



Ayurvedic Back Pain Therapy: Natural Relief for Aching Backs

Sidhayur offers holistic solutions for [relieving back pain](#) through natural remedies and techniques. Some of these therapies are mentioned below:



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1 Kati vasti

Kati' refers to the lower back region. Warm medicated oils are kept for 30-40 minutes in a dam made from black gram flour (lentil dough) in the lower back region.

2 Shirodhara

Steady flow of medicated oil is poured on the forehead for 30-40 minutes. A thin strip of cloth is tied around the head just above the eyebrows.



3 Netra vasti

Medicated ghee are kept on the eyes in a dam made from black gram flour (lentil dough) for 15-20 minutes.



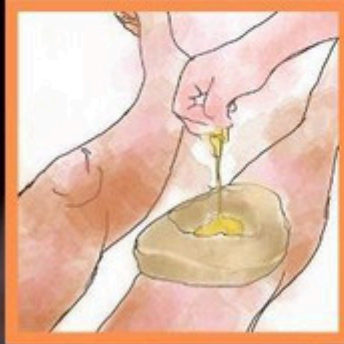
4 Udvartana



Dry herbal powder massage for 45-60 minutes. Fine herbal powders are rubbed on the body to loosen toxins and clear the channels. Kottumchukadi choornam, eladi choornam, etc are used.



5 Janu vasti



Janu' refers to knees. Warm medicated oils are kept for 30-40 minutes in a dam made from black gram flour (lentil dough).



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