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Visit us at - www.bakson.net • email: cure@bakson.net

Dr. Bakshi's Health Guide

MUSCULO-SKELETAL SYSTEM

An overview with health tips



Dr. S.P.S. Bakshi speaks.....



The technological and scientific advancements have made life more easy and comfortable; but it has also added more stress. Man seems to be loosing out on quality of life due to the ravages of disease and an ever demanding work routine. Science may have found new and better answers for these ailments but what is required is increased resistance to fight disease so as to evolve a healthier community and produce stronger generations.

Down the years homoeopathy has emerged as the most promising science which not only annihilates the symptoms but also builds up the immunity of body.

We at Bakson are constantly working towards homoeopathy through our Clinics so as to heal the sick in the most safe and effective manner.

Wishing everyone a healthy and happy life !

With warm regards,

Dr. S.P.S. Bakshi

C.M.D., BAKSON

Bakson's Homoeopathic Clinics

Homoeopathy is fast becoming the first line of treatment for the simple reason that it is highly effective and has no side effects.

A pioneer in making the benefits of homoeopathy reach the masses in its true form, Bakson has emerged as a leading health centre. Bakson derives its strength from the foundation principles of Dr. K.S. Bakshi and the experienced leadership of Dr. S.P.S. Bakshi (President of Central Council of Homoeopathy).

Bakson's Homoeopathic Clinics form the world's 1st homoeopathic chain for treating allergic manifestations in - Skin, Respiratory, Gastro intestinal and Musculo-skeletal systems. The clinics provide homoeopathic care based on scientific homoeopathic prescriptions, and personal supervision of qualified Homoeopaths.

All doctors in these centres are trained by Dr. S.P.S. Bakshi.

A Super Specialty Clinic for:

Skin : Alopecia (Hair fall), Acne, Dandruff, Eczema, Dark patchy skin, Psoriasis, Urticaria.

Respiratory System : Allergic Rhinitis (Hay fever), Laryngitis, Nasal polyp, Pharyngitis, Recurring Cough/Cold, Tonsillitis, Adenoiditis, Sinusitis, Wheezing.

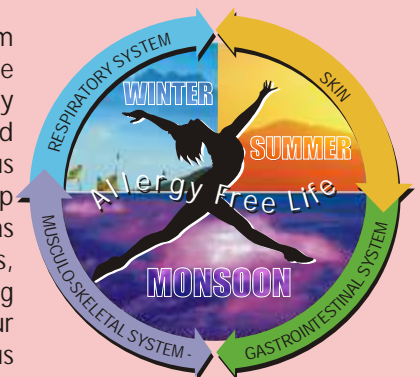
Gastrointestinal System : Stomatitis, Constipation, Diarrhoea, Flatulence, Hyper-acidity, Indigestion, Irritable Bowel Syndrome.

Musculo-skeletal System : Arthritis, Backache, Migraine, Myalgia (Muscle pain), Sciatica, Spondylosis, Gout, Slip Disc, Cramps.

Allergy

Most of us think of health as "freedom from disease." But good health - apart from the absence of disease encompasses a harmony between the essential functions of body, mind and soul. Nature has given us tremendous capacity to live in good health. But as we keep deviating from Nature's laws (principles) and as we are constantly exposed to various allergens, the body's defense mechanisms keep getting weaker day by day. This often predisposes our body to disease and it tends to acquire various physical or mental illnesses.

Allergy (Greek: allos, other + ergon, work = altered reaction) is an abnormal and



individual hypersensitivity to substances that are ordinarily harmless and which results in various types of reactions. Pollens, for example, are generally harmless, yet many people are acutely sensitive or allergic to their presence.

With our vast experience of studying allergic patients it can be firmly concluded that every person on the street is a 'Walking Pathological Laboratory' suffering from allergies in one form or the other.

Broadly speaking allergies may appear to be of two kinds:

EXOGENIC (OF EXTERNAL ORIGIN) AND ENDOGENIC (OF INTERNAL ORIGIN)

Exogenic allergy is caused by various external allergens like industrial wastes, chemicals, insecticides, pesticides etc. These allergens are actually just a tip of the iceberg. Our highly polluted environment compels us to inhale and ingest various chemicals that are potential allergens. Allergens, therefore appear to be unavoidable: We can't really avoid dust, wheat or sun. Even human mother's milk has been proven to contain various pesticides that are well recognised as allergens.

