



**dr. bharti's**  
**HOLISTIC WELLNESS**

# **KNEE JOINT OSTEO-ARTHRITIS**





**Dr. Pankaj Bharti**  
MD

# MAN BEHIND THE SHOW

Internationally Renowned Holistic Physician **Dr. Pankaj Bharti** is a Medical Graduate from Ganesh Shankar Vidyarathi Memorial (GSVM) Medical College, Kanpur, Uttar Pradesh, INDIA. He has also 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 worked as **Holistic Physician and Head Of Department (HOD), Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow.**

Dr. Bharti has organized various workshops in **UK, Canada, USA, Australia, Singapore** and many other parts of India and also delivered lectures among the top professionals, corporates and management institutes like IIMs.

<http://jointpain.drbbhartis.com/>

# Achievements



- ❑ 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, USA & many parts of India.
- ❑ Delivered more than hundred lectures in many corporate houses and top government organizations.

Dignitaries benefited  
through Holistic Treatment

<http://jointpain.drbbhartis.com/>



# Achievements



- ❑ 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 Mr. Pranav Mukharji, Mrs. Pratibha Patil (*former president of India*), Mr. Kalyan Singh (*former Chief Minister of UP*), Mr. Mulayam Singh Yadav (*former Chief Minister of UP*), Mr. Narayan Dutt Tiwari (*former Chief Minister of UP & Uttarakhand*), Mr. Nitin Gadkari (*BJP National President*), Dr. Harshwardhan (*former Health & Law Minister of Delhi*) and many others.

Dignitaries benefited  
through Holistic Treatment

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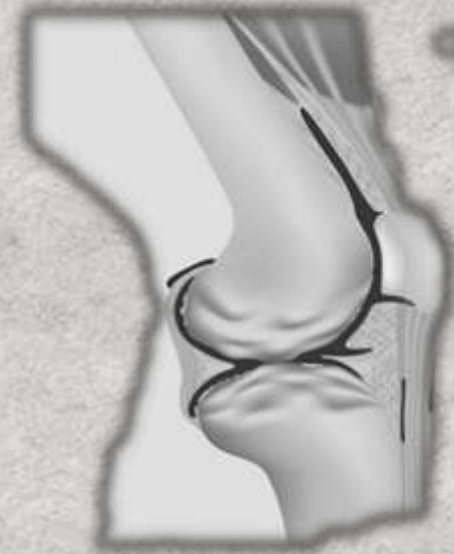
# Achievements in The Field of Medicine



- ❑ 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 Rejuvenation Programmes without any hospital or home stay.

# Osteoarthritis

- ❑ Osteoarthritis is the most common form of Arthritis
- ❑ It occurs when the protective cartilage on the ends of your bone wear down over the time
- ❑ It worsens with time





