**Salient Features**

* Unique book which briefs about a subject of modern medicine along with the introduction of Science of Yoga
* Elaborate description of Anatomy & Kinematics of spine.
* Details of pathophysiology, clinical assessment , imaging modalities for Cervical & Lumbar Spondylosis & Disc Disease.
* Introduces the correlation of Ashtang Yoga & Human Physiology
* Explains the concept of Medical Yoga & Medical Yogatherapy
* Outlines an innovative non pharmacological approach for Lumbar & Cervical Spondylosis .(Cases are carefully selected who do not have neurological deficit)
* An approach which involves practice of modified Yogic Postures, use of Ambulatory belts and Rope and Belt Therapy given by trained & experienced Yoga Professionals.
* Valuable addition to clinical practice of family physicians, Yoga professionals and physiotherapists.
* For everybody who is curious to know about spine & science of Yoga.

**About Author**

Dr Vineeta Ketkar is a dedicated Family Physician, practicing Modern Medicine Since 1981 In Pune, Maharashtra, India .Her clinical practice is based on Counseling, educating the patients with a judicial use of medicines. She firmly believes in the healing capacity of body & considers doctor’s role as Help to Heal. She is always keen to find “ cause & effect “ angle for each & every illness. Her quest is further enriched due to her study of Yogic Science .She belongs to a rare community of committed modern medicine practitioners with Yogic attitude. Her aim is to apply the principles of Ashtang Yoga & Hatha Yoga to take care of patients ‘ health.

She is a student of Ramamani Iyengar Memorial Yoga Institute ,Pune.( 10 years) She studied Rope & Belt Therapy under Dr Shrikant V Karandikar .( 14 years)She also learnt clinical assessment, therapeutic protocol, periodic follow up & educative activities with him.

She opted for an opportunity to work independently at Hardikar Hospital in 2006.

She is the Founder Trustee of Gnosis Medical Yoga Foundation working in Clinical & Educational domains of Yogic Health Science.

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