A Mission to Save your Joints from AVASCULAR NECROSIS
& Ayurveda Treatment of AVN
The journey of Sukhayu Ayurved, Jaipur for Avascular necrosis treatment started back in 2010. This condition was not common 10 years back. Till 2015 there were only few patients. But all of a sudden AVN can be seen everywhere. This has emerged as a common condition.

◆ The blind use of steroids for treating small conditions like rhinitis.
◆ Use of steroids to loose or gain weight.
◆ Consumption of Muscle building supplements (with anabolic steroids)
◆ And bad habits like drinking alcohol or excessive smoking.

These are few of the reasons, why avascular necrosis is increasing worldwide.

Conventional system of medicines doesn’t have any answer about this problem.

Replace the joint, remove the bone are just few solutions with the modern medicines. But no proper solution, at all.

In a decade, after working on Avascular necrosis, today we are the only place where we have evidences of reversal of the Avascular Necrosis grades. It is not less than a miracle. But for us this is just a practice. A medical practice where we have just 78% results. And we are committed to improve the results everyday.

I hope you will also be a success story for us.

Welcome to Sukhayu
Vaidya Pardeep Sharma

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What is Avascular Necrosis

Vascular means- Blood supply.
When it is prefixed with “A”- it tells that there is no blood supply.
So Avascular means- **NO BLOOD SUPPLY**.
Necrosis is- **DEATH OF TISSUE**.

So **AVASCULAR NECROSIS** is a condition where tissue starts dying because there is no blood supply.
Because it is about bones, this is the reason it is noun as - **OSTEONECROSIS**.
The decay of bone is without any infection, therefore we also know it as - **ASEPTIC OSTEONECROSIS** or **ASEPTIC NECROSIS**.
Avascular necrosis can occur in most of the joints and bones?
Head of Femur (Hip Joint), Lower End of Femur (Knee Joint), Head of Humerus (Shoulder Joint), Navicular Bone, Scaphoid Bone and even Jaw bone can be affected.

Click to know more - **Avascular Necrosis**
Is Avascular Necrosis about Bones

As we have seen above-
Avascular means- **NO BLOOD SUPPLY**.
Necrosis is- **DEATH OF TISSUE**.
Now here tissue is - Bones. But it never makes Avascular necrosis a disease of bones. This is a problem of blood. Problem of blood supply. Which is affected. Because of some “free-fat” or some “deformed cells”.
These deformed cells and free fats are caused by - steroids and alcohol both.
So it is about treatment to open passage of blood.
So treatment of Avascular necrosis is not about making new bones. This is the reason we don’t use single percent of Calcium or Phosphorus combinations for the treatment.

*How can calcium - Ayurvedic or Allopathic help you?*
Avascular Necrosis is not about lack or unavailability of calcium. It is about the passage.
“You cannot draw your money from bank, because your account is blocked” in this condition does it make sense to deposit more and more money to your account?
Really not!!
We do approach based treatment of AVN , you can find more on link-

**Treatment of Avascular Necrosis**

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This confusion is long lasting.

You never want to go for surgery. But you don’t have any solutions and in this condition, you have some choices to go for **before bigger surgical interventions**.

<table>
<thead>
<tr>
<th>Name of Treatment</th>
<th>Core Decompression</th>
<th>Stem Cell Treatment</th>
<th>Ayurvedic Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Success Rate</strong></td>
<td>26.8%</td>
<td>35%</td>
<td>82%</td>
</tr>
<tr>
<td><strong>Possibility of Reversal</strong></td>
<td>Nill</td>
<td>10%</td>
<td>80%</td>
</tr>
<tr>
<td><strong>Chances of Failure</strong></td>
<td>73.2%</td>
<td>65%</td>
<td>18%</td>
</tr>
<tr>
<td><strong>Need to bed rest</strong></td>
<td>3 to 6 months</td>
<td>3 to 6 months</td>
<td>Nill</td>
</tr>
<tr>
<td><strong>Cost Effective</strong></td>
<td>$$$</td>
<td>$$$$</td>
<td>$$</td>
</tr>
<tr>
<td><strong>Chances of THR</strong></td>
<td>Very High</td>
<td>High</td>
<td>Least</td>
</tr>
<tr>
<td><strong>Surgical Risks</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>No Risks completely safe</td>
</tr>
</tbody>
</table>

Ayurveda has proven a blessing for many patients and you can be next in the row.

Read the complete post here-

**Choosing Best Alternative Treatments of Total Hip Replacement**

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Meet the man behind us...

Vaidya Pardeep Sharma
BAMS, MD (Ayu)
Chief Physician and Founder
SUHKAYU AYURVED, JAIPUR

The man who changed the course of AVASCULAR NECROSIS

Meet the cases and case studies who managed to save their HIP with AYURVEDA

We failed, we learned

We won, we evolved

We changed the perception about Ayurvedic science.....
Reversal of AVN Grade III to II

**Patient Name:** Arvind (Name Changed)

**Cause Behind Disease:** Alcohol

**Treatment:** Completed

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**Before Treatment**

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**After Treatment**

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**Reversal of AVN From Grade III to II: Sukhayu Ayurveda, Jaipur**

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**Complete Resolution of AVN**

**Patient Name**: Anant Dubey

**Cause Behind Disease**: Steroids

**Treatment**: Completed

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*Complete Resolution of AVN on Left Side: Sukhayu Ayurved Jaipur*
Complete Resolution of

**Patient Name:** Manjul Shukla

**Cause Behind Disease:** Steroids

**Treatment:** Completed

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**COMPLETE REVERSAL OF EARLY AVASCULAR NECROSIS:** Sukhayu Ayurved Jaipur

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Reversal of AVN Grade IV in III/ II?

**Patient Name:** Wahid (Name Changed)

**Cause Behind Disease:** Steroidal Medicines

**Treatment:** Completed

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Before Treatment

After Treatment

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Reversal of AVN From Grade IV to II and III: Sukhayu Ayurved Jaipur

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Patient Name: Arvind (Name Changed)

Cause Behind Disease: Alcohol

Treatment: Completed
Reversal of AVN Grade II to I

**Patient Name:** Chaitnaya Vyas

**Cause Behind Disease:** Steroids

**Treatment:** Completed

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Many more......

You can check the website for more information!

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Your Health Our Commitment

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