Eventually, all allergens seem to cause gradual changes in the genetic make up and subsequently the allergy becomes Endogenic. The body tissues get 'sensitized' to various allergens and this leads to hypersensitivity reactions. These 'sensitized' response characteristics are passed on to the succeeding generations.

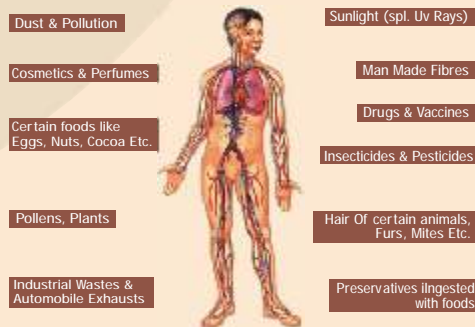
Substances that provoke an allergic reaction are called Allergens. The 'list' of allergens can be best described by the dictum that "Everything under the Sun including the Sun itself can act as a potential allergen". This makes our body a virtual 'battle field' with different allergens attacking from various directions leading to various allergic manifestations.

The fundamental cause of all allergies, therefore, is endogenic and in most cases it runs in the family tree of the patient.

Often allergy remains dormant in the patient's body system until a situation arises when the patient's immune system is at low guard and his resistance is highly compromised. 'Physical stress states' such as surgery, infections, serious diseases, pregnancy, old age etc. are some of the conditions where the body is predisposed to attacks by allergens.



Man & His Environment



Many children suffer from repeated attacks of cough & cold which might gradually disappear as adulthood approaches. But the respiratory problems flare up once again - often in form of Allergic rhinitis, Asthma or in the form of Eczema when body's resistance is low or it comes in contact with the relevant allergens. Recurrent pain in legs experienced by children (known as growing pains) is a sign of Arthritis in later age. Women who have recently delivered (particularly Caesarian delivery) or have had Hysterectomy, suddenly develop symptoms of one or the other allergic disorders which were hitherto lying dormant.

Some of the commonest allergic diseases alternate in a patient's life. A patient suffering from Eczema in childhood may suffer from Bronchial Asthma in adult hood. Usually there would be a history of Hay Fever, Urticaria, Eczema, Asthma, Arthritis etc. in the family.

For more than five decades late Dr. K.S. Bakshi followed by his son Dr. S.P.S. Bakshi have treated millions of cases of Allergy.

Following case histories (recorded at Dr. Bakshi's Clinic) make an interesting reading in so far as they elucidate the concept of Allergy and its genetic propagation.

Case No.	Name, Age & Card No.	Present Complaints	Past History	Family History
1.	Baby A. Khanna Aged - 2 years Card No.: 1802/97	<ul style="list-style-type: none"> • Pain in abdomen since childhood. • Repeated cough & cold for the past 3 months. Cold after every 15 days with nasal blockage. • Pain in legs for the past 3 months. • Small white patches on left thigh from last few days 	Skin rashes, 3 months back.	<ul style="list-style-type: none"> • Maternal Grand Mother has joint pains & constipation. • Maternal Grand Father has Psoriasis (A skin disease). • Father has persistent sore throat. • Mother has chronic constipation
2.	Ms. N. Kedia Aged - 18 years Card No.: 576/99	<ul style="list-style-type: none"> • Bodyache & recurrent backache since childhood. • Repeated stomach upset with flatulence for the past 1½ years. Stools unsatisfactory. • Easy tanning of skin especially over cheeks for the past 6 months. • Burning with small eruptions on the affected area. • Tendency to ring worm infection for the past few months. 	Had Sinusitis since childhood & took some treatment for that but stomach symptoms appeared after complete recovery from Sinusitis	<ul style="list-style-type: none"> • Mother has bodyache & Ulcerative colitis.

Case No.	Name, Age & Card No.	Present Complaints	Past History	Family History
3.	Ms. S.N.V.N. Aged - 26 years Card No.: 1726/97	<ul style="list-style-type: none"> Asthma of 13-14 years duration. Attack every week for the past 2 months. Recurrent cough with phlegm & sneezing for the past 2 years. Cold appears once every month. 	No Symptoms	<ul style="list-style-type: none"> Father has constipation. Mausi has Migraine. Brother has Asthma.
4.	Ms. L. Dewan Aged - 61 years Card No.: 421/98	<ul style="list-style-type: none"> Pain in joints for the past 25 years. Stiffness & swelling appear in affected joints especially in winters. Tendency for rashes for the past 11 years especially in summers with itching. Asthma for the past 10 years. Constipation of 7 Years standing. 	No Symptoms	<ul style="list-style-type: none"> Father had skin rashes. Mother was suffering from Arthritis.

