DR JOHN EBNEZAR IS THE FOUNDER CHAIRMAN OF THE BANGALORE HOLISTIC ORTHOPEDIC CENTRE

He has established the first ever Holistic Orthopedic Centre in the world and the country. Such a holistic research centre is the first of its kind. He has formulated his own method of treatment for osteoarthritis of the knees, lowbackache, neck pain and other chronic joint disorders called the "EBNEZAR'S INTEGRATED HOLISTIC THERAPY". It is gaining plenty of popularity and the results of the treatment are extremely good. He has presented his work in International, National and State level conferences and has gained tremendous response from fellow Orthopedic Surgeons.

TRAINING CENTRE FOR HOLISTIC ORTHOPEDICS

Very shortly he will be conducting a National Conference and Workshop on Holistic Orthopedics at Bangalore and has started a Training center at Bangalore to train the Orthopedic Surgeons is his method of treatment. Such A Training Centre In Holistic Orthopedics Is The First Of Its Kind In The Country And The World.
Dr Mayank Gupta, Renowned Revision Knee Joint Replacement Specialist, Hampshire UK, with Dr John Ebnezar interviewing patients undergoing his method of holistic treatment for osteoarthritis of the knee. He plans to start this method of treatment at his centre in UK.

Sanjeev Joshi, an NRI, from London undergoing Ebnezar’s holistic treatment for low backache at Bangalore.
Dr Prasad, a joint replacement surgeon from Hyderabad and his wife Dr Kamala, being trained at the Holistic Orthopedic Training Center of Dr John Ebnezar. He is the first orthopedic surgeon in the country to get trained in Ebnezar’s Integrated Holistic Therapy (EIHT).

Inaugurating Ebnezar’s Integrated Holistic Therapy Centre at Dr Prasad’s Nihar Orthopedic Centre at Hyderabad on March 5th 2006

Padmubushan Dr Rajkumar undergoing Ebnezar’s Integrated Holistic Therapy for his knee pain after the knee replacement surgery from Dr John Ebnezar on 30/3/06
Dr John Ebnezar Treating Parvatamma Rajkumar Who Visited The Ebnezar’s Integrated Holistic Orthopedic Centre For Treatment Of Her Lowbackache On 7th April 2006

HINDU NATIONAL DAILY, DATED MARCH 6TH 2006, HAILING THE NEW METHOD OF TREATMENT FROM KNEE PAIN WITHOUT SURGERY, THE EBNEZAR'S INTEGRATED HOLISTIC THERAPY
Remedy for knee pain sans surgery

City hospital offers integrated therapy for arthritis, orthopaedic problems

Staff Reporter

HYDERABAD: Nishat Orthopaedic and Multi-Speciality Hospital, Ameerpet, will start offering an integrated holistic therapy for people suffering from osteoarthritis in the knees (OA knees) and other chronic orthopaedic problems.

Addressing a press conference here on Sunday, hospital's managing director V. Prasad said the therapy was tried out successfully by John Ebenezar of the Port Mola Hospital and Research Centre in Bangalore in a study spanning six years and 100 patients.

The therapy, titled Ebenezar's Integrated Holistic Therapy (EITH) for OA knees, is an attempt to help people recover from the degenerative joint condition without having to undergo surgeries and costly conventional treatments. EITH combines the positons of different streams of medicine, starting with meditation, pranayama, reiki therapy, physiotherapy, and acupuncture before moving onto a modified version of Integrated Approach of Yoga Therapy (IAYT), Dr. Prasad said.

Time-tested

Dr. Ebenezar, explaining EITH, said the session spanning three weeks, could later be continued by the patient at home.

This would be helpful for patients who cannot depend on allopathic and other drugs for a long period, and those who cannot undergo knee replacement surgeries. The three-week session, which had proved highly effective in the sixyear study of his clinic, would cost between Rs. 6,000 and Rs. 8,000, he said.

Those interested can contact Nishat Hospital at 8-114/2, Mother's Mansion, Sirinivas Nagar, Ameerpet and over telephone numbers 2374069 and 2374079. or by email at nishathospitalhe@rediffmail.com. Dr. Prasad said.

Urology society holds meet

Special Correspondent

Training: A two-day "International urology workshop and
Andhra Pradesh

Remedy for knee pain sans surgery

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Addressing a press conference here on Sunday, hospital's managing director V. Prasad said the therapy was tried out quite successfully by John Ebnezar of the Parimala Hospital and Research Centre in Bangalore in a study spanning six years and 100 patients.

The therapy, titled Ebnezar's Integrated Holistic Therapy (EIHT) for OA knee, is an attempt to help people recover from the degenerative joint condition without having to undergo surgeries and costly conventional treatments. EIHT combines the positives of different streams of medicine, starting with meditation, pranayama, magnet therapy, physiotherapy, and aromatherapy before moving onto a modified version of Integrated Approach of Yoga Therapy (IAYT), Dr. Prasad said.

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highly effective in the six-year study at his clinic, would cost between Rs.6,000 and Rs.8,000, he said.

Those interested can contact Nihar Hospital at 8-3-214/2, Murthy Mansion, Srinivasa Nagar, Ameerpet and over telephone numbers 23756699 and 23748771 or by email at niharhosp@yahoo.co.in, Dr. Prasad said.
Dr John Ebnezar, a consulting orthopaedic and spine surgeon and expert in Holistic Orthopedics who runs Parimala Hospital and Research Center, on Bannergatta Road has been conferred the prestigious INOR Fellowship by the Indian Orthopaedic Association. He will be representing the country in the International Conference of the British Orthopaedic Association’s annual conference to be held at Birmingham, the UK from September 20 - 23.

He spoke to Metrolife before he left for the UK. Excerpts:

**What is the criteria for selection to the conference?**

The Indian Orthopaedic Association invites applications for the fellowship and based on the credentials one person is selected. Apart from presenting various scientific papers in international, national and state-level conferences, I have written books for surgeons and I am the first to write a separate book on Orthopaedics for Nurses.

Now I plan to produce my original work - Ebnezar’s Integrated Holistic Therapy for Osteoarthritis (OA) Knee therapy without surgery.

**How different is your therapy from the others?**

There are two methods to prevent and cure bone wear and tear. Conventional surgery cures but has its own setbacks. Long years of medication could result in kidney problems. The worst part of knee transplant is costs which run into lakhs.

My therapy is an amalgamation of physiotherapy, music therapy, aromatherapy, pranayama, relaxation techniques, magnet therapy and no surgery. I am presenting it in the land of knee surgeries - the UK to convince them about the cheap alternative available.