# Symptoms of Osteoarthritis

## ❑ Pain

Pain in the joints may hurt during or after movements

## ❑ Tenderness

Tender when you apply light pressure in it

## ❑ Loss of Flexibility

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

## ❑ Grating Sensation

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

## ❑ Bone Spur

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



# Causes of Osteoarthritis

## 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

# Causes of Osteoarthritis

## Secondary causes

- ❑ Running
- ❑ Sport injuries
- ❑ Heavy weight lifting

*Repetitive Stress Injuries*





# Causes of Osteoarthritis

## Other causes



Prolong Sitting



Wrong footwear



Sedentary Life

# Stages of Osteoarthritis



# STAGES

## Stage 1

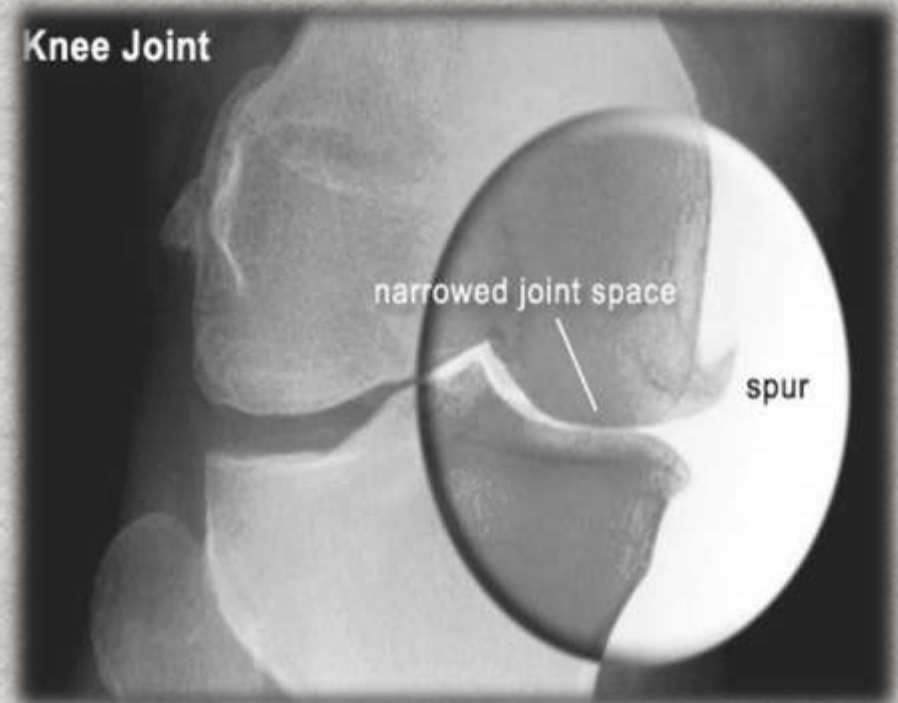
- ❑ Showing a very minor pure growth
- ❑ Persons may or may not experience any pain or discomfort



# STAGES

## 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





# STAGES

## Stage 3

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



# STAGES

## Stage 4

- ❑ This stage is considered **“Severe”**
- ❑ Patient experiences great pain while moving or walking.





