

Monday, 25th March, 2013

I had been suffering from acute sciatica for about a month popping painkillers and trying as best as I could to lead a normal life (albeit unsuccessfully!)

When my MRI showed a large slipped disc (L4-L5) and my Ortho said that I'd need surgery was the moment I froze and my whole life flashed before my eyes. Realising that it was now or never to take charge of my life, I set about the task of finding alternative treatment for my poor back.

I had heard about the benefits of Kerala Ayurveda and Panchakarma and searching the net, one name kept popping up. Dr Sheeba Raveendran. Divine intervention? I have no doubt!

My first consultation with her made me feel better, and her reassurance that I'd be able to lead a normal life convinced me that this was the place for me.

I walked into the hospital still dependent on painkillers without which I was unable to sleep. Neither could I stretch my leg fully.

Then two angels in the form of Sandhya and Anita started to work their magic. On the 3rd day of treatment itself I could lie down flat on my back with my legs extended fully! By the 5th day I was completely off my pain meds.

Today is my 21st and last day and the burning and cramping in my leg is 95% better. My body is still tender and in the process of healing and I've been told to consider myself as a new born baby, and in 3 months time, I'll be as good as new!

So, here's to a brand new me!

I wish to thank Anita and Sandhya for being amazing therapists. From the very first treatment to the last, they gave their 101% and took care of me like a baby. Their dedication and discipline towards their work is exemplary.

A big thank you to Dr Sheeba for making all of this possible. For your dedication and faith.

And thanks also to the staff at Ashwini hospital.

Wishing you all the best for the future. May you continue to help and heal others.

With love and appreciation.

Sanjivita Yano.