



dr. bharti's
HOLISTIC WELLNESS





OUR MISSION

Responsible Leadership

To provide responsible leadership in the integration of complementary, alternative and conventional medicine.



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OUR VISSION

Healing and Wellness



**GET FIT,
GET WELL,
GET INSPIRED**

To facilitate healing and wellness of mind, body, heart and spirit through clinical services, research and education.

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WELLNESS COACH

A Man Behind the Show



Dr. Pankaj Bharti
(MBBS, MD)

Internationally Renowned Holistic Physician **Dr. Pankaj Bharti** is a Medical Graduate from Ganesh Shankar Vidyarthi Memorial (GSVM) Medical College, Kanpur, Uttar Pradesh, INDIA. He has studied many Natural and Alternative Therapies.

Dr. Bharti is dealing with Life Style Diseases and his innovative Holistic Approach in treating such ailments has shown extra ordinary results. He is also working as **Holistic Physician and Head Of Department (HOD), Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow.**

Dr. Bharti has organized various workshops in UK, Canada and many other parts of India and also delivered lectures among the top professionals.

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OUR ACHIEVEMENTS

In The Field of Treatments

- ❖ Dr. Bharti was invited to speak on his subject by the President of India Mrs. Pratibha Patil at Rashtrapati Bhawan on 9th July, 2012.
- ❖ Participated in CANADA-INDIA CARDIOVASCULAR HEALTH CONFERENCE. This event was held at Simon Fraser University in Surrey, British Columbia, Canada, from 19th June 2010 to 23rd June 2010. Dr. Bharti was the only participant from the field of HOLISTIC MEDICINE.
- ❖ Presented a paper in a national seminar on Holistic Nursing.
- ❖ Regular talks on life style are aired on All India Radio.
- ❖ Talk shows on the subject on media channel network.
- ❖ Organized many workshops on various kinds of life style disorders in UK, CANADA & many parts of India.
- ❖ Delivered more than hundred lectures in many corporate houses and top government organizations.
- ❖ Regular lectures on life style in IIM, Lucknow.
- ❖ Organized ten camps on joint pains in his hospital with an all-time patients record (more than ten thousand patients participated).
- ❖ Organized more than 25 camps in the city of Lucknow on various kinds of life style disorders, in association with many social organizations.
- ❖ Provides health consultation to eminent personalities like Mrs. Pratibha Patil (Former President), Mr. Kalyan Singh (Former CM of UP), Mr. Mulayam Singh Yadav (Former CM of UP), Mr. Narayan Dutt Tiwari (Former CM of UP & Uttarakhand), Mr. Nitin Gadkari (BJP National President), Dr. Harshwardhan (Former Health & Law Minister of Delhi) and many others.



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OUR ACHIEVEMENTS

In The Field of Medicine



- ❖ Innovative non-surgical management for severe Osteo-Arthritis & other surgical spinal disorders (patients are saved from Total Knee replacement & Spinal surgeries)
- ❖ Innovative treatment for the auto-immune disorders (these diseases have been considered incurable by modern medical science)
- ❖ Innovative obesity management programme with rejuvenation & anti-ageing effect
- ❖ Innovative treatment for various kinds of skin ailments (these diseases have been considered incurable by modern medical science)
- ❖ Designed top level Rejuvenation programmes without any hospital or home stay.

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Osteo-Arthritis CURE

Knee Joint Pain Management



What is Osteo-Arthritis?

