

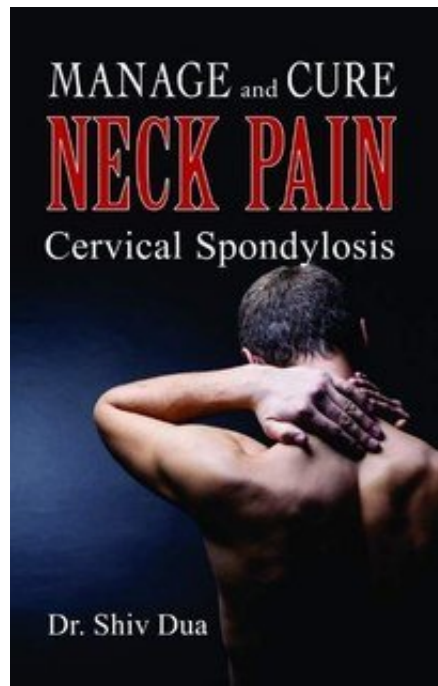
# Shiv Dua

## Manage and Cure Neck Pain Cervical Spondylosis

Reading excerpt

[Manage and Cure Neck Pain Cervical Spondylosis](#)  
of [Shiv Dua](#)

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# **CAUSES, SYMPTOMS AND GENERAL TREATMENT INCLUDING EXERCISES AND YOGA**

## **CAUSES OF PAIN IN NECK**

**I**F YOU ASK me frankly, I have not been able to find out the exact cause of the neck pains in different persons. This is my experience that persons with long neck are more prone to neck pains than persons with short necks. Both sexes get this attack but men are more in number to suffer from cervical spondylosis, probably because of their occupational activities. Their professional bindings to work at a place longer than the usual or prolonging the wrong postures in which they sit could be the cause. The people who travel on scooters, cars or

jeeps on rough roads for a longer time in their professional binding (medical representatives, journalists, salesmen and executives etc.) are prone to this disease of neck.

Let us value the reasons of neck pain.

- The degenerative changes in the spine.
- Accident or traumas.
- Holding the head in one particular position over a long period as in the case of viewing cinema movie or driving a vehicle.
- Faulty postures in sitting, reading, writing or doing some work on computers.
- Mental stress and worries.
- Sleeping while resting the head on highly elevated pillows.
- Muscle fatigue and loss of working capacity.

## **SYMPTOMS**

The start of cervical spondylosis is sudden and rapid but it never comes without prior warning. The person might have been experiencing uneasiness and slight pain in the past. Previous occasional attacks of stiffness of neck might have been there before the onset of cervical spondylosis. Such a pain can be in the form of stiffness of the neck and a little pressure of fingers on the neck cause pain. The pain can radiate towards the territory of the nerve on the shoulder girdle along the arm to the fingers. In the second instance of the pain attack, there may be

tingling and numbness in the hand and occasionally giddiness and headache at the occipital area (back of head). The pain is of such a type that person affected may not get a wink of sleep during the night. The best part of this pain is that the severity of pain subsides after a few days but mild pain may continue for several weeks.

As a matter of fact, I have seen people not consulting the doctors for a mild nature of pain. The pain occurs but not so severe. The disease may progress into chronic stage. So far as the pain in the neck is concerned it becomes milder with the age.

(I have a patient who suffers from the neck pain while at work on the computer. He is working in a Bank. He never bothered to tell me about his ailment and pain till satisfied about the system of medicine i.e. Homoeopathy. He was not sure whether Homoeopathy could delete his sufferings. He initially came with his wife and children to have consultation for treatment of their minor ailments. After the treatment was done, his wife revealed about the neck pain of her husband. He had consulted many doctors and was used to take pain-killing medicines, frequently almost every day. During interrogation, his wife told that he is in the habit of taking more than 25 to 30 glasses of water each day. In the bank also, his peon was fed up to give him water every now and then. Seeing other symptoms, he was given *Bryonia*, 1M month back and till now he has not complained of the pain except few mild attacks now and then. He is not taking any pain-killer tablets now. The treatment is supposed to go on for some time so that further attacks, if any, could be monitored.)

