



**S**everal ancient cultures knew physical manipulation techniques. There is evidence in literature that the Greeks, Romans, Egyptians, Syrians and Aztecs practised the techniques.

Hippocrates, the Father of Medicine, noted: One or more vertebrae of the spine may or may not go out of place... They might give way very little, and if they do they are likely to produce serious complications and even death, if not properly adjusted.

Origin: The word, Chiropractic, is derived from the words, **“Cheiro”** and **“praktikos”** and when combined, means done by hands. Daniel David Palmer coined this phrase and is considered to be the father of modern Chiropractic.

Palmer faced ridicule by doctors of his time in the early 1900's, but it has been discovered that some cases of deafness caused by circulatory problems can be remedied by manipulation. Professor Bechgaard

of Denmark brought out these benefits of Chiropractic to the scientific world in 1963.

### **Spine and Chiropractic**

The spinal cord passes through a series of stacked-up vertebrae and between two vertebrae there are cushions called 'Inter-vertebral discs.' Nerve connections branch off the spinal cord to various parts of the body and it is at these linkage points that stress and pain occur. Chiropractic specialists manipulate and re-align the spine and reduce the stress and pain.

Chiropractors believe that man's body structure is inherently unsuitable for the strains of vertical posture and that man's framework has not sufficiently evolved to sustain the strain of being erect. Sheer weight of gravity causes strain on many body parts, such as intestines, arteries, veins-- producing hernias and circulatory problems. These ailments impinge upon the spine.

### **Conclusion**

Chiropractic has been recognised as a mainstream therapy. Most insurance companies cover patients for this therapy.

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