



dr. bharti's
HOLISTIC WELLNESS

HOLISTIC APPROACH TO
**KNEE-JOINT
OSTEO-ARTHRITIS**

DR. PANKAJ BHARTI

&

THE TEAM



Dr. Pankaj Bharti, 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 also studied many Natural and Alternative Therapies.

- Dr. Bharti is dealing with Life Style Disorders. His innovative Holistic Approach in treating such disorders has produced extra ordinary good results. He had 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. He has also delivered lectures among the top professionals, corporate and management institutes like IIMs & IITs, etc.

ACHIEVEMENTS



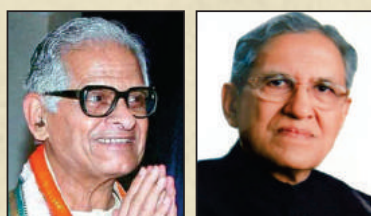
**Dignitaries benefitted
through
Holistic Treatment**

- 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 life style management in media channel network.
- Organized many workshops on various kinds of life style disorders in UK, CANADA, USA & many parts of India.
- Delivers lectures in many corporates, top government organizations and many reputed institutions.

ACHIEVEMENTS



- Regular lectures on life style in IIM under MDP programme, Lucknow.
- Organized ten camps on joint pains in his hospital with an all-time patients record (more than ten thousand patients participated).
- Organized many camps on various life style disorders, in association with many social and international organizations.
- He has given health consultation and holistic treatment 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. Vishnu Kant Shastri (Former Governor of UP), Mr. B.L. Joshi (Former Governor of UP), Mr. Nitin Gadkari (Union Transport Minister), Dr. Harshwardhan (Science & Technology Minister) and many celebrities.



**Dignitaries benefitted
through
Holistic Treatment**

<http://jointpain.drbhartis.com>

ACHIEVEMENTS

in The Field of Medicine

- Innovative non-surgical management for severe Osteo-Arthritis & other spinal disorders.
- Innovative treatment for auto-immune disorders (these disorders have been considered incurable by modern medical science)
- Innovative holistic treatment for chronic Liver disorders
- Innovative obesity management programme with rejuvenation & anti-ageing
- Innovative treatment for various kinds of skin ailments i.e. Psoriasis
- 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

- **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, lump, may get formed around the affected joints

CAUSES

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**
- **Sports injuries**
- **Heavy weight lifting**

**Repetitive Stress
Injuries**



CAUSES OF OSTEOARTHRITIS

Other causes



Prolong Sitting



Wrong footwear

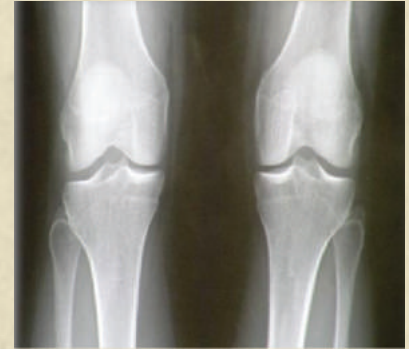


Sedentary Life

STAGES OF OSTEOARTHRITIS

Stage 1

- Showing a very minor spur growth
- Person 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