These case histories substantiate the endogenic origin of allergy. They also show how allergy affects the person of all age groups & involves one system after the other, unless body's immunity is reinforced. So while one person in a family may have allergic manifestations in the form of recurrent cough & cold another may demonstrate a tendency to have allergic rashes in the summers or Arthritis during winters. The same allergy may manifest itself as Eczema or some form of gastric disorders.

This can be further explained with the help of this family, which was under our treatment: The first and second generation had a history of Arthritis. The 3rd generation did not suffer from Arthritis till the age of 50 years but suffered from other allergic symptoms all along. The 4th generation lady did not have any problem but when pregnancy diminished her body's resistance - she developed pains all over her body. The 5th generation baby girl, however, experienced muscle pains right at the tender age of 5 years!

Clinical manifestations of allergy

SKIN		RESPIRATORY		DIGESTIVE		MUSCULO-SKELETAL	
Acne	Eczema	Adenoiditis	Sore Throat	Constipation	Indigestion	Arthritis	Sciatica
Alopecia	Dark Patchy Skin	Sneezing	Nasal Polyp	Diarrhoea	Stomatitis	Backache	Slip disc
Dandruff	Psoriasis (loss of hair)	Breathlessness	Sinusitis	Flatulence	Irritable Bowel Syndrome	Cramps	Spondylosis
	Urticaria	Wheezing	Tonsillitis	Hyperacidity		Migraine	Gout
		Cough & Cold				Myalgia	

Most of the symptoms of allergy are elicited in the form of inflammation and itch. Inflammation, denoted by suffix 'itis'. e.g. in Arthritis, Spondylitis, Tonsillitis, Pharyngitis, Rhinitis, Gastritis etc. is manifested as pain, swelling, redness, rise in temperature and loss of function of the affected organ.

Constant exposure to the allergens is like adding fuel to the fire. Keeping the

patient away from the suspected allergen helps when an external allergen seems to elicit the condition. But this is not always possible. Most of the times it is not even possible to identify the causative allergen.

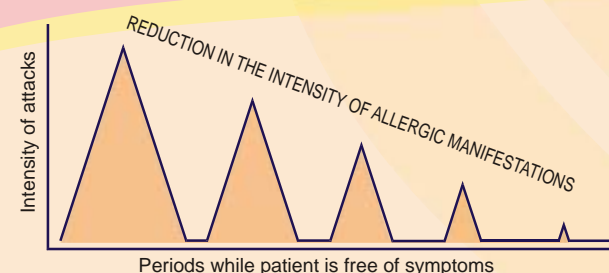
The most practical approach in such situations is TO INCREASE THE BODY'S RESISTANCE so that even though there is a constant exposure to these allergens - the intensity, frequency and duration of the allergic manifestations are gradually but markedly reduced, often to an almost negligible level.

Homoeopathy is universally trusted not to suppress the condition. Rather, it improves the constitution of the person without any harmful side effects.

To see the evidence of this claim two siblings suffering from recurrent attacks of cough and cold may be treated separately - one with Homoeopathy and the other with Allopathic treatment. Invariably it will be observed that the one under Homoeopathic treatment shows a marked reduction in the frequency, intensity and duration of the attacks, whereas the one under Allopathic treatment shows the symptoms of suppression manifested as repeated attacks that often lead to Bronchial Asthma.

'Prevention is better than cure' is an established philosophy. Individuals having strong family history of allergic symptoms can do much better in later years of their lives by taking preventive homoeopathic medication.

Bakson's Homoeopathic clinics offer specific and comprehensive Homoeopathic treatment for allergic disorders. Our products are based on well-established Homoeopathic ingredients - proven for overcoming the distress caused by allergy and subsequent inflammation. They act by a dual action - 1. By alleviating all the five symptoms of inflammation - thereby greatly reducing the discomfort, and more importantly 2. By increasing the body resistance so that the repeated exposure to causative factors elicits markedly reduced intensity, frequency and duration of allergic manifestations. Eventually, with continued therapy, the symptoms tend to wane off completely.



