

Shiv Dua

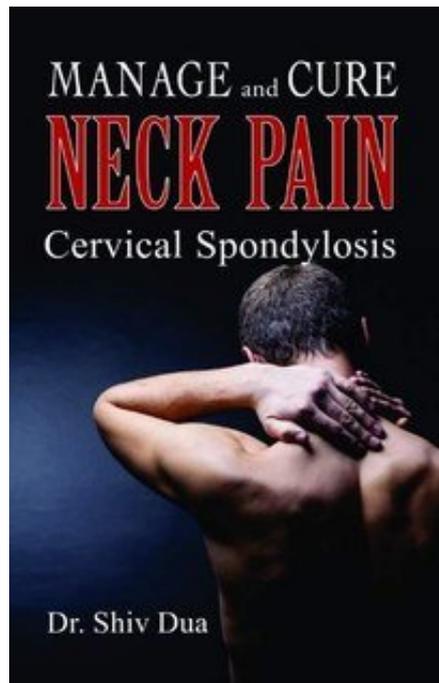
Manage and Cure Neck Pain Cervical Spondylosis

Leseprobe

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von [Shiv Dua](#)

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INTRODUCTION

WHEN WE think about the subject of this book, cervical spondylosis, we must remember that it is one of the innumerable diseases, a human body can have. Our body is an amazing living machine, which cannot be devised or manufactured by humans. In our majestic structure, it is the head, which contains the body's control and communication through our brains. The head may not be moving much but brains cannot remain silent in its activities. It goes on directing the torso, thorax, abdomen, hands and feet to prove that the body is living. All our systems have to cooperate under the control of brain. Brain, a pinkish gray organ with cheese like consistency weighing about three pounds, is such a wonderful tool in the body, which has not been fully probed about its exact functioning modes. Physiologically, it has the same structure in every one and still it works differently in each body, so far its output is concerned. With the same structure of brain, someone becomes a priest and the other a robber; some one is savior and the other a killer. What is it that makes such a difference? Is this trend inherent or cultivated or acquired from the environmental social set-up, which develops a tendency or an attitude? Is it due to the congenital effects developed in the brain? How is it that someone has tendency to commit suicide and the other is afraid

of even a slight pinch on his skin? It is a dilemma still now when the medical science boasts of many achievements. How big is a brain, which makes a person change over-night. Well, it is about two percent of the total body weight and yet it consumes about twenty five percent of total energy, a body possesses. Such consumption of energy is through billions of nerve cells and trillions of nerve connections.

Why did I start from the brain in this introduction of the book? It is from here that our nervous system functions and makes link with the neck and spinal cord. It is the spine, collar-bone, shoulder blade and rib cage, which concern our subject of cervical. Cervical means relating to the neck or a cervix and cervical spondylosis is inflammation of the cervical vertebrae. Vertebra is the bony segment of the spinal column. Why should there be inflammation of the cervical vertebra? This is very important question but we do not have a rational looking answer to this. It is in the same way as stated above in the case of mysterious behavior of mind or brain. The modern upgraded knowledge of human body links this question with the modern style of living of people, especially urban. The people in big cities have a very fast life so far their working is concerned but they lead a sedentary style of living utilizing maximum of mechanical gadgets and minimum of body effort. They sit hours after hours before the computers and TV screens or conduct continuous type of studies, lowering the neck and making least of movements of neck for a longer time. These people do not believe in open-air exercises or have no time to spare for this.

During my spell of leading life in villages and jungles for more than three decades, while working in Geological Survey of India, I have seen very few cases of cervical spondylosis. These cases also had a background of city dwelling with abundant

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sedentary profession. Leaving aside the cases of accidents and traumas, I have not seen villagers wearing neck collars to straighten their necks. As a matter of fact, we, the 'educated' class people belonging to middle or higher groups of society, have not adopted the correct style of living. We are religiously following the use of latest electronic or mechanical gadgets denoting the advancement of science and technology but forgetting the old values of life where body exercise and physical work was of much importance.

I beg your pardon, if I am wrong, but it is a fact that cervical spondylosis is the invention of modern 'educated' lot, which believes in less of physical work and more of mental work. It is very common to see people working for more than 8 hours on the desk or before a computer or drive vehicles continuously for many hours. It is these people who will be found making complaint of the disease. It is not that all those who work in the above fashion suffer from spondylosis. It is those who ignore the rules of maintaining good health through physical exercise in a proper fashion. We have examples of towering personalities like Gandhi ji, Nehru, Lincoln, Churchill and many others who worked for more than 16 hours a day but never had this trouble. They had talented qualities of work associated with regular habit of physical exercise.

The tragedy of our life is that **we are unable to do a thing we know to be right**. We know physical exercise is essential but we do not follow this. Not only this, when we know that certain postures of body while studying, too much of stooping for longer time, too long sitting before the computer etc. are some of the reasons for this disease, **we are unable to desist from doing this wrong**. It is the human nature that we know we should lead a moral life and yet we commit sinful acts. We

know habit of smoking leads to disastrous diseases and still we cling to it. We consult doctors in case of any problem as a consequence of this habit but would not leave the habit.

This book is written to benefit both common mass and the students of homoeopathy or even practitioners. I have tried my best to see that complicated medical terms are not used and if unavoidable to do so, the meaning of the term has been defined. It is not the anatomy or physiology of the neck glands or spine, the common man is interested in. The interest of the people is to know the remedial measures, the medicines, the exercises, the living style improvement, the diet changes and the right corrected suggestions of manipulative measures. All possible help has been taken from alternative therapies without any biased feeling for a single therapy because the objective is to benefit and absolute benefit to relieve the patient of this most common disease of the cities.

Dr. Shiv Dua

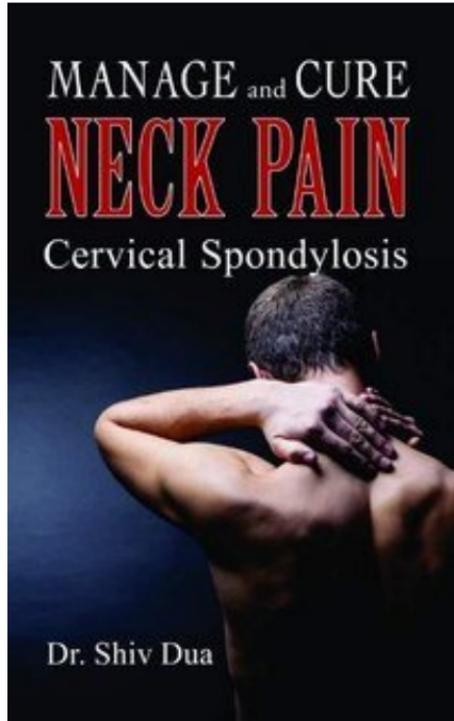
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