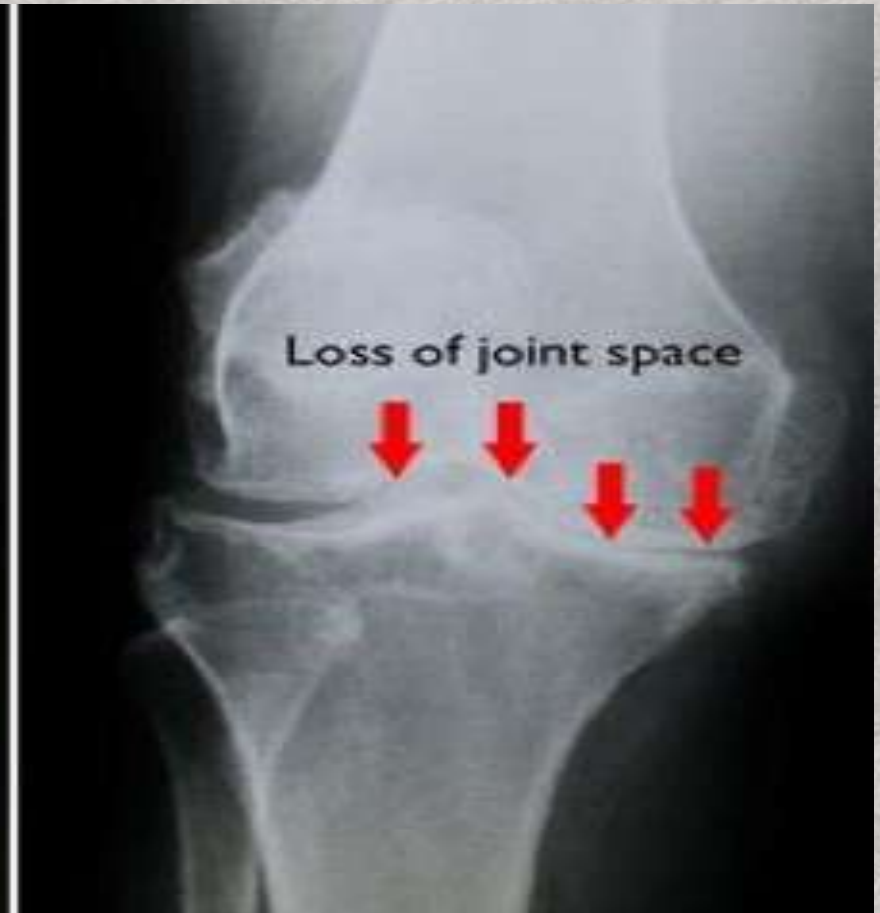
# Structural Changes in Stage 3 & 4

# Space Reduction

Normal



Deformed





# Displacement

Normal



Deformed



# Tilted Patella

Normal



Deformed



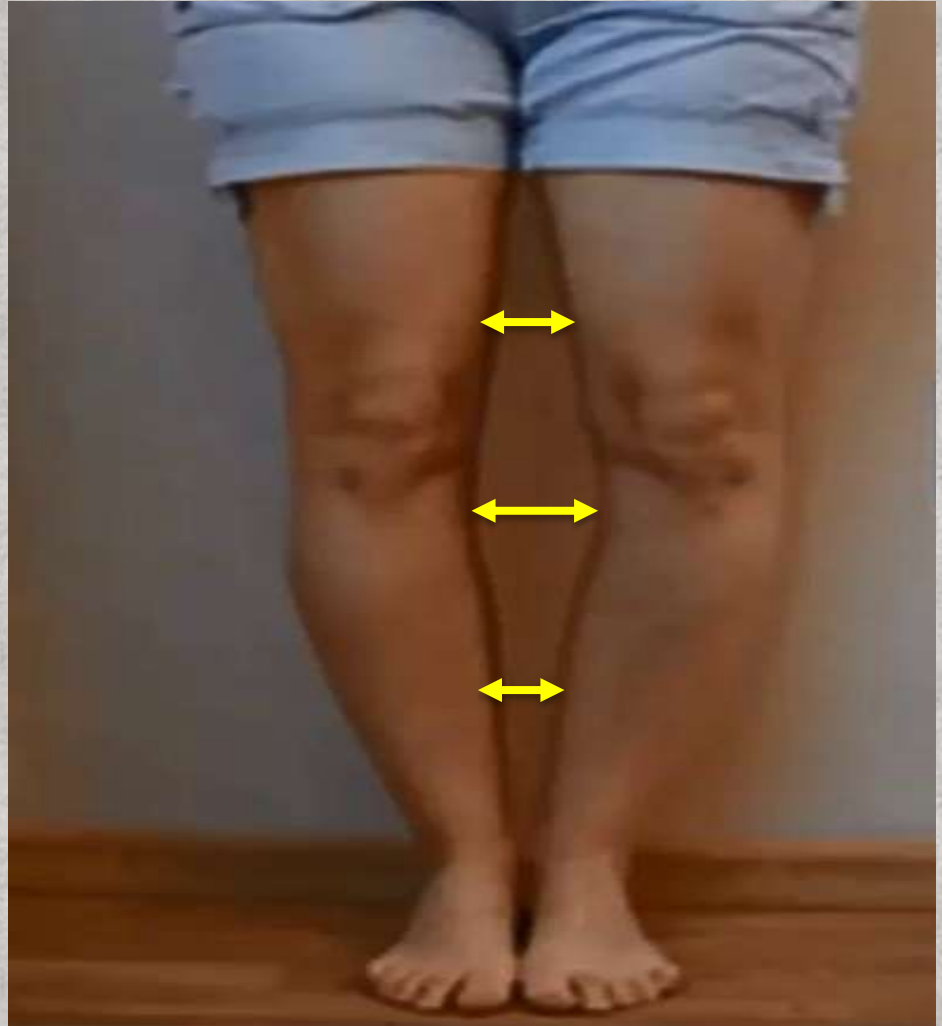


# Bow Legs

Normal



Deformed



# Unstable Ankle

Normal



Deformed





# Metatarsal Collapse

Normal



Deformed



# Inversion Deformity

Normal



Deformed





# Flat Foot

Normal



Deformed



# HOLISTIC TREATMENT

## PRINCIPLE

- ❑ Body heals itself
- ❑ Body tissues respond to deconjection, detoxification, alkalization & 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, rotate & space can be corrected
- ❑ In co-ordination & Imbalance in different groups of muscles supporting joints can be re-established



