

KATI BASTI

It is most effective treatment for all kinds of Back Pain



- Lumbo Sacral Spondylitis
- Spondylosis
- Sciatica
- Back Pain
- Stiffness in Low back
- Pain in back during menstrual cycle



- Oil that is used for therapy has best pain relieving qualities.
- It strengthens and lubricates joints at low back.
- Warm oil improves blood circulation it overcomes stiffness and improves flexibility and mobility.
- It induces muscle relaxation which cures sprains & stiffness.
- It helps in relieving pain during periods as well as during menopause.



- Oil used for therapy also nourishes Nerves that emerge from joint space and so it relieves sciatica.