Above graph depicts how Bakson's Homoeopathy helps in lowering the intensity of symptoms (smaller subsequent peaks), in decreasing the duration of the episodes (area under the peaks) and in increasing the time gap between subsequent episodes (horizontal portions of the curve). Eventually the patient acquires enough resistance to remain symptom free despite repeated exposure to the same allergens

Clinical Manifestations of Allergy Musculoskeletal System

The Musculo-Skeletal system provides, not only strength to support the body and protect the vital organs but also flexibility to permit a wide range of movement at the joints. A normal joint can be compared to a well-oiled machine. It is a neatly integrated cushion system for the body. Inside its fibrous capsule, the synovial membrane exudes a fluid to nourish and lubricate the cartilage. Together, cartilage membrane and fluid absorb shocks and prevent friction.



INFLAMMATION OF THE JOINTS is known as **ARTHRITIS**. This term is frequently used to indicate any disease involving pain or stiffness of the musculoskeletal system and is generally considered synonymous with rheumatism. The term **RHEUMATIC DISEASES** is a broader term, referring to a condition in which there are changes in connective tissue including muscle, tendon, bursae, joints and fibrous tissue.

Nonetheless, whichever part of the joint system is affected the symptoms commonly experienced are:

PAIN : Bone pain is continuous, aching and sharp but that arising in the joints is related to posture or to movement and is accompanied by **STIFFNESS**. Pain in the limb joints is well localized but in the vertebral column degenerative changes cause localized as well as referred pain i.e. by pressure on the nerve roots giving rise to problems like **SCIATICA**.

IMPAIRED MOVEMENT : Pain and stiffness limit movement. In Rheumatoid arthritis stiffness is noted on first awakening in the morning and may improve as the day progresses. In Osteoarthritis, movement is restricted when the joints are used after a period of immobility.

ASSOCIATED SYMPTOMS : Fever, sweating, skin eruptions etc.

Rheumatism is divided in 2 major groups:

1) **ARTICULAR RHEUMATISM (ARTHRITIS)** mainly affects the various joints.

2) **NON-ARTICULAR RHEUMATISM** mainly affects the various muscles, ligaments, tendons etc.

OSTEOARTHRITIS

Osteoarthritis is a chronic disease which causes deterioration of the joint cartilage and the formation of new bone (bone spurs) at the margin of the joints.

Clinical features

- * Joint pain - worse after exercise or at the end of day
- * Pain relieved by rest
- * Early morning stiffness
- * Stiffness after rest
- * Bony joint swelling

DEGENERATIVE JOINT DISEASE OF THE NECK

Also known as Arthritis of the neck, Cervical Osteoarthritis, or Cervical Spondylosis.

Description :

- * Cervical Spondylosis is a degenerative process that affects the cervical spine.
- * Over the time, these changes lead to changes in the vertebra. This can then cause nerve compression or inflammation.

Symptoms :

- * Initially the person may not have any symptoms.
- * Others will have neck or shoulder pain in the back of their head, or stiffness of the neck. They may have difficulty turning or bending their neck from side-to-side.
- * Some will have pain that shoots down a certain part of the arm. They may also notice numbness, weakness, or pain in the arm. One or both sides may be affected. Often it causes the hands to become clumsy.

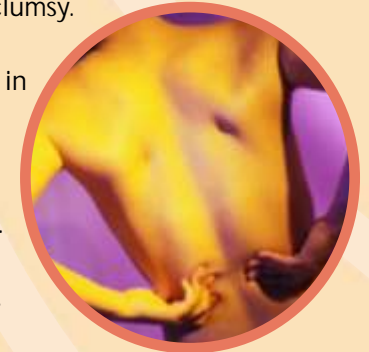


LUMBAGO OR LOW BACK PAIN

Low back pain is the most prevalent cause of disability in people under age of 45 years

Warning Signs:

- * Pain is worse when one coughs or sneezes.
- * Pain or numbness travels down one or both legs.
- * Pain awakens one from sleep.
- * Difficulty passing urine or in bowel movements.



RHEUMATOID ARTHRITIS

The disease can occur at any age, but it begins most often between the ages of 25 and 55. The disease is more common in older people. Women are affected 2.5 times more often than men.

Clinical features

- * Joint pain - worse during exercise
- * Pain relieved by movement
- * Prolonged early morning stiffness
- * Prolonged stiffness after rest
- * Marked soft tissue swelling and erythema
- * Systemic features often present



Joint involvement in RA usually affects both sides of the body equally -- the arthritis is therefore referred to as symmetrical.

