

19/09/06

Ashok Dangra

Disease: Slip Disc

After taking traction/Bed rest for one month for my acute problem affecting my lower limbs, I consulted Doctor who visited my house (So kind of him) and after noting my disease history, he suggested certain basic lifestyle steps like the mattress to be used, how to sleep/sit & walk and other precautions which I feel, along with medicines, were main contributors in my pains and quick recovery.

His preachings about certain lifestyle habits like driving, food habits, timely sleep etc. may look impracticable in today's busy/modern life but I have in this short duration of about 2 months, found them very effective in shaping myself for a healthy life.

Most important thing I found is the confidence with which he handles the patient and very personal approach/concern, which I never found upto now in my life for which no words are sufficient to thank him.

Compoundry Staff is very co-operative and it is pleasure to talk to them.
Thanks.