- 1** | Osteo-Arthritis is the most common form of Arthritis
- 2** | It occurs when the protective cartilage on the ends of your bone wear down over the time
- 3** | It worsens with time

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Osteo-Arthritis SYMPTOMS

Signs & Symptoms

Knee Joint Osteo-Arthritis is the most common form of arthritis, affecting millions of people around the world. Below are the Signs & Symptoms:

Pain

Pain in the joints may hurt during or after movements

Grating Sensation

You may hear or feel a grating sensation when you use the joints

Tenderness

Tender when you apply light pressure in it

Bone Spur

Extra bits of bone, which lump, may get formed around the affected joints

Loss of Flexibility

You may not be able to move your joints through its full range of motion

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CAUSE OF OSTEO-ARTHRITIS

No Single Cause Behind The Disease

Primary Causes

- ❖ Faulty diet
 - ❖ Faulty Living
 - ❖ Over stress
 - ❖ Pollution
- Life Style**
- ❖ Age – the ability of cartilage to heal decreases as a person gets older
 - ❖ Heredity
 - ❖ Gender – women above 55 yrs. more likely to develop OA of knee than men

Secondary Causes

- ❖ Running
 - ❖ Sport injuries
 - ❖ Heavy weight lifting
- Repetitive Stress Injuries**



Other Causes



Prolong Sitting

Wrong Footwear



Sedentary Life

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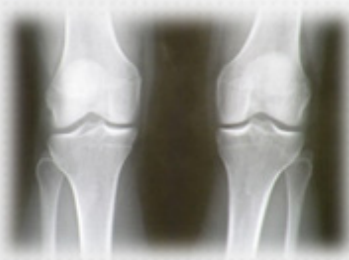


STAGES OF OSTEO-ARTHRITIS

Deformities in Stages

Stage 1

- ❖ Showing a very minor spur growth
- ❖ Persons may or may not experience any pain or discomfort



Stage 2

- ❖ Considered a mild stage
- ❖ X-ray reveals greater spur growth
- ❖ Cartilage generally remains healthy
- ❖ Space between the bone is normal
- ❖ Synovial fluid is present at sufficient level for normal joint motion

Stage 3

- ❖ Obvious damage of cartilage
- ❖ Narrowing of joint space
- ❖ Pain while walking, running, bending or kneeling
- ❖ Joint stiffness after prolong sitting & morning stiffness
- ❖ Joint swelling may be present

Stage 4

- ❖ This stage is considered **"Severe"**
- ❖ Patient experiences great pain while moving or walking.



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STAGES OF OSTEO-ARTHRITIS

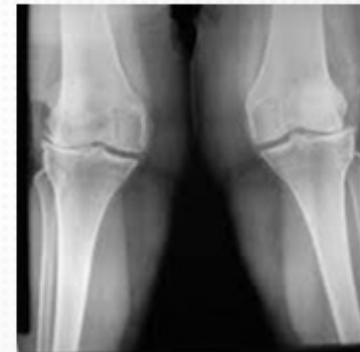
Deformities in Stages

Deformities in Stage 3 & 4



Reduction in Joint Space

**Space between
patella & femur
gets Reduced**



Subluxation

**Inversion
deformity of the
foot**



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STAGES OF OSTEO-ARTHRITIS

Deformities in Stages

Deformities in Stage 3 & 4



Inversion deformity of the foot

Space between metatarsal joints gets reduced



Bow Leg Deformity

Ankle Instability



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DEFORMITY CORRECTION

Tools & Techniques

1. Double Knot Foot Stretch

- ❖ In Osteo-arthritis, the foot is inverted & planter flexed. (Lifting the thumb up & flexed toe)
- ❖ This technique helps in holding the foot in 90 degree with eversion & foot is stabilized
- ❖ Over lengthened muscles are brought back to normal



2. Calf Stretch Knee Separation

- ❖ Releases the chronic tension of ligaments attached to inner & outer side of the thigh
- ❖ Treatment corrects the space between knee joints & widens the medial compartment



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DEFORMITY CORRECTION

Tools & Techniques

3. Adductors Lift

- ❖ There are four muscles called adductor brevis, longus, magnus & pectinius, which are attached to hip (pubic) bone & spread over the entire length of inner side of thigh bone

4. Medial Arch Depressor

- ❖ This stabilizes the ankle by depressing the medial arch and lifting the lateral arch



