

# Ananda Chronic Pain Management

In spite of advanced scientific researches, chronic and debilitating pain still remains the major cause of disability affecting a large number of people in the world. Most people suffering from mild to chronic pain tend to consume highly addictive pain medication, instead of treating the root cause of the pain. An integrated approach towards pain management is necessary for an accurate and sustainable solution.

Ananda Pain Management starts with a detailed assessment by our Physiotherapy and Ayurvedic experts. The treatment plan is highly customized basis the root cause of pain, and includes comprehensive physiotherapy procedures, topical Ayurvedic therapies, stress relieving yogic postures, and an anti-inflammatory dietary approach. The aim is to reduce the intensity of pain, improve mobility and flexibility of joints, enhance physical functioning, and gradually remove pain entirely through addressing the root causes through ongoing management.



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**The Introductory 5 night Pain Management programme** is effective for symptomatic pain relief in non-chronic conditions where muscular or musculoskeletal pain onset is less than 2 to 4 years. The Physiotherapy and Ayurvedic consultations focus on ascertaining root cause of pain or loss of mobility. Specific Physiotherapy sessions, and Ayurvedic therapies allow for reduction of pain and improving range of movement with guidelines for ongoing management.

**The Comprehensive 7-night Pain Management programme** is effective for pain reduction and mobility enhancement treatment of select non-degenerative conditions to achieve where muscular or musculoskeletal pain onset is less than 5 to 6 years. The objective is to assess the overall musculoskeletal alignment, muscular weaknesses and underlying conditions. Physiotherapy procedures to tailor-made to rehabilitate any form of physical condition to restore optimum movement and functional abilities. In addition, comprehensive Ayurvedic pain care therapies like Abhyanga and Choorna Swedana and localized therapies like Janu Vasi and Kati Vasti etc. helps to reduce the inflammation. Both Physiotherapy and Ayurvedic therapies involve manipulation of soft tissue structures of the body to prevent or alleviate pain, spasm, tension or stress and to promote musculo-skeletal health. Personalised yoga asanas focus on pawanamuktasana [anti-rheumatic] series for gently unlocking stiff joints and reducing pain.

**The 14-night programme** is required when muscular or musculoskeletal pain onset is more than 5 to 6 years, or for Neuro-Muscular or Neurological Pain or other degenerative conditions. Physiotherapy sessions are designed to increase range of motion of the joint complex; mobilize or manipulate soft tissues and joints; induce relaxation; change muscle function; modulate pain; and reduce soft tissue swelling, inflammation or movement restriction. Based on the assessments including chronic neck pain, chronic low back pain, fibromyalgia, osteoarthritis or similar other chronic pain syndromes, a set of customized exercises are practiced under expert guidance and a home exercise regime is prescribed to ensure pain alleviation.

Increased frequency of Ayurvedic pain care therapies like Abhyanga, Patra Pinda Sweda/Choorna Swedana, Prishtha Vamsha therapy and localized therapies like Janu Vasi/Kati Vasti/Prishtha Vasti/Greeva Vasti etc. along with a wholesome diet plan helps in reducing inflammation, nourishing the joints and balancing the vata imbalance in the body. Personalised yoga asanas including pawanamuktasana [anti-rheumatic series], relaxation asanas, stretching asanas and strengthening asanas are used to targeting of each pain point of the body synchronized with breathing and awareness.



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INCLUSIONS	CHRONIC PAIN MANAGEMENT		
	5 nights	7 nights	14 nights
<i>Physiotherapy sessions</i>	3	6	12
<i>Ayurveda Therapy sessions</i>	3	9	15
<i>Personal Yoga (or) Fitness sessions</i>		2	8
<i>Physiotherapy Consultation</i>	1	1	1
<i>Emotional Healing Consultation</i>		1	1

**The Ananda Chronic Pain Management** is a highly customized programme, which includes regular assessment and treatment modification as per pain & mobility levels. This takes a consistent approach to diagnose, manage and improve the quality of life of the individual. The ayurvedic, physiotherapy and yoga sessions aim to take a targeted approach to alleviate pain, spasm, tension or stress and to promote Musculo-skeletal health.

The individual undergoes unique physiotherapeutic procedures to rehabilitate any form of physical condition and disabilities in order to facilitate or restore optimum movement and functional abilities. Our physiotherapist prepares a customised exercise program to be done at Ananda, and also shares a proper home exercise programme to prevent recurrent pain and educate the guest to prevent injuries/postural corrections