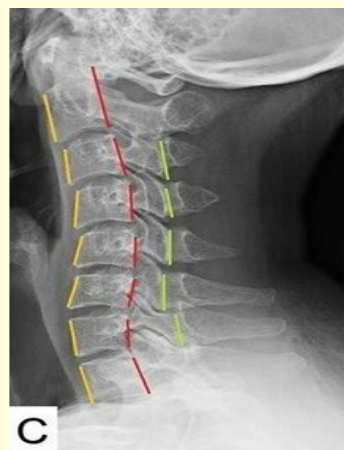
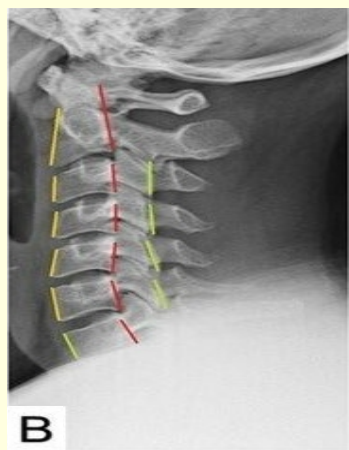
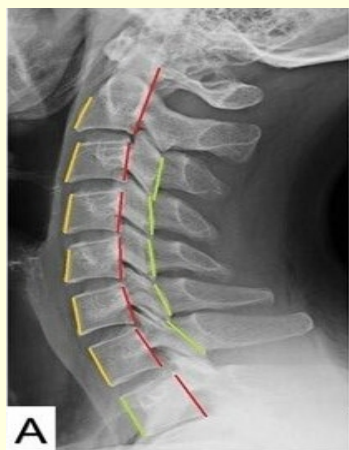




Lost Cervical Lordosis: A Common Issue Across Generations — Gen Z, Middle-Aged, and Seniors



“ The cervical spine naturally has a gentle inward curve called lordosis. This curve helps distribute weight and provides flexibility and support for the head and neck. When this curve is reduced, straightened, or even reversed, it is known as a loss of cervical lordosis.

Common Causes

1. Poor Posture: Prolonged poor posture, such as slouching or forward head posture, can lead to a loss of the natural curve. Using a laptop on a low height table, checking notebooks on a desk, using a pillow when sleeping supine and in other positions.
2. Degenerative Conditions: Conditions like osteoarthritis, disc degeneration, or spondylosis can alter the shape and alignment of the spine.
3. Muscle Imbalance: weakness in the neck muscles due to poor thoracic curvature.

Injury, trauma or Congenital Factors can also cause alignment issues.

Common Symptoms:

Neck Pain: Commonly experienced due to muscle strain or joint issues.

Headaches: Often related to tension in the neck and upper back.

Stiffness and Limited Range of Motion: Difficulty turning the head or moving the neck.

Fatigue: Muscle fatigue from trying to maintain proper alignment.

Neurological Symptoms: In severe cases, numbness, tingling, or weakness in the arms may occur due to nerve compression.

The DS method of permanent recovery has three phases.

1. Pain relief and alignment connection.
2. Strengthening of the corrected alignment.

3. Head to toe postural correction.

In this issue of medical yoga times you'll find answers to the most common causes of neck pain. Use it for your benefit and help us spread the word around. ”

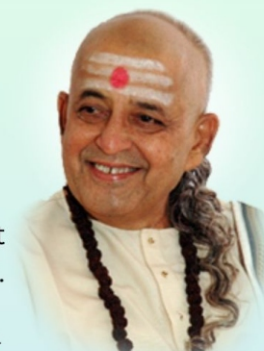


SCAN
HERE

“3 chins up and 3 tails down”

Concept by
Dr. S. V. Karandikar

Modern human evolution began with the most important step, that is, "the ability to walk on two legs". Basic human posture is usually the standing-upright pose, against the earth's gravity. Gravity is a force that keeps pulling us downwards but humans with evolution have learned to stand erect.



The direction of gravity through the body is downwards, often causing forward-bending. To maintain balance, postural reaction is needed.

Sunjeevan yoga therapy uses the principles of "3 chins up and 3 chins down". That is, raising or lifting the three crucial parts all via chin-ups -- the chin, the xiphoid process (distal-most part of the sternum) and the pubic symphysis, upwards from the anterior part of the body. Dipping the chin down, to pull down and stretch the C7, the inferior angle of scapula (T7), and the tailbone.

Chin-ups and chin-downs help in aligning the centre of gravity, which keeps changing with each yoga pose. And it helps the flow of energy to go up from the front and to move down the posterior part of the body.

With regular practice of *asanas* the individual learns to align the centre of gravity which invariably helps in daily activities and in the maintenance of correct posture.

Anita Kolhatkar, Senior Sunjeevan Yoga Therapist, M.Sc.

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- Tired of constant discomfort?
- Longing to move freely again?

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