

# TASTE OF HIS OWN MEDICINE

A senior doctor from Germany is taking Ayurveda and Yoga treatment here for the same ailment for which he is treating many patients there

Dr Rainer Mathias Dunkel holds his books

**SURESH KUMAR**

**A** practising psychiatrist from Germany is currently undergoing treatment here for the same disease he has been administering therapy for the patients in his home country. Dr Rainer Mathias Dunkel, MD, specialising in algesiology (science of pain disorder, pain management, and research) would have never dreamt about coming to India for a treatment; nonetheless, he is happy things are working out well for him now.

He is afflicted with back pain, hip pain and related algesiological problems, for which Ayurvedic treatment is under way at the 'Vaidyaratnam Nursing Home' in Thaikattussery, Thrissur.

The doctor talked to Deccan Chronicle in detail about treatment of algesiological ailments. "Although a doctor specialising in algesiology, I am a human being and not a superman. I need to reach out for treatment as well," he says about his decision to come here.

"The pain on our body parts is due to the stiffening of muscles. The back pain, hip pain, disc problem etc are related to our psychosomatic disorders. The pain felt in one's body has a psychosomatic influence due to the acts of one's mind and brain. The pain due to stress and strain is a similar phenomenon. Stress-related pain disorders are now common in India and Europe .... Such pains are not due to bone defects," explains he.

The relief or cure in t h e

long run is generally possible only if one takes into account the psychosomatics of back pain. Constant driving of vehicles makes you feel pain in some body parts. Similarly, sitting in front of computers makes you sick. Smoking and alcoholism are other factors responsible for stress-related pain, says he.

In this context, adds he, India's indigenous holistic treatment systems like Ayurveda, Yoga and meditation have relevance. A combination of Yoga, Ayurveda and counseling can work wonders for algesiological patients. "Physiotherapy is the modern form of Yoga. However, any one of the above treatments alone won't cure pain," says Dunkel.

The doctor has been suffering from hip pain since his childhood. Although a surgeon had recommended a hip-replacement surgery, Dunkel feels quite comfortable after the Yoga sessions and the

Ayurvedic treatment here.

"Algesiological problems faced by those in Germany and India vary, however. Millionaires there have pain disorders of a kind. Unlike in India, financial constraints do not lead to depression among the Germans. Yet, Germans have problems in the forms of strained marital relationship, divorce, lack of self-esteem, lack of confidence, fear of death etc," Dunkel says.

Mere administration of drugs like painkillers for algesiological patients does not solve the problem. It only helps the pharmaceutical companies," he says.

It was through his German friend Andreas Hink that Dr Dunkel knew about the Ayurvedic clinics of Kerala. Andreas had undergone Ayurvedic treatment here for back pain some time ago. "The 'Kizhi', oil massage etc along with Yoga brought quick relief to me," Dunkel says.

Dr Dunkel had written and published three books on algesiological problems in German language. He is on the lookout for a publisher in English. For details log on to [www.dr.rmdunkel.co](http://www.dr.rmdunkel.co), e-mail at [dr.m.dunkel@t-online.de](mailto:dr.m.dunkel@t-online.de)

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**DR RAINER MATHIAS DUNKEL MD, specialising in algesiology**



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