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 OF JOINTS

Normal



Deformed



STRUCTURAL CHANGES IN STAGE 3 & 4

BOW LEGS

Normal

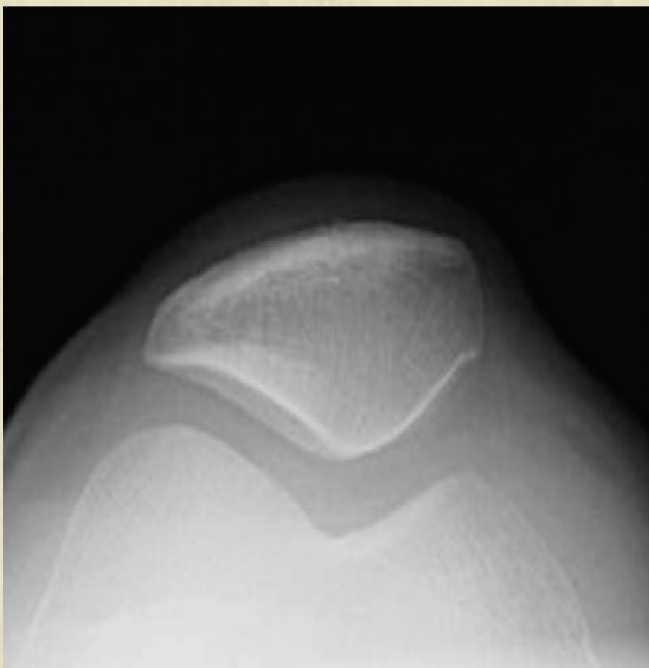


Deformed



TILTED PATELLA

Normal



Deformed



STRUCTURAL CHANGES IN STAGE 3 & 4

UNSTABLE ANKLE

Normal



Deformed



METATARSAL COLLAPSE

Normal



Deformed



STRUCTURAL CHANGES IN STAGE 3 & 4

INVERSION DEFORMITY

Normal



Deformed



INVERSION DEFORMITY

Normal



Deformed



HOLISTIC PRINCIPLE

Principle

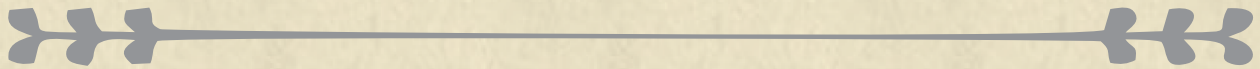
- Body heals itself
- Tissues respond to detoxification, de-congestion, activation, alkalization & optimum nutrition
- Chronic tendon tension, ligaments around hip, knee & ankle joint can be released
- Chronic spasm of the muscles can also be released
- Bones forming joints re-align, rotate & space is corrected
- In co-ordination & Imbalance in different groups of muscles supporting joints can be re-established



HOLISTIC TREATMENT

STAGES 1 & 2

- Metabolic Correction
- Optimum Nutrition
- Certain joint specific exercises
- Vital Energy Channelization
- VOGLA (Vital Organs Glands and Lymphatic Activation)



STAGES 3 & 4

(Doctors may advice Total Knee Replacement)

- Metabolic correction
- Deformity correction
- Vital Energy Channelization
- VOGLA (Vital Organs Glands and Lymphatic Activation)

TREATMENT OF STAGE 3 & 4

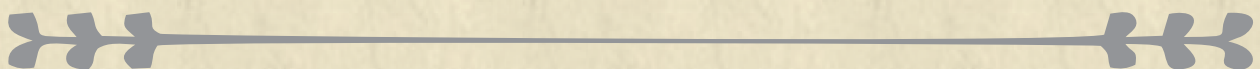
METABOLIC CORRECTIONS

•
Decongestion of vital organs
•
Detoxification
•
Alkalization of body fluids
•
Optimum nutrition



DEFORMITIES CORRECTION

•
Peroneal Stretch
•
Calf Stretch
•
Knee Separation
•
Peroneal Leg Stretch
•
Knee Stabilizer, Etc.



VOGLA : VITAL ORGANS GLANDS AND LYMPHATIC ACTIVATION



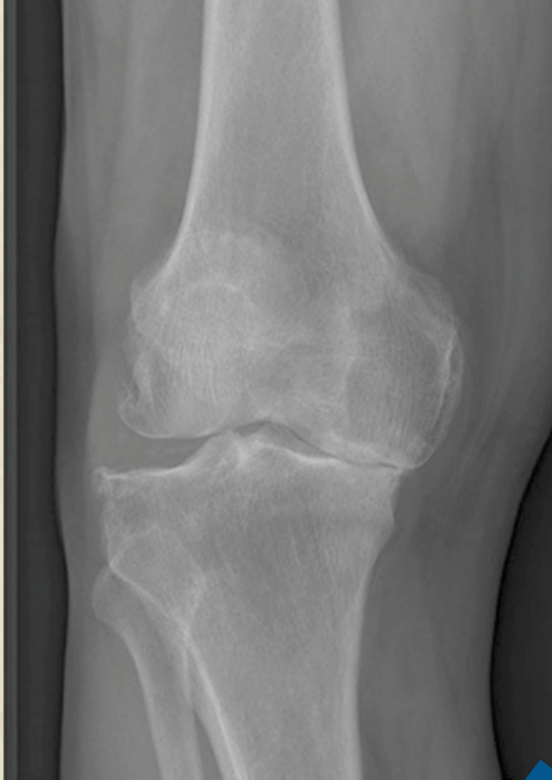
DEFORMITIES CORRECTION



EFFECT

Distraction of tibial & femoral condyles at medial and lateral compartments. These treatments help in correction of reduced knee spaces.