# HOLISTIC TREATMENT

## Stages 1 & 2

- ❑ Metabolic Correction
- ❑ Nutrient supplements
- ❑ Certain joint specific exercises

# HOLISTIC TREATMENT

Stages 3 & 4

(Doctors may advice Total Knee Replacement)

- ❑ Metabolic correction
- ❑ Deformity correction



# Metabolic Corrections

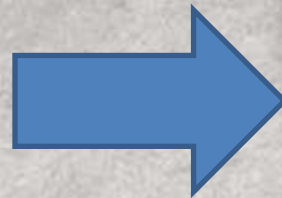
- ❑ Decongestion of vital organs
- ❑ Detoxification
- ❑ Alkalization of body fluids
- ❑ Optimum nutrition

# **Deformities Correction**

## **(Tools & Techniques)**



# TECHNIQUES

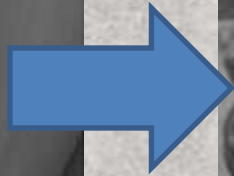


# Effect

**Distraction of Tibial &  
femoral condyles at medial  
and lateral compartments**



# Correction of Displacement

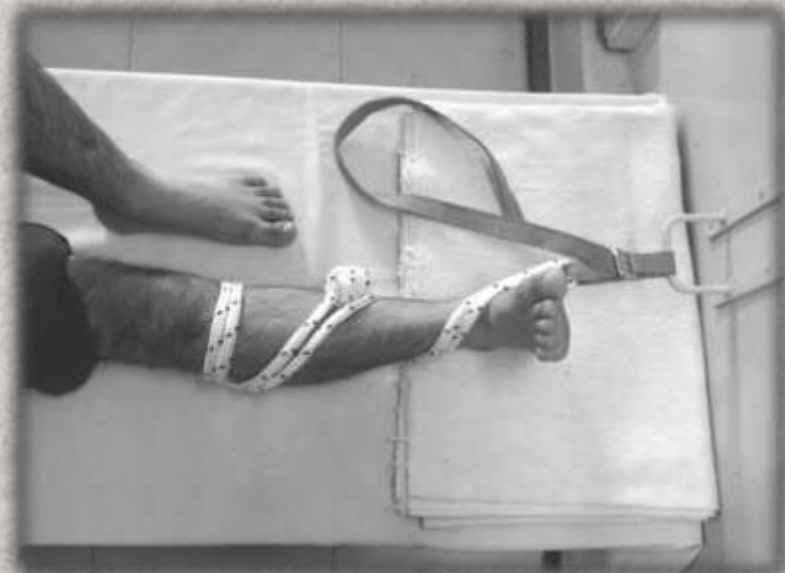
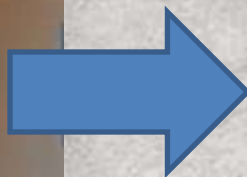
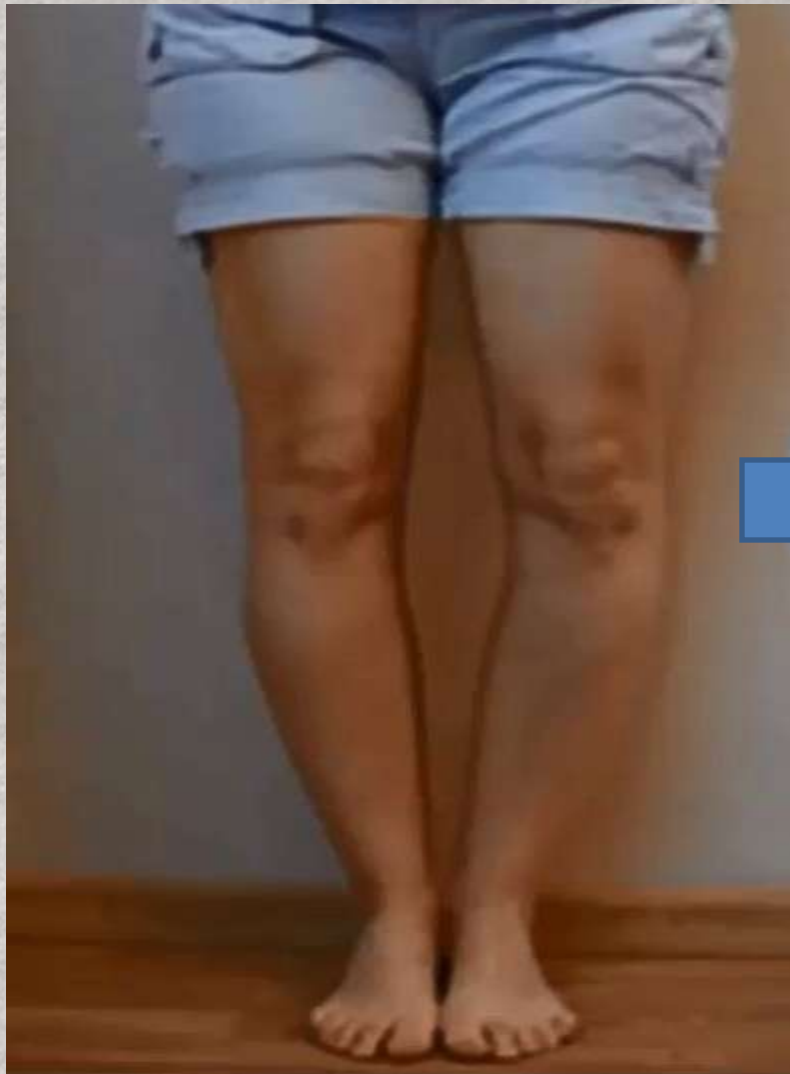


