



SOOKTA

AYURVEDA CLINIC

FEEL BETTER, LIVE WHOLE

Back and Neck Pain

Ayurvedic Management of Back and Neck Pain

Understanding the Root Cause

Back and neck pain are among the most common health problems today – affecting people of all ages due to long hours of sitting, poor posture, stress, or degenerative spine conditions.

In Ayurveda, such pain is primarily caused by the **vitiation of Vata dosha**, which leads to

dryness, stiffness, and obstruction in the body channels (Srotas). When aggravated, Vata affects the muscles, joints, and nerves, resulting in pain, stiffness, and restricted movement.

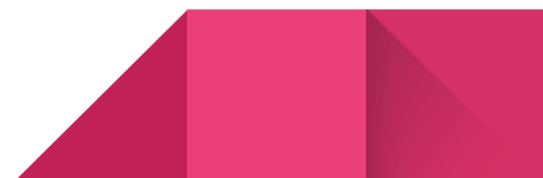


Ayurvedic Perspective

According to Ayurveda, pain (Shoola) arises when there is an imbalance in **Vata dosha**, especially when it accumulates in the **Asthi (bone)** and **Majja (nervous system)** dhatus.

Our approach focuses on identifying the root cause – whether due to muscle strain, disc problems, arthritis, or postural issues – and restoring balance through detoxification, nourishment, and

rejuvenation therapies.



Treatment Approach at Sooktha Ayurveda Clinic

At **Sooktha Ayurveda Clinic**, we offer a holistic and personalized approach to managing back and neck pain. Our treatments combine classical Ayurvedic therapies, customized herbal formulations, diet, and lifestyle corrections to ensure long-lasting relief.

Key Therapies Include:

1. Abhyanga (Full Body Oil Massage)

A therapeutic massage using warm medicated oils that improve blood circulation, reduce stiffness, and relax muscles. It also nourishes the tissues and calms the aggravated Vata dosha.

2. Kizhi (Herbal Pouch Therapy)

Special herbal powders or leaves are tied in cloth pouches, heated, and applied to the affected area. This helps relieve inflammation, pain, and stiffness in the back and neck.

3. Pizhichil (Oil Bath Therapy)

A soothing therapy where lukewarm medicated oil is poured continuously over the body. It strengthens the muscles, lubricates the joints, and supports nerve health.

4. Kati Vasti / Greeva Vasti

A specialized treatment where warm medicated oil is retained over the **lower back (Kati Vasti)** or **neck region (Greeva Vasti)** for a specific period. It deeply nourishes spinal tissues, reduces inflammation, and relieves pain.

5. Sneha Vasti and Kashaya Vasti

Part of the Panchakarma detox therapies, these medicated enemas help eliminate deep-seated Vata toxins from the body, promoting long-term healing and balance.

Benefits of Ayurvedic Treatment for Back & Neck Pain

- Relieves chronic pain, stiffness, and swelling
 - Strengthens spine, muscles, and joints
 - Improves flexibility and posture
 - Enhances nerve function and circulation
 - Reduces dependency on painkillers
 - Promotes relaxation and better sleep
 - Prevents recurrence through lifestyle balance
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Why Choose Sooktha Ayurveda Clinic?

At **Sooktha Ayurveda Clinic**, we follow authentic Ayurvedic protocols under the supervision of experienced physicians. Our treatment plans are **customized** to each patient's body constitution (Prakriti) and condition severity.

We ensure a **natural, safe, and effective** healing experience — helping you restore mobility, comfort, and vitality through the wisdom of Ayurveda.

Book Your Consultation

Don't let back or neck pain affect your daily life.

Visit **Sooktha Ayurveda Clinic, Thrissur**, for expert Ayurvedic pain management solutions.

