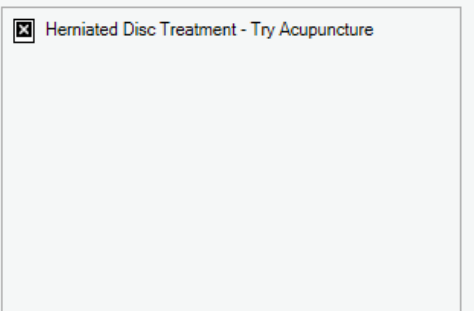


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Herniated Disc Treatment - Try Acupuncture

If you have experimented with the more standard herniated disc treatment, and wish to try something new, it may be well worth considering the traditional Chinese therapy of acupuncture. Acupuncture is perhaps the most popular form of traditional oriental medicine, and it has proven to be quite effective for treatment of a herniated disc and the sciatic pain associated. Further to this the acupuncture can also relieve spinal stenosis, lower back pain, spine root compression, neck pain, neuropathy and other irritating and debilitating diseases.



People who suffer from sciatica will often feel pain in their leg which can travel from the back of their thigh up to the thigh and in some cases up to the hip or down towards the foot. For some people not only will they feel pain but they may find that their leg become numb and they will have problems in trying to either move or control their leg.

This is because without them carrying out any kind of exercise or movement the muscles in the back and their spine will lose its condition and will then find it very difficult to support the back properly. The weakening of the back could lead to injuries and this will only then increase the amount of pain that the person is feeling.

* Degenerative Disc Disease. Degenerative Disc Disease may also be a cause of sciatica pain. This condition irritates the nerve root. * Piriformis Syndrome. Although not as common as a herniated disk, Piriformis syndrome can also be a cause of sciatica nerve pain. Runners, cyclists, or people who stand with their toes outward tend to develop this syndrome.

In some cases Chinese herbs and acupuncture have been proven to be more effective, less risky and less invasive in comparison to more common forms of treatment for a herniated disc such as surgery and oral steroids. Side effects associated with drugs for treating a herniated disc is a common reason for people experimenting with acupuncture.

Conclusion The benefits of acupuncture often vary from patient to patient and are also very dependent on the person administering the acupuncture. Always seek your doctor or physician's advice before getting acupuncture treatment for a herniated disc and sciatica pain. Acupuncture is certainly a far more positive option for treating a herniated disc than surgery and more serious oral steroids.

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.

However there are ways in which sciatica can be treated and certainly using *sciatica* exercises can be extremely effective in dealing with this particular problem. Although many people may feel that bed rest is the best way for treating sciatica this is simply not true. Yes resting for a day or two can help to relieve the pain felt when the **sciatica** flares up but after that, because a person has become inactive, they will find that the pain actually becomes much worse.

How to Treat Sciatica Nerve Pain When your doctor knows what the cause of your sciatica pain is, he or she can better treat it. Most cases of SNP are treated with conservative or non-surgical methods, like over-the-counter medications, rest, or cold and heat therapy.

Acupuncture as a herniated disc treatment when performed as early as possible has been shown to rapidly improve recovery time and ease sciatica pain significantly. Research has shown that the acupuncture stimulates the damaged area of the spine creating naturally occurring steroids encouraging it to repair and producing valuably endorphins in the body. In this natural way the swelling is minimized and the pain of the herniated disc is eased. This dual effect from the acupuncture is why it can be so effective

* Spinal Stenosis. **Sciatica** nerve pain can also be caused by the narrowing of the spinal canal due to spinal stenosis. This condition can be caused by aging, trauma, or heredity.

For those who experience severe nerve pain and/or incontinence, surgery may be the only option. Almost 80 percent of people suffer from lower back pain, with or without sciatica, so talk to your doctor to learn more about the causes of *sciatica*, or hop online and check out The **Sciatica** Clinical website.

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.

Many of the sciatica exercises you will see being presented to you by your doctor, health care provider or by websites providing information on exercises for treating this problem will focus on strengthening both the muscles in your back and abdomen. By strengthening these muscles a person is actually providing their back with more support.

Sciatica pain can be eliminated from your life there are numerous treatments for it, you will need to experiment to find out the best treatment or treatments for your particular condition.

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.

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.

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.

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.

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.

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.

The interesting thing about SNP is that it is not a diagnosis, but a symptom of another problem, usually a compressed nerve. So, if that is the case, what exactly causes SNP?

It is very important for one's recommended doctor or physician to assess the degree of damage involved in the herniated disc and associated **sciatica** pain, before considering acupuncture as an effective treatment for the herniated disc.

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*.

Exercise is actually extremely important to our spine especially in order to keep the discs within the spine healthy. By carrying out movement a person is actually enable nutrients and fluids to gain access to these discs which in turn ensures that they remain fit and healthy.

* Herniated Disk. A herniated disk, otherwise known as a bulging disk, is the most common cause of *sciatica* nerve pain. When a lower lumbar intervertebral disk bulges, it oftentimes compresses one of the nerves roots before it joins the sciatic nerve. This tends to cause radiating pain into the buttocks and back of the thighs or calves. Numbness and burning are also symptoms, as well as pain.

However the actual sciatica exercises a person will use to treat the problem will depend on what the actual cause of the pain is. Plus it is important that you should know that this type of pain can be caused by some other underlying medical condition such as an infection or tumor which will need to be treated as well using the right kind of medical procedures. For more details visit www.soundbodytrainer.com

About the Author:

Want further information on herniated disc treatment including acupuncture and other remedies? Find a natural cure for your herniated disc today. Please visit: <http://www.herniated-disc-advice.com> (Visitors will receive a FREE Ebook on herniated disc exercises)

Stretching exercises are especially good for treating **sciatica** as they target those muscles which are causing the pain because they have become tense (tight) and not as flexible as they should be. People who take up sciatica exercises find that it helps to strengthen and stretch the back muscles and they can recover much more quickly when they suffer a flare up of sciatica in the future. Plus it has also been found that it actually helps to prevent them from suffering future episodes of sciatica pain.

Causes The sciatic nerve is the largest nerve in the human body. It runs from your pelvis all the way down to the back of your legs. This nerve provides feelings to your legs, feet and thighs. So, when this nerve is compressed, the pain is likened to an electrical shock. Some of the causes of nerve pain include the following:

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

Acupuncture tends to be even more effective when it is utilized upon the onset of the initial symptoms of a herniated disc such as back spasms and cramps. If the condition of the herniated disc is more severe, often acupuncture will be teamed with traditional Chinese herbal remedies to assist in the recovery process. Further to this the longer lasting effects of acupuncture are realized through combining the treatment with physical therapy and exercises. When acupuncture is delivered correctly there can also be additional benefits for the patient- such as an improvement in mood and less fatigue.

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.

It is a frightening statistic that more than half of the US adult population experience or are affected by **sciatica** pain. It is that burning pain from the lower back down to the feet caused by the compression of the sciatic nerve resulting in most instances in a herniated disc. The normal reaction for sufferers of a herniated disc and sciatic pain is too improve the posture and walk and site more upright. This however can increase the pressure on the problem area, resulting in further discomfort. It is quite common that, with age and poor nutrition, the back bone and its muscles and other essential body parts deteriorate and breakdown, and factors like overexertion, accidents, diseases, and bad posture all result in back problems.

Are you one of the millions of people who experience nerve pain from *sciatica*? If so, you know how painful this condition can be. *Sciatica* pain actually refers to the pain that radiates along the sciatic nerve. This pain is typically felt in the buttocks, down the legs, and in upper thighs.

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.

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.

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For all natural pain relief products and information, visit Pain Relief

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