CORRECTION OF JOINT DISPLACEMENT



EFFECT

Correction of Subluxation (displacement) of Tibia due to high degree of adduction of Tibia. This treatment also help in joint space correction



BOW LEGS CORRECTION

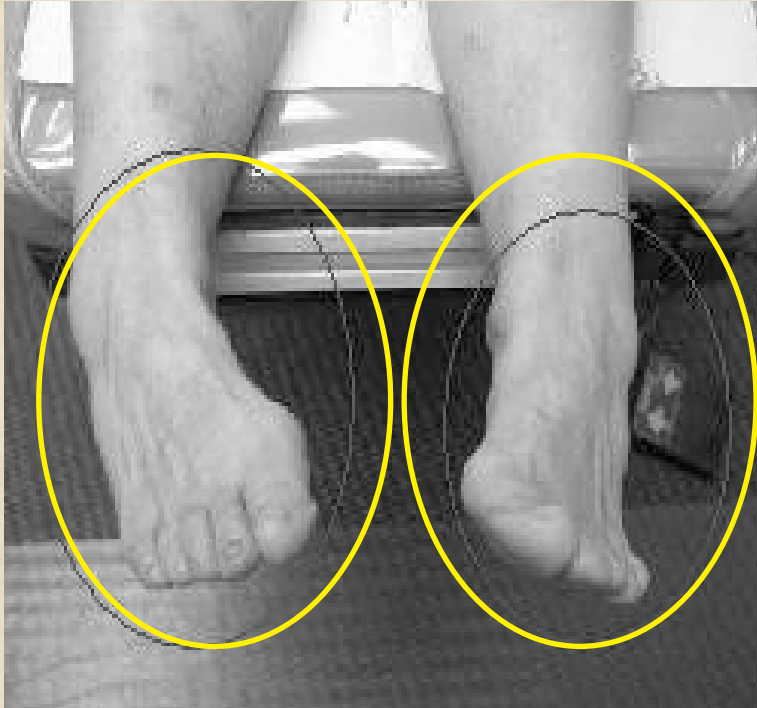


EFFECT

Correction of excessive
adduction



INVERSION DEFORMITY CORRECTION



EFFECT

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



TIBIO-FEMORAL ROTATIONAL 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 UNSTABILITY CORRECTION



EFFECT

•
Stabilizes the ankle joints



TREATMENT VISITS

STAGES 1 & 2

- No regular hospital visits required

STAGES 3 & 4

- Patients may be advised 10-25 sittings for corrective treatments in the hospital.

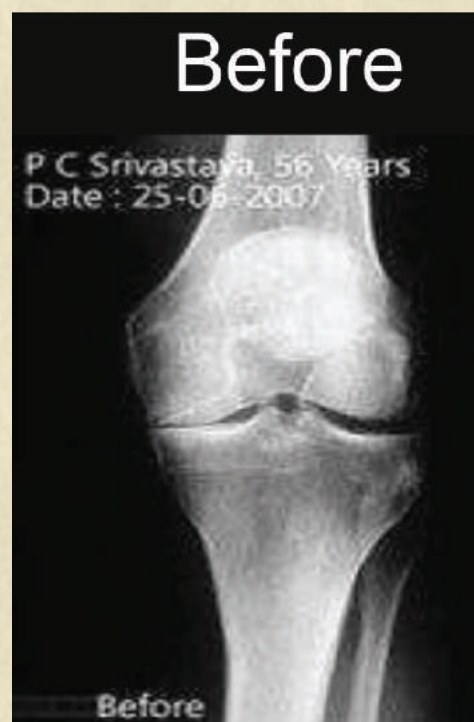
- Out station patients are advised a regular treatment of 10 to 12 days, twice a day.



FINAL RESULT

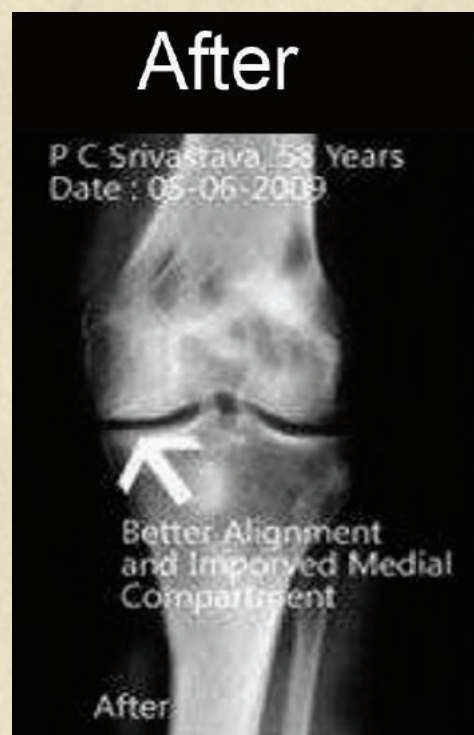
Structural Improvement :

- Reduced space between the joint widens
- Inversion foot deformity corrected
- Bow leg corrected
- Locking & unlocking along with rotation on thigh bone restored
- Foot arches take their normal shape



Subjective Improvement :

- Patient leads pain free life
- Better mobility
- Walks, climbs up and down comfortably



End Result :

**FREEDOM FROM
TOTAL KNEE
REPLACEMENT**

OTHER BENEFITS

- Desired weight loss
- Enhanced energy level
- Better digestion
- Better sleep
- Diabetes Reversal
- Reversal of Chronic Liver disorders
- Reversal of Auto-immune disorders
- Prevention and treatment of all kinds of life style disorders