# Effect

**Correction of Subluxation of  
Tibia due to high degree of  
adduction of Tibia**



# Bow Leg Correction



# Effect

**Correction of excessive  
adduction**



# Inversion Deformity Correction



# Effect

- ❑ Corrects inversion – eversion imbalance
- ❑ Corrects MLA & LLA imbalance
- ❑ Promotes dorsiflexion
- ❑ Medial rotation of Head of fibula with tibia, for reduction of various deformity



# Tibio – Femoral Rotaional Correction

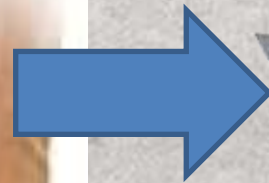


# Effect

- ❑ Correction of Lateral rotation of Tibia
- ❑ Correction of angle of Torsion at lower end of femur
- ❑ Smooth locking & unlocking movement during walking
- ❑ Correction of Lateral Tilt of Patella
- ❑ This helps in mobility of patella in flexion - extension



# Arch Correction

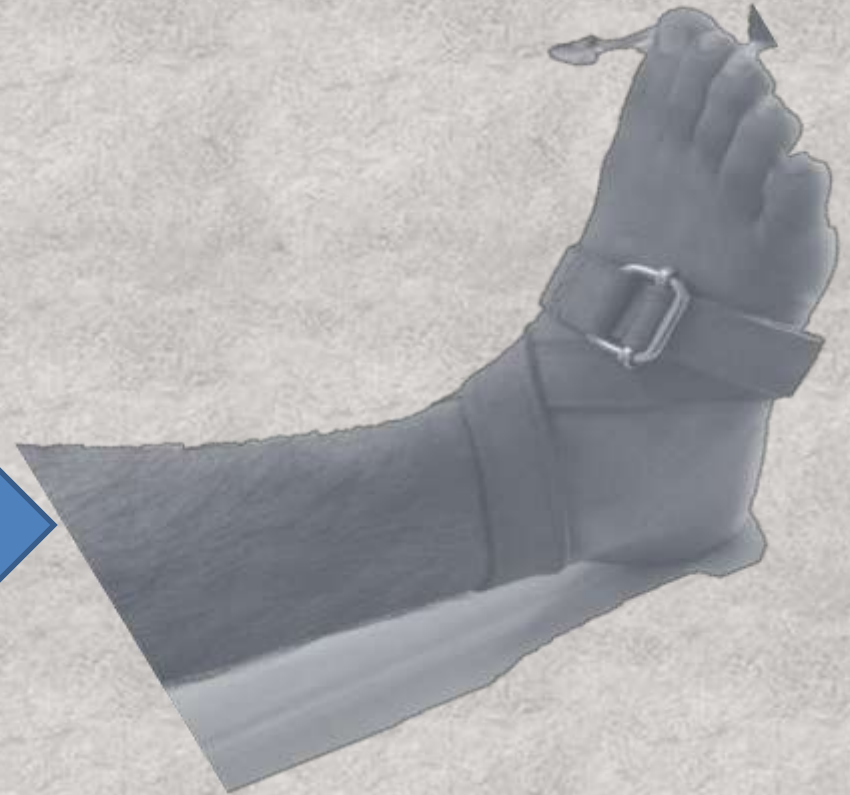
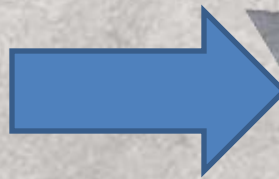


