extremities.

Your attack needs to address the three main factors. If you target these then your sciatic nerve will heal. But as the saying goes... if pain persists see your doctor. Although the majority of sciatica cases are not serious, if pain persists it pays to seek help. One to rule out the serious causes and secondly if it fails to heal quickly, professional help will speed your recovery.

Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991. His newly launched web site The Back Pain Advisor - <http://www.back-pain-advisor.com> - strives to give you valuable and expert advice, tips and information on your back pain issues.

Dr Graeme Teague is an expert in the structural field, and has been in practice since 1991. His newly launched web site The Back Pain Advisor - <http://www.back-pain-advisor.com> - strives to give you valuable and expert advice, tips and information on your back pain issues.

Don't worry... It may feel like your life is getting worse, but in reality your sciatica is curable. Sciatica is commonly thought to be due to disc problems - you have a disc that bulges, that puts pressure on the nerve which then radiates down your leg... *sciatica*. And the cure... medication and surgery are your likely options.

If you have had your **sciatica** for over a month (yes it only takes 31 days to form a habit) then your body believes it is perfectly normal to have sciatica and back pain. To remove your back pain and sciatica, you need to change these habits. The big question is how?

Treatment from a practitioner will not change habits. Why? It takes 31 days to change a habit. Do you know of any practitioner that does (or willing to) work 31 days in a row? Probably not.

The most common causes of sciatica are: a herniated disc, lumbar spinal stenosis, spondylolisthesis, trauma, piriformis syndrome, and spinal tumors. When one suffers from a herniated disc, there is an inflammation or bulging of the spinal disc causing it to protrude out of the annulus. The annulus is the space between the spine where the spinal discs are located. Disc herniation could exert pressure on the nearby nerve root causing a direct compression on sensitive nerve tissues such as the sciatic nerve. Lumbar spinal stenosis is almost the same as disc herniation in the sense that spinal nerves are pinched. In this case, though, the spinal canal shrinks, squeezing and applying too much pressure on the spinal nerve inside. The spinal nerve branches out of the spinal canal to the entire body through openings called as neural foramina. Once these passages are congested or narrowed, it causes nerve compression. If the blockage happens on these passageways, they're considered foraminal stenosis. If it occurs on the opening where the sciatic nerve passes, it may cause sciatica.

You also have emotional stress, general health, and fatigue levels that are just as important. To have a complete and permanent relief from sciatica and back pain, you need to address all these areas. Which leads you to reason number 3...

But back to the three pronged attack... Firstly you need to reduce tension in the Piriformis muscle. The Piriformis is the muscle that causes most cases of sciatica. The sciatic nerve either runs through this muscle or close to it. When the muscle tightens, the sciatic nerve is irritated - you now have sciatica.

If you have your joints moving correctly, muscle low in tension and inflammation gone ... sciatica will disappear almost overnight. All these are achievable by you using techniques you can use at home. Sciatica does not need to be a pain in the butt. It can disappear simply and easily.

So if you have been experiencing sharp, burning pain on your lower extremities, it is best that you consult a medical practitioner at once. You might be experiencing **sciatica**. But like they say, prevention is better than cure. Let's not abuse our bodies. RESOURCE BOX: Choose Variety of High Quality Medicines at Online Medicines Enjoyed Reading this article? More here: Pharmacy Articles

Lastly, spinal tumors are anomalous growths on the spine that can either be benign or malignant. Rare as sciatica cases being caused by spinal tumors may be, once a tumor develops in the lumbar region, it may cause nerve compression that may trigger *sciatica*.

For more information on *Sciatica* issues just visit *Sciatica* - <http://www.back-pain-advisor.com/sciatica.html>

For expert advice, tips and techniques to eliminate back pain visit Back Pain Advice

**Disclaimer: Content in this document is an advertisement**, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.

**Disclaimer: Content on this website is an advertisement**, therefore it may be biased and should not be considered an objective or independent review. Owner of this website may be compensated when you purchase a product by clicking a link on this website. The views and opinions expressed on this website are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information on this website is for educational purposes only and is not intended to replace the advice of your health care provider.