



I, Nagaraj am an Assistant Manager, SBI; I was hurt in the back while playing for National Football Championship in August 2006. I was immediately admitted in Yashoda Hospital, Somajiguda, Hyderabad. The MRI was done and I was found to have **SLIPPED DISC** from L1-L5 and was advised surgery immediately. I was told that I would never again play football.

My cousin took me to Dr Kranthi Vardhan at Kerala Ayurvedic Care, Basheerbagh, Hyderabad. Doctor after examining and evaluation told me to take Panchakarma course for one month and assured me of playing football in about four months of time. I underwent the treatments, took medicines, followed all of his advises, practiced the lower back exercises very meticulously. **Now am again playing my favourite sport of Football to the National Team.** I am very thankful to doctor and his dedicated and sincere therapists.

**Nagaraj, Assistant Manager, SBI,
Ecil, Hyderabad.
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