## STRESS - A CAUSE

In ancient India when the saints and yogis had a greater impact on the society, religion-wise and health-wise; the emphasis was that one should get rid of worldly stresses. It is a fact that body is governed by the physical, emotional, mental and spiritual powers working together to maintain a balance. Each of these aspects need mental and spiritual nourishment besides the physical uplink. Let us see an example as to how stress makes the condition of physical sickness more intensive.

When a man is hurt and his leg is broken, he is on the bed and cannot walk. His leg is plastered and he is on daily intake of medicines. So this injury has limited the freedom of the man to walk. A depression enters his mind and he is unable to interact with others on mental level because his physical contacts are no more. Because of his loneliness, he is mentally exhausted and this affects his ability to concentrate and make decisions. Till the injury is healed and he is able to walk, he is continuously under tension or stress. His injury will take more time to get healed because of the stress. Similarly if your boss in the office is aggressive to staff, there is a stressful environment created for employees, who in turn may get physical pains in head, neck and even indigestion. Those who are under stress are more prone to cervical spondylosis.

Today curative power of meditation has been recognized to ward off stress, and in turn the neck pain.

*National Institute of Mental Health and Neuro-sciences, Bangalore has found that regular practice of Sudarshan Kriya Yoga (a technique of breathing exercises in Yoga) reduces the symptoms of mental depression. Sri Sri Ravi Shankar, founder of the Art of Liv-*

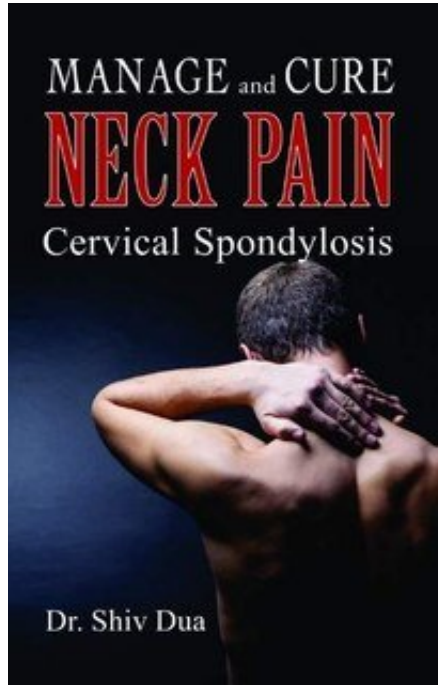
*ing Foundation at Bangalore, has promoted this technique. Researchers at All India Medical Institute of Medical Sciences are also working on this theory along with Pranayam, the traditionalyogic breathing exercise. The method of Pranayam has been detailed in subsequent pages.*

The best way to cope up with stress is to understand it. One has to learn the symptoms of being over-stressed. At different times of our lives, we react differently to similar stress. For example, working in the office is a routine and obviously a boss will always be there to monitor you. His duty is to guide you and your duty is to follow his advice. Where is the conflict? This has to be understood. If this sort of stress is understood, there will be no stress emotionally and in turn pain physically. The body shows the early signs of stress.

*One must remember that he or she is an important person in his or her own life. If he or she has some pain, it is he or she who can tell where the pain lies. No doctor can find out where the pain is located. It is you who feel it and tell it. You need to look after yourself to be a healthy person.*

## TREATMENT IN GENERAL

At the start of disease, when the pain in the neck is sudden, it is better to take some rest for a short period till the severe pain subsides. If it does not go even after taking rest, it is befitting to wear a collar. We shall discuss about wearing a collar later when we discuss about physiotherapy treatment separately. **The collar is to give better rest to the strained or damaged muscles.** In this fashion, inflammation, if any, shall subside and pain will



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