The 103 books series covering the orthopedic problems of public health importance aims to inform, enlighten, and educate the readers about various aspects of orthopedic problems. Volumes in the series will help them immensely in getting the right knowledge directly from an experienced specialist.

The Author

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A cursory consulting orthopaedic and static surgeon, holistic orthopedic researcher, philanthropist, with a special interest in orthopedics, Ayurveda, Ayurvedic medicine, and Yoga Therapy. He is a world-renowned holistic consultant in orthopaedics with a special interest in orthopaedic diseases and their complications. His research work is in the field of orthopedics with several books and articles to his credit. In the interest of the science of orthopaedics, he has created a strong base of knowledge and has contributed to the advancement of the science of orthopaedics. He has been a pioneer in the field of orthopaedics and has made significant contributions to the field.

This 103 book series is a proud offering of a host of modern ranging from professionals to laymen. The yoga therapy subseries aims to inform, enlighten, and educate the readers about various aspects of yoga therapy. This is a novel attempt meant to bring orthopedics closer to humanity. The yoga therapy subseries commands a special attention from the believers and practitioners of alternative systems of medicine.

Common musculoskeletal orthopedic problems are difficult to treat, most of them are due to lifestyle habits. Common examples of orthopedic problems are Low Backache, Chronic Knee Pain, Common Neck Pain, Common Upper Limb Pain, Osteoarthritis, Low Backache, Knee Pain, neck Pain, etc. The list goes on. There is no single system of medicine that can cure these problems. Most of them can be managed with a combination of different systems of medicine. This is where yoga, meditation, and Ayurveda command a special place.