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SCIATICA - AYURVEDA

Sciatica is a general term for pain originating from the sciatic nerve. **Sciatica** is a symptom of a disorder that causes mild to sharp and sometimes excruciating pain. Patients have described sciatic pain as mildly disturbing to burning, aching, deep, and similar to a sudden bolt of lightning. Sciatic nerve pain travels from the buttock, down the back of the thigh, and into the leg. Leg pain is the classic hallmark of **sciatica**. Low back pain may accompany sciatica, and some patients experience sciatic pain extending into the foot. Another characteristic of **sciatica** is it usually affects either the lower left or right side of the body.

 SCIATICA - AYURVEDA

Tip 1 - in the first 48 hours use ice. If you use ice in the first 48 hours, the majority of sciatica will disappear before it starts. Put ice on the area for 10 minutes, rest for 10 minutes and then repeat the process two more times. Ice is only effective for the first 48 hours, so don't delay using it. This is the first amazing tip of **sciatica** home treatment and one most people fail to use...

Imagine waking up without sciatica. Being able to do all your daily tasks without that 'real pain in the butt'. Just think of all the things you could do again.

Conclusion The typical and often first recommended sciatica pain relief treatment is simply bed rest. But like any other medical conditions, herniated disc symptoms can be manifested in a lot of different ways, depending on the person and his/her lifestyle specifically related to exercise. In most serious conditions where nothing seemed to effectively work regardless of whatever techniques you applied, injections and oral steroids can be an option and should be explored. Implementing an ongoing system of physical strengthening exercises in conjunction with the steroids will see a remarkable improvement in most herniated disc conditions. Oral steroids for a herniated disc help with the pain and the swelling at the same time. If nothing is working and the pain of the herniated disc persists it may be well worth considering surgery as an option.

One reason the sciatic nerve causes so much pain is because it is the longest nerve in the body! The nerve starts at the back of the pelvis and runs downward through the hip area and buttocks into each leg. Near the knee, the sciatic nerve divides into two nerves??the tibial and peroneal nerves. The tibial nerve runs behind the knee and the peroneal nerve runs along the side of the calf and ankle. Through the tibial and peroneal nerves, the sciatic nerve innervates ('stimulates') the action of many muscles in the lower legs and enables feeling in the thighs, legs, and feet.

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>

Ayurveda described **sciatica** as Gridhrasi (Gridhra means Eagle), as the gait of the affected person resembles that of an eagle's walk and the inflamed nerve appears like eagle's beak.

Ayurveda is specialized in treating Sciatica with highest treatment success rate. It offers excellent Panchakarma therapies along with internal medicines for treating Sciatica.

Along with these therapies, Ayurveda has also described Sira vedana (Venesection) and Agni karma (Heat therapy) for treating **Sciatica**.

In four to six weeks, the majority of patients find their symptoms are relieved without surgery.

Tip 4 - Keep moving. You do not need to move fast but you need to move. If you rest and do not move at all, muscles will tighten quicker. This is why you may pain is worse in the morning after a nights sleep. Movement helps to keep the pelvis moving, the spinal joints eased and the muscles relaxed.

As the initial sciatica pain sets in, anti-inflammatory medicines may be taken to manage and decrease the pain. Possible medications are ibuprofen drugs such as Nuprin, Motrin, and Advil. COX-2 inhibitors are another option to aid in reducing the pain.

Besides pain, other symptoms may accompany sciatica. These symptoms include sensations such as tingling, pins and needles, burning, numbness or muscle weakness. Such symptoms may be felt in the buttock, thigh, behind the knee, calf, ankle, and sometimes the foot.

Tip 2 - Stretch your Piriformis muscle. A tight Piriformis muscle is the most common cause of sciatica, disc injuries for example only cause less than 4%. For the best stretches see the links below.

The strength of Ayurveda in the area of spine and joint treatments is globally appreciated. Since it addresses the root cause of the issue the results are fantastic. Therapies like Abyanga swedam, Pathrapotala swedam, Choornapinda swedam, Pizhichil, Shirodhara, Kadeevasthy, Navarakizhi, Vasti (the most important procedure in Ayurveda for curing Sciatica permanently) etc. are done as per the necessity and condition. These therapies are directed towards relieving the inflammatory changes and underlying causes of Sciatica, releasing the spasms and nerve compressions in the affected area, strengthening and nourishing entire spine & supporting tissues. Usually the treatment period is 3 - 5 weeks according to the severity of the disease.