# Effect

- ❑ Restoration of plantar arches
- ❑ Restoration of weight bearing points of foot



# Ankle Instability Correction



# Effect

**Stabilizes the ankle joints**



# Treatment Protocol

## Stage 1 & 2

- ❑ No regular hospital visits required

## Stage 3 & 4

- ❑ Patients may be advised regular hospital visits from 10 – 25 days

# FINAL RESULT

- ❑ Reduced space between the joint widens
- ❑ Inversion foot deformity corrected
- ❑ Bow leg corrected

To be continued...





# FINAL RESULT

- ❑ Locking & unlocking along with rotation on thigh bone restored
- ❑ Foot arches take their normal shape
- ❑ Patient leads pain free life
- ❑ Walks and climbs up and down comfortably
- ❑ FREEDOM FROM TOTAL KNEE REPLACEMENT

To be continued...

# Other Benefits

- ❑ Desired weight loss
- ❑ Enhanced energy level
- ❑ Better digestion
- ❑ Better sleep
- ❑ Prevention and treatment of all kinds of life style disorders



# Salient Features

- ❑ Quick results
- ❑ Positive results may be observed within days
- ❑ Absolutely painless treatment
- ❑ Very low probabilities of failures
- ❑ No drug used
- ❑ Easy to follow
- ❑ Patients are advised to follow maintenance treatment
- ❑ Patient is treated in totality

# COMPARISON

## HOLISTIC TREATMENT

v/s

## SURGICAL TREATMENT

- ❑ Non-surgical/ Non invasive
- ❑ OPD treatment
- ❑ Natural knees are preserved
- ❑ Responds to all age groups
- ❑ No risks involved
- ❑ Cost effective

- ❑ Knees get replaced
- ❑ Hospital admission
- ❑ Surgery can not be performed in very old & ill patient
- ❑ No assured results
- ❑ Risk involved
- ❑ Treatment cost is higher



## Testimonial



I experienced pain in my knee joints in 1987, the doctor prescribed injections in knee joints, which relieved me of pain for some time but, the pain reoccurred. The doctor prescribed me another round of injections with no relief from pain. I was put on several medicines but nothing worked. In 2013 the doctor advised me to undergo total knee replacement in both my knee joints. I never wanted to get my knees replaced. So, I inquired about Holistic Treatment. I started my Holistic Treatment Program in february 2015 and within three months, I felt significant improvement in my pain and deformity. I can now walk and climb stairs comfortably. I strongly recommend this program to all those suffering from severe arthritis of knee joints.

**Mrs. Arti Singh (74 yrs.)**  
W/o (Late) Shri AP Singh, IAS  
Vipul Khand, Gomti Nagar, Lucknow

## Testimonial



*A word from Internationally Renowned Professor:*

I have reviewed the concept of Holistic Medicine and the approach taken to manage Life Style Disorder through it. With all due respect to the Holistic Treatment. I feel the body should be treated as a whole and therefore correction of nutritional, psycho social and internal chemical milieu along with decongestion and detoxification of organs and systems would contribute substantially to the well being of the patients. Rectification of the pressure alignments, energy channels and structural correction, undoubtedly, leads to the overall health of the patients and treats many anomalies which perhaps modern medicine is yet to define.

I have practiced Holistic Medicine under the able guidance of competent Dr. Pankaj Bharti at Holistic Wellness and feel this system relieves many systemic disease and adds quality to life. The approach is very effective in management of joint disease and gives long lasting results. I have myself drawn many benefits in my various ailments and joint pains from this system.

