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The Ayurveda services comprising of four external treatments, are currently being offered to the people of Malaysia, at two of the Traditional and Complementary Medicine Units of Malaysian Government hospitals.

The Ayurveda service, was first introduced in Hospital Port Dickson (HPD), in the year 2011, with the *Shirodhara* treatment, for which one qualified Ayurveda Physician was deputed by the Government of India. Later, this service was extended to the Hospital Rehabilitation, Cheras (HRC) in the year 2014.

In November of 2015, three new Ayurveda treatments, collectively termed as “External *Basti* Therapy” were introduced in both the above Hospitals.



The four Ayurveda treatments currently provided are as follows

1. *Shirodhara*

2. External *Basti* Treatment
 - A. *Kati Basti*
 - B. *Greeva Basti*
 - C. *Janu Basti*

1. Shirodhara

Shirodhara is a very popular classical Ayurvedic treatment. In sanskrit, “**Shira**” means head and “**Dhara**” means continuous flow. In *Shirodhara*, the medicated oil is poured, in a thin stream on the forehead of a lying patient, for a specific period of time.

It is done in patients, suffering from the following conditions.



1.a. Insomnia

Insomnia is a condition, in which a person has difficulty, to fall asleep or remain asleep. Some of them, wake up too early in the morning. It may be associated with fatigue or tiredness, low energy, mood disturbances, difficulty in concentration and poor performance at work.



1.b. Stress or mental fatigue

Stress is a physical, mental or emotional factor, that causes tension in the body and mind. Despite the causative factor, stress brings about a cascade of changes in the body and mind.



1.c. Mild form of Depression and Anxiety

Depression is characterized by a sad, dull mood of feeling of worthlessness, hopelessness, helplessness and associated with loss of appetite, loss of energy or interest, sleep problems, etc.,

Anxiety is mainly caused by some form of fear or phobia. It can cause palpitations, shortness or difficulty to breathe, sweating, nervousness and excessive worries.



1.d. Headaches

Patients suffering from Migraine and Tension type of headaches can benefit from *Shirodhara*.

Migraine, causes severe pulsating or throbbing type of pain, usually on one side of the head. It is usually associated with nausea, vomiting, irritability, extreme sensitivity to light and sound. It can be so bad that it can affect your day-to-day activities.

Tension headache, is the most common form of headache. It is characterized by the pain in head, scalp or neck and is associated with muscle tightness around the head. The increase in the muscle tension of neck and scalp region, can cause this type of headache like computer work, fine work with hands, sleeping in cold room with improper pillow, etc.,



In the above conditions, *Shirodhara* is prescribed based upon the evaluation by the Ayurvedic Physician.

2. External Basti Treatment

External *Basti* therapy is one of the specialized treatments of Ayurveda. In this procedure, warm medicated oil is retained within a well like boundary, made by dough for a certain period of time. It is usually done for a period of about 30 – 40 minutes.

When this therapy is done,

- over the Lumbar Region, it is called as ***Kati Basti***;
- over the cervical or neck region as ***Greeva Basti***; and
- over the knee joint as ***Janu Basti***.

This treatment is beneficial, as it improves the circulation to the particular area, lubricates the joints, reduces pain and strengthens the muscles and connective tissues.

2.A. Kati Basti



It is done for the patients, suffering from the following conditions

a. Low back Ache

Low back ache, is one of the common diseases affecting the adults. It usually develops, due to over strain or a minor injury or even without any evident cause. But, it can also be due to, underlying bone or nerve problem. It can appear suddenly or gradually and can affect your daily routine.



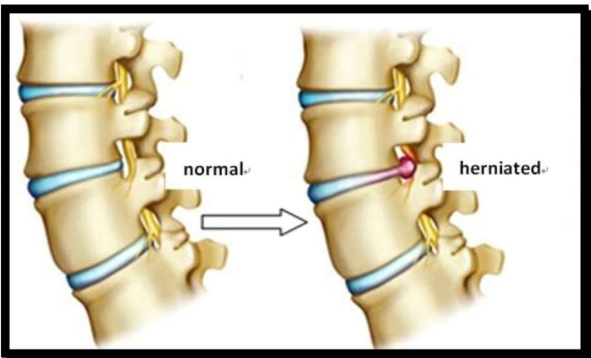
b. Lumbar Spondylosis

It is the degenerative condition of the vertebral bones in the low back region. It is very common, among the aged and there is, pain and stiffness in the low back.



c. Prolapsed Intervertebral Disc

There are sponge like discs, in between the vertebral bones of the back, to provide cushioning effect during spinal movements. Due to strain, injury or lifting heavy weights, the disc in the low back region, may bulge from its location and put pressure on the spinal cord or on the nerve. This leads to pain in the low back. Sometimes, it may cause compression over the sciatic nerve and therefore pain in the area supplied by the sciatic nerve. This condition is called **Sciatica**, where there is pain and numbness in one or both the lower limbs.



2.B. Greeva Basti

This is the treatment, specific for neck conditions like pain and stiffness in the neck region and cervical spondylosis.



a. Cervical Spondylosis

It is a degenerative condition, where the vertebral bones and cartilages in the neck region, get worn away. This leads, to the compression of the discs in between them, which in turn, causes pain and stiffness in the neck region. Sometimes, the pain can radiate to the upper limbs and may be associated with numbness or tingling sensation.



2.C. Janu Basti

'Janu' means knee in sanskrit. The patients suffering from pain and stiffness in knee joint and Osteo Arthritis can benefit from this treatment.



a. Osteo Arthritis

It is a degenerative condition of the knee joint, where the thigh bone and the leg bone and their cartilages, wear out due to age or over use. Usually seen in the aged, this condition is associated with, pain and stiffness in the knees, reduced range of movements, swelling of the knee joint and sometimes inflammation also.



Patients suffering from the above disease conditions, can avail the Ayurveda treatments provided under the Traditional and Complementary Medicine Division at two Government Hospitals namely,

Hospital Port Dickson

KM 11, Jalan Pantai
71050, Si Rusa, Port Dickson
Negeri Sembilan, Malaysia
Ph: 06-6487333 ext 320

Hospital Rehabilitation Cheras

Jalan Yaacob Latiff
56000, Bandar Tun Razak
Kuala Lumpur, Malaysia
Ph: 03-91453400 ext 3700/3701

The Government of India had deputed Dr. Hariniramy as the Ayurveda Practitioner, along with two Ayurveda Therapists to these hospitals in Malaysia. However, they have returned to India upon completion of their deputation. The process for deputing another batch of Ayurveda Practitioner and Ayurveda Therapists is ongoing, and the details of the same will be shared as soon as the process is completed.