Treatment comprises of three approaches, Elimination (Sodhanam) of the accumulated toxic products of digestion, metabolism and the disease process, Pacification (Samanam) and correction of the entities responsible for altered functioning and Rasayanam (Rejuvenation) of the bodily tissue to regain and maintain natural strength and vitality.

Tip 3 - Balance your Pelvis. When you pelvis twists, the Piriformis muscle tightens, the lower spinal joints stiffen and sciatica occurs. Re-balance the pelvis and tension eases quickly. You can check if your pelvis is okay by lying down. Place a hand under each side of the pelvis at belt height. See if there is one side that is easier to slide your hand under. If so then you pelvis is out of balance. This is only one test, for the other 3 see the links below.

People can even get relief from sciatica from massage. For this purpose a therapist can be consulted. Once the massage over the effected part is done it is suggested to rub the painful area with a cube of ice or with a piece of wet cloth. Massage also helps in preventing sciatica related problems.

Ayurveda categorized **Sciatica** as one of diseases caused by vitiation Vata (one of the principle dosha in the body, responsible for the movement and functionality of the body). Sometimes even kapha (dosha responsible for lubrication and bodily fluids) vitiation along with vata (vata kaphaj) also causes sciatica.

To avoid the need for ongoing usage of the oral steroids for sciatica, exercises and physical therapies are beneficial and will provide a long term rehabilitation and hopefully a cure for the herniated disc problem. At the start of the program, the physical therapist may apply some modalities like ice or heat compress or ultrasound to decrease muscle spasm.

Causes of Sciatica It's important to understand what conditions cause **sciatica** because remember, sciatica is not a condition ??? it's a medical term used to describe symptoms caused by other low back conditions.

Some doctors suggest hydrotherapy. According to some doctors taking a bath might provide some relief from **sciatica**. In such an exercise one is expected to soak his/her body in water (as warm as the body temperature).then one is expected to soak his/her body in water for around 20 minutes. The bath is finished by taking a shower. A hot water shower is recommended.

According to studies, some people can get relief from this problem of sciatica by consumption of potassium in large quantity. It is also advised by certain doctors to include a number of potassium rich foods in the diet of people suffering from sciatica. Foods such as potatoes and bananas are rich in potassium.

It is suggested not to perform such an exercise in case of swelling of the sciatic nerve. It is suggested to pregnant women not to apply excessive pressure while performing the exercise. Or else the certain nerves could be stimulated. This could lead into the pelvic area.

Do you know if you are likely to suffer from sciatica or back pain? Take this simple sciatica test and see... If you have sciatica, would you like to know which stretches are best? Learn the simple and highly effective ways to get rid of **sciatica** once and for all.

Several low back conditions can cause sciatica, including: ??? Bulging disc or herniated disc: This is the most common cause of sciatica. When a disc bulges, the gel-like center (nucleus pulposus) pushes against the outer wall of the disc (annulus fibrosus). A herniated disc means that the nucleus pulposus breaks through the annulus fibrosus. With both bulging and herniated discs, the disc material can press on nerve roots, causing sciatica. The consequences of a herniated disc are worse than those of a bulging disc. The disc material that leaks out contains an acidic, chemical irritant (hyaluronic acid) that causes nerve inflammation. ??? Degenerative disc disease (DDD): Sciatica is a common result of the aging process that affects discs called degenerative disc disease. DDD is a change in the disc shape and function, and it can result in a bulging disc or a herniated disc and pain. ??? Piriformis syndrome: The piriformis muscle, located in the lower part of the spine, connects to the thighbone, and helps you rotate your hip. The sciatic nerve runs under the piriformis muscle, so muscle spasms can compress the sciatic nerve. It may be difficult to diagnose and treat as it is not easily identified by x-ray or MRI. ??? Pregnancy: The extra weight and pressure on your spine caused by pregnancy can cause compression of the sciatic nerve. The symptoms will usually go away after childbirth. ??? Spinal stenosis: Your nerves travel through passageways in your spine, and when this space narrows (stenosis), it can put pressure on the nerves in your low back. ??? Spinal tumors and spinal infections: Although very rare, tumors and infections can compress the sciatic nerve. ??? Spondylolisthesis: If a vertebra slips forward over the vertebra below it, it's called spondylolisthesis. This slip can pinch the nerve root and cause sciatica. ??? Trauma: You can develop sciatica because of direct nerve compression from an outside force. For example, you could be injured in a car accident, resulting in a pinched nerve in your low back.