5. Leg Stretch

- ❖ This defect reduces space & results into friction between bones
- ❖ Therefore to correct the space inside the knee joint, these muscles must be brought to their normal states by leg stretch
- ❖ This corrects also the deformity of ankle joint



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DEFORMITY CORRECTION

Tools & Techniques

6. Double Knot Ankle Stretch

- ❖ Muscles at the back at the leg bone are Stretched towards the sides of heels
- ❖ Thus stretching the muscles situated on the back of leg right from thigh up to the toe
- ❖ This reduces stress over the knees
- ❖ Adductor lift separates thigh bone from leg bone
- ❖ It extends all adductor muscles & gracilis towards hip & helps to revolve hip around the head of thigh bone
- ❖ Separates lower end of the thigh bone from upper end of leg bone



Along with upper group, muscles called gracilis accompanies to inner side of upper end of leg bone

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DEFORMITY CORRECTION

Tools & Techniques

7. Knee Fixation

- ❖ Stabilization of the joint is based on the principle of 'screw cap bottle': Thigh end turns outwards while the leg end turns Inwards
- ❖ This is executed by muscles especially Poplitius which lock knee joints in extension
- ❖ This widens the medial compartment
- ❖ This also removes lateral tilt of leg
- ❖ Keeps Medial condyles of leg bones in fixed position

- ❖ Separates medial condyle of thigh bones from leg bones & removes pain while walking
- ❖ Prolong sitting posture results in shortening of these muscles & narrowing of medial compartment of knee joint



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DEFORMITY CORRECTION

Tools & Techniques

8. Hamstring Stretch

- ❖ This stretches hamstring
- ❖ Hamstrings are short
- ❖ They fix the pelvis & do not allow any movement in hip around the head of the femur



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HOLISTIC TREATMENT

Principals & Stages

Principals:

- ❖ Body heals itself
- ❖ Body tissues respond to decongestion, detoxification & optimum nutrition
- ❖ Chronic tension of tendons, ligaments around hip, knee & ankle joint can be released
- ❖ Chronic spasms of the muscles can also be released
- ❖ Bones forming joints re-align & space can be corrected
- ❖ In co-ordination & Imbalance in different groups of muscles supporting joints can be re-established

Stages 1 & 2:

- Metabolic Correction
- Nutrient Supplements
- Certain Joint Specific Exercises

Stages 3 & 4:

- Metabolic Correction
 - Decongestion of vital organs
 - Detoxification
 - Alkalization of body fluids
 - Optimum Nutrition
- Deformity Correction

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HOLISTIC TREATMENT

Salient Features

Salient Features

- ❖ Quick results - Positive results may be observed within days
- ❖ Absolutely painless treatment
- ❖ Very low probability of failures
- ❖ No drug used
- ❖ Easy to follow
- ❖ Permanent results with some maintenance treatment
- ❖ Body is treated in totality

Holistic Treatment

- ✓ Non-surgical/ Non invasive
- ✓ OPD treatment
- ✓ Natural knees are preserved
- ✓ Responds to all age groups
- ✓ Cost effective

vs.

Total Knee Replacement

- Knee joints get replaced
- Hospital admission
- Surgery can not be performed in very old & ill patient
- No assured results
- Budget may be an issue

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HOLISTIC TREATMENT

Results in Joint Pain Free Life !!!

Final Results:

- ✓ Reduced space between the joint widens
- ✓ Inversion foot deformity is corrected
- ✓ Dropping muscles of the outer leg come to their normal position (Bow leg deformity)
- ✓ Locking & unlocking along with rotation on thigh bone restored
- ✓ Foot arches take their normal shape
- ✓ Patient leads pain free life
- ✓ Freedom from Total Knee Replacement

Before



After



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CONTACT US

All you want to know about our contact...

For inquiries about appointment /
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LUCKNOW



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THANK YOU