I wish Dr. Pankaj Bharti all success in its pursuit and research.

**Prof. C.G. Agarwal, MD**

Head of The Department (Retd.),

Dept. of Medicine, KG Medical University, Lucknow



## Testimonial



Despite being a soldier and a sports person, I developed severe Knee Joints Osteo-Arthritis to the extent that Doctors advised me for Total Knee Replacement. My routine activities had become very painful and I had to give up playing golf as well.

I was introduced to Dr. Bharti and I started the treatment under his professional guidance. I wish to share my achievement today. It is seen to believe that I can walk gracefully, climb stairs comfortably and play golf all 18 holes without any pain in my knees. I hope this unique treatment grows and spreads so maximum patients are benefited in the time to come.

God Bless !!!

**BS Sisodia**  
Lt General

## Testimonial



I had severe Osteo-Arthritis both knee joints along with slip-disc at the level of L5 - S1 for the last many years. I could not move even 10 steps. Diabetes and kidney disease were also troubling me. I used to take 196 units of insulin everyday.

After taking holistic treatment, I feel myself much younger and energetic. Now I can walk for kilometers. Move up and down the stairs. Pain in both knees and spine is totally resolved. Now I take only 30 units of insulin in whole day, serum, creatinine and GFR have become normal. My energy level have gone up many folds. I have also lost at least 15 kg weight. I truly appreciate the efforts by doctor Bharti in the field of managing life style disorders and joint pain management.

**Dr. Shyam Swaroop, MS**  
(Neurosurgeon)  
Retd. Director, Balrampur Hospital,  
Lucknow



## Testimonial



I had Osteo-Arthritis both knee joints since 2000. When I was posted in Mumbai, I consulted many renowned orthopedic doctors. All were in favour of knee replacement. Some how I came to know about Dr. Bharti's program for non-surgical management of arthritis. I started his program on 01.01.2015. Now I am completely free from pain, my legs have straighten. I feel very comfortable in performing my daily routine work With the assistance of holistic treatment, I have also lost 20 kg weight.

Thank to Dr. Bharti's Holistic Wellness.

Good Bless!

**Balkrishna (68 yrs.)**  
Retd. Chief Bridge Engineer,  
New Delhi

## Testimonial



I had Osteo-Arthritis of both knee joints for the last 20 years. I tried everything possible to get my knees corrected and relieve from pain. I travelled even abroad to seek treatment alternatives but nothing could help me. I was reluctant for knee surgery. It was almost impossible for me to perform daily routine. I was very disappointed as my life has been very active throughout.

As a last weapon, I consulted at Dr. Bharti's Holistic Wellness on 10<sup>th</sup> Feb 2010. After a long discussion with the doctor, I decided to undergo holistic treatment. After a few days of the treatment, I observed positive changes in my knees. Pain was much less and I could move freely without any assistance. It was a new and very fresh feeling for me. Within 3 months of treatment, I resumed my car driving even at this age.

I found the holistic treatment very scientific. Now I have turned 87 but still follow some maintenance program to keep my knees fit. My hearty thanks to whole team of the hospital.

**Dr. Shanti Tripathi**

*Retd. Joint Director*

*UP Medical Health Services*

9/11 Rana Pratap Marg, Suryodaya  
Housing Colony, Lucknow - 226001

## Testimonial



I fully acknowledge and appreciate the holistic treatment for knee joint osteoarthritis as I am totally free from pain and mobility restored after a prolong suffering. I was advised knee replacement at AIIMS, New Delhi. Thanks to Dr Bharti and his competent and dedicated team of doctors and therapists.

**S. Chandra (IRS)**

*Ex-Special Secretary & Director  
General Central Economic Intelligence  
Bureau & Ex-Member Central Board of  
Excise and Customs Ministry of Finance,  
Gov. of India*

B-1127, Indira Nagar, Lucknow-226016





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Making MEMORIES...  
Not Difficult Anymore!

**Avoid  
Total Knee  
Replacement**

*BE PAIN FREE FOREVER!*



**Thank You**