Joint destruction begins 1-2 years after the appearance of the disease. Characteristic deformities result from cartilage destruction, bone erosions, tendon inflammation and rupture.

ANKYLOSING SPONDYLITIS

Ankylosing spondylitis (AS) is a rheumatic disease that causes Arthritis of the spine and sacroiliac joints and can cause inflammation of the eyes, lungs, and heart valves. It varies from intermittent episodes of back pain that occur throughout life to a severe chronic disease that attacks the spine, peripheral joints and other body organs, resulting in severe joint and back stiffness, loss of motion and deformity as life progresses.



INFECTIOUS ARTHRITIS

Infectious Arthritis is a form of joint inflammation which may be precipitated by various infections.

- * Common symptoms of Infectious Arthritis include joint pain, swelling, and fever.
- * Factors that increase the risk for contracting Infectious Arthritis include conditions that weaken the immune system, and existing Arthritis or other joint disease.

RHEUMATIC FEVER

Rheumatic fever is an inflammatory disease which can involve the heart, joints, skin, and brain.

Symptoms

- * Fever along with abdominal pain.
- * Joint pain, migratory Arthritis -- involving primarily knees, elbows, ankles, and wrists & Joint swelling; redness or warm affected parts .
- * Skin eruption on the trunk and upper part of arms or legs, skin rash (Erythema Marginatum) & nodules.
- * Sydenham's chorea -- emotional instability, muscular weakness and rapid, uncoordinated jerky movements affecting primarily the face, feet and hands
- * Epistaxis (nosebleed).
- * Cardiac (heart) involvement which may be asymptomatic or may result in shortness of breath, chest pain .

GOUT

Gout is a systemic disease caused by the accumulation of uric acid in the joints, causing inflammation, swelling, and pain. An episode of gout can be triggered by:

- * Drinking too much alcohol
- * Eating too much of the wrong foods
- * Surgery
- * Sudden, severe illness
- * Crash diets
- * Injury to a joint



Acute stage - Symptoms usually last five to ten days

- * Sudden attack of joint pain
- * Swelling
- * Joints feel hot, tender and look dusty red or bruised

Intercritical stage - Symptom-free intervals between gout episodes. Most people have a second attack after six months to two years, while others are symptom-free for five to ten years.

Chronic stage

- * Persistently painful joints with large urate deposits in the cartilage, membranes between the bones, tendons and soft tissues
- * Skin over the deposits develops sores with release of white pus
- * Joint stiffness
- * Limited motion of affected joint

NON-ARTICULAR RHEUMATISM

FIBROSITIS: There is inflammation of the white fibrous tissue of the muscular sheaths and fascial layers of the locomotor system causing PAIN and STIFFNESS.

MYALGIA: Muscular pain.

INTERVERTEBRAL DISC SYNDROME: Pads of cartilage and fiber lying in-between the vertebrae act as cushions, absorbing shocks and strains and help accommodate the various movements of the spine. Constant strain can weaken cartilage causing its rupture/herniation.

LOW BACK PAIN SYNDROME (SCIATICA): Pain in the lumbar, lumbosacral or sacroiliac regions of the back, may be accompanied by pain radiating to the legs along the distribution of the sciatic nerve-SCIATICA.

TENDINITIS: Inflammation of the tendons and tendinous attachments. It is frequently associated with calcium deposits.

TENOSYNOVITIS: Inflammation of a tendon and its sheath, the lubricated layer of tissue in which the tendon is housed and through which it moves. Rheumatic and other types of Arthritis frequently involve tendon sheaths especially of hands, wrist and ankles.

FASCITIS: Inflammation of the sheet/band of fibrous tissue, which lies deep to the skin and also inserts the muscles and various organs

Diet & Nutrition

AVOID

1. Cold water, cold aerated drinks eg. Fruity, Maaza, Campa Cola, Pepsi etc.
2. Fruit juices (Citrus fruits eg. Orange, Mousambhi)
3. Icecreams, Curd (dahi). Buttermilk (Lassi)
4. Fruits: Orange, Mousambhi, Bananas
5. Vegetables: Colocasia, (arbi) Radish, Cauliflower, Carrots, Spinach (saag esp. sarson ka saag)
6. Starchy and fried food: Urad dal, Rajma, Channa, Rice, Kurdhi, Noodles, paranthas, rice, puris (Rice is permissible for those whose staple diet is rice)

