



I am Ravi Shankar working as a Software Professional in Satyam, Secunderabad. I was suffering with severe lower back pain; the pain radiated to my left leg and it was so severe that I was not able to stand, sit or sleep even for 10 minutes. In the standing posture, I used to bend towards right. There were almost 20-30 calf muscle cramps per minute and I used to feel like hell out there. The MRI says **SLIP DISC / DISC HERNIATION IN THE L4-L5 & L5-S1 REGIONS**. All the doctors advised me a surgery, which I was not comfortable with.

One of my colleagues who were treated at The Kerala Ayurvedic Care, Speciality Panchakarma Centre has told me about Dr Kranthi Vardhan and his ease and perfection in dealing with the Spinal Specialities, I approached him. Doctor assured me of complete cure without surgery, I then went on to have Panchakarma chikitsa done for 28 days. The therapy relaxed my Spine and within a few days I recovered from my back problems. I thank Dr Kranthi Vardhan and his well experienced & hardworking staff without who I would have been in bad health.

I'm satisfied 100% with the services and the treatment offered at The Kerala Ayurvedic Care, Speciality Panchakarma Centre and will endorse others suffering from different types of illness to have treatment here.

**Ravi Shankar, Software Professional,**

**Sathyam, Secunderabad.**

**27-03-2005.**