The decision to undergo surgery however depends greatly on the patients decision, with the help and support of the surgeon or with the attending doctor. It is always best to exhaust all forms of sciatica relief treatments before deciding on surgery.

About the Author:

Want further information on herniated discs, symptoms, treatments and sciatica pain relief? Please visit: <http://www.herniated-disc-advice.com> (Visitors receive FREE Ebook on herniated disc exercises)

Treatment in Ayurveda is aimed at restoring the equilibrium through correction of the underlying functional in-equilibrium. Ayurvedic treatments for **Sciatica** concentrate on bringing back the aggravated vata or vata kapha to the state of equilibrium and thereby to the state of health.

Other non-invasive mode of treatment is the cervical traction in which, it lifts off the pressure on the nerve roots. However, this is not guaranteed to work perfectly well for everybody and is completely reliant on the health condition and age of the patient suffering from the herniated disc. This is however a reasonably simple method to implement. A home traction kit device may be conveniently used by patients who respond positively to this form of treatment, to help them cope with the pain associated with a herniated disc.

Reflexology might also be helpful in certain cases. One needs to work on reflex points around the shoulder and the sciatic nerve. A therapist could help in finding such reflex points.

Aside from the oral steroids for sciatica, non-surgical treatments are also widely practiced, like physical therapies and exercises, chiropractic manipulation; cervical traction; activity modification, osteopathic medicine, bracing, medications and injections. Medical professionals who can diagnose above treatments are psychiatrists, family practitioner, osteopathic physician, spine surgeons, neurosurgeons, and neurologists- do not trust the judgment of anyone else. Physical therapists and chiropractors may also administer the non-surgical treatments as mentioned in the first part of this paragraph. The oral steroids for herniated disc should only be given by a healthcare professional, and needs to be accurately assessed before commencing.

Sciatica, you know that pain that runs down your leg. The pain that drives you crazy and stops you enjoying so many activities. It nags away and even makes you feel tired and grumpy.

Wouldn't it be great if you could just make it all disappear? No more sciatica, no more back pain... There is some good news ahead 5 amazing sciatica home treatment tips. Follow these and your sciatica will ease and disappear quickly.

The largest bone in ones body-the sciatic nerve has a tendency to be a bit uncomfortable and can cause a great amount of pain in ones buttocks. The pain that occurs in the sciatic nerve that affects the buttocks and goes down to the knees is known as **sciatica**. In this case it is quite natural that the pain is felt especially in one of the parts of the hip.

Oral steroids for sciatica are also administered in more severe cases. These prescriptions provide pain relief. But take note that such medications can only be used for shorter periods of time only. Oral steroids for herniated disc include Medrol Dose Pak, methyprednisolone, and Predisone.

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 Adviser - <http://www.back-pain-advisor.com> - strives to give you valuable and expert advice, tips and information on your back pain issues.

The pain brought upon by sciatica is usually a cause by considerable factors like compressions on the nerve roots, and inflammation of the disc material. It is possible to gain quick relief from such anti-inflammatory medications, as they help to reduce the swelling or the inflammation, therefore, pressure on the nerve roots also will be resolved.

Sciatica home treatment is easy if you know what to target, how to target the areas and how to effectively eliminate your pain. Sciatica is a common condition, but you have the tools to make it disappear quickly. It eases the quicker you do something, apply the tips above and the visit the links below and sciatica can disappear quickly. All you need to do is follow some simple tips for sciatica home treatment.

Sciatic pain can make life miserable. Walking, standing, bending over, driving a car, working at a computer, catching up on household chores, sneezing or coughing, and many other activities of daily living can cause sudden and intense pain. Patients who suffer sciatica, especially of a more acute nature, find the symptoms disrupt many aspects of their life.

Tip 5 - If pain persists... seek help. There are many ways to release your **sciatica**, most of these can be done at home and are highly effective. The big piece of advice is ... don't wait too long and never wait too late.

Another way of curing the problem would be with the help of yoga. One might need surgery if sciatica is caused by a hernia in the disk then one might need a surgery. Yoga plays a great deal in curing the problem. Daily stretches also serves as a good precautionary protection against due to sciatica.

This kind of a pain can occur when the sciatic nerve gets stressed as a result of pressing it against a hard tool or keeping something thick like cards or wallets in ones back pocket or even by wearing a tight belt. But such pain can be cured by performing a number of exercises under the supervision of a physical therapist.

Find out more about Sciatica and how to cure Sciatica naturally at <http://www.treatsciaticanow.com>

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