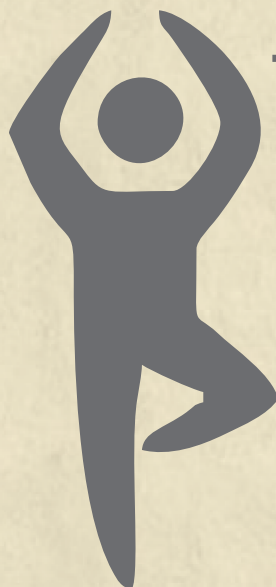
SALIENT FEATURES

- Quick recovery
- No use of drugs
- Absolutely safe
- Pain free treatment
- Effective in all age groups
- Easy to follow

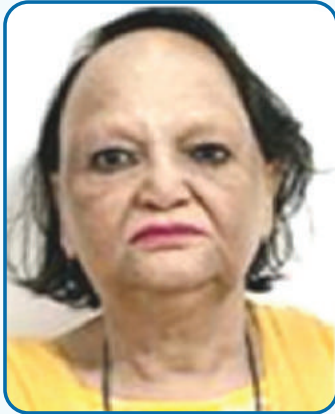


COMPARISON

HOLISTIC TREATMENT	SURGICAL TREATMENT
<ul style="list-style-type: none">• Non-surgical/Non invasive• OPD treatment• Natural knees preserved• Effective in all age groups• No risks involved• Affordable	<ul style="list-style-type: none">• Invasive/Knees get replaced• Hospital admission• Surgery can not be performed in all patients• Variable results• Risks involved



TESTIMONIALS



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

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

TESTIMONIALS



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's Wellness Clinic. I started the treatment under his team's 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 benefitted in the time to come.

God Bless !!!

BS Sisodia, Lt General (Retd.)

I had severe Osteo-Arthritis both knee joints along with prolapsed-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 and his competent team in the field of managing life style disorders and joint pain management.



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

TESTIMONIALS



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.

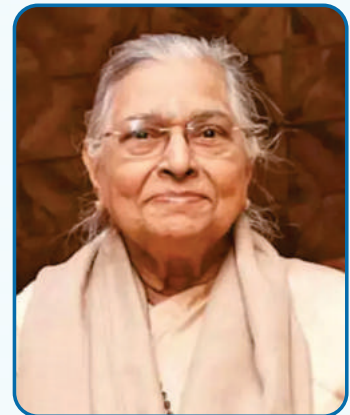
Good Bless!

Balkrishna (68 yrs.)

Retd. Chief Bridge Engineer, New Delhi

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 10th 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.

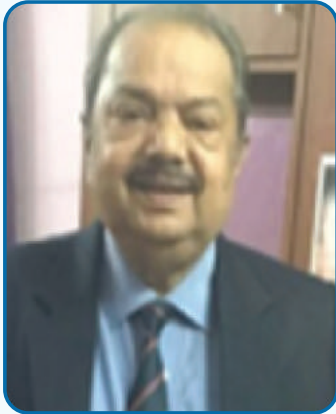


Dr. Shanti Tripathi, MS (Gynaecologist)

Retd. Joint Director, UP Medical Health Services

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

TESTIMONIALS



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, 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



WE TREAT

•
Osteoarthritis

•
Slip-disc/Sciatica

•
Cervical/Lumbar Spondylitis

•
Rheumatoid Arthritis

•
Fibromyalgia

•
Ankylosing spondylosis

•
Frozen Shoulder

•
Tennis Elbow

•
Post trauma/ knee replacement pain

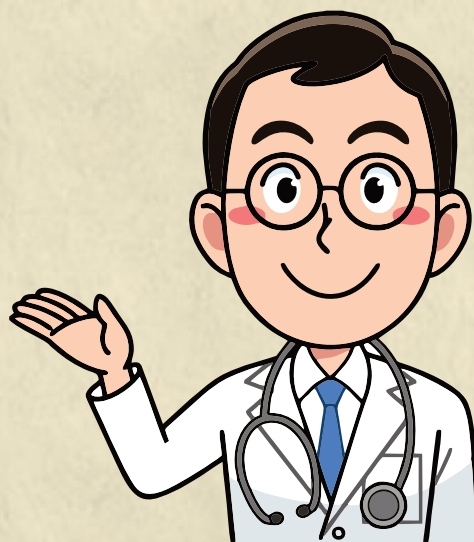
Psoriasis Reversal

Reversal of Diabetes

Reversal of Chronic Liver Disorders

Reversal of Auto-immune Disorders

Rejuvenation / Anti-ageing / Disease Prevention



<http://jointpain.drbbhartis.com>