

## Integrating Ardhanarishwar Symbolism and Bisexuality: A Neurotherapy Based Approach to Alleviating Back Pain through Alternative Healing

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### ABSTRACT

The deity Ardhanarishvara is a representation of Shiva as both male and female, where "Ardha" signifies "half" and "Nari" means "woman." This iconic form underscores the inherent unity of Shiva and his Shakti, Parvati, emphasizing that Shiva is incomplete without his feminine counterpart. Ardhanarishvara embodies the philosophical concept of the interconnectedness and equal importance of Purusha (masculine principle, consciousness) and Prakriti (feminine principle, nature/matter/energy).

This symbolic duality is mirrored in human biology. Human development is not strictly unisexual; rather, each individual possesses the inherent capacity for both male and female characteristics. In fetal development, both Mullerian and Wolffian ducts are present. The Mullerian duct differentiates into female internal reproductive organs (fallopian tubes and uterus), while the Wolffian duct develops into male internal reproductive organs (epididymis, vas deferens, and male external genitalia). The hormonal balance of testosterone and estrogen, both present in the fetus, plays a crucial role in determining sexual differentiation.

Anatomically, the human spine is segmented into five distinct regions: cervical, thoracic, lumbar, sacral, and coccygeal. Certain holistic health perspectives propose a link between energy centers, such as the "Nabhi" and chakras, with organ function and potentially musculoskeletal issues like back pain. Back pain encompasses various classifications including lumbosacral, radicular, and referred pain, often attributed to pathologies like disc bulge, herniation, or degeneration. These conditions are broadly categorized as Non-Specific Low Back Pain or Specific Low Back Pain. Wellness Neurotherapy aims to address these conditions through treatment protocols tailored to individual patient history, present clinical presentation, and diagnostic assessments.

**Keywords:** Ardhanarishwara, Bisexuality, Lower back pain, Nabhi, Wellness Neurotherapy

### 1. INTRODUCTION

Ardhanarishvara means that Isvara has Nari as his Ardha. Shiva has been worshipped in one form or another since the beginning of time. He is the preserver, He is the creator, He is the destroyer, He is everything. But He appears in the form of Ardhanarishvara and though he is ever-thing, He is nothing without His Sakti (i.e., Parvati). Therefore, the image of Ardhanarishvara is important. There are many images of Shiva but the Ardhanarishvara image is one of the most beautiful images of Shiva. The accessibility of the image reveals its meaning (Yadav, 2002).

Ardhanarishvara, the divine amalgamation of Lord Shiva and Shakti, encapsulates the principle of unification. At its heart, it represents the union of male and female, embodying the state of combined masculine and feminine energies and emphasizing the profound significance of Purusha and Prakriti. In Hindu mythology, the male body represents wisdom and the beautiful woman represents nature. But the union of two different pregnant women in the world was achieved by their power. The picture of Ardhanarishvara shows bisexuality in this context and shows that most divine creatures and goddesses

are necessary because gods can be male or female respectively and need help without prejudice but in the real world it is the odd ones out. They all have their own important positions and beliefs in the Vedas and Puranas (Nisha.et., al 2020).

Ardhanarishwara speaks through the male and female bodies, suggesting the creation of a single object, in each case a woman on the left and a man on the right. The Chinese Yin and Yang are represented by the colors white and dark, placed together in a circle. The white color represents Yang. However, their complementary positions are different. The place of man in the Indian system of thought (Bhartiya & Bhatnagar, 2024)

The word sex is considered broad and has many meanings. The variety of "human sexuality" ranges from aptitude to sexual response and from erotic experiences to sexual fetishes. Sexual behaviour is the expression of one's sexuality, that is, one's feelings and sexual attraction to a particular gender. Sexuality generally encompasses the natural, physical, emotional, social, and spiritual realms. The deep personal connection expressed through passion or physical expression, the spiritual connection experienced through sexual intercourse with other people,

and the influence of society's views on people's lives on a person's sexual behaviour. Sexuality is practiced for cultural, legal, judicial, ideological, and moral reasons (Das & Rao, 2019)

Neurotherapy is a therapeutic approach for various ailments. Pioneered by Dr. Lajpatrai Mehra (Guruji), this drug-free method targets nerves, muscles, joints, and lymphatic vessels to promote healing. "Nadi Mardan Kriya" is another name for neurotherapy, highlighting its ancient Indian origins and connection to Vedic principles and philosophy. Furthermore, neurotherapy is informed by "Nadi Vigyan" (Nail Point Guide), a branch of Ayurvedic healing science with roots extending back thousands of years. Neurotherapist believe that the body is governed by energies such as vata (argument), pitta (bile) and kapha (water). It is generally accepted that neurotherapy improves and maintains control of the muscles in the body, thus maintaining the relationship between the body and its functions (Jyoti et al., 2021).

## 2. ARDHANARISWARA AS A GENDER-BALANCED IMAGE

The concept of Ardhhanarishwara illustrates the idea that its male aspect is Purusha, and its female aspect is Prakriti. This duality suggests that both Purusha and Prakriti contribute their individual attributes to the cosmos. Therefore, Ardhhanarishwara symbolizes the harmonious and integrated state of masculine and feminine energies. Ardhhanarishwara symbolizes the inseparableness of Shiva (male) and Shakti (female). The mixture of the different genders creates the world, Purusha represents the male, wisdom and ancient destruction, while Prakriti represents the female, strength, the healer and creator of the world. Male and female are the combination of two divine powers. Every man and woman have the dual nature of male and female. The reason a man is a man is because he has masculinity; through Sadhana, men and women must first realize Siva and Sakti or the male and female patterns within themselves. At this time, men and women will understand each other's Siva and Sakti aspects. (Anand, 2020) -(Nandi, 1980). Naturally a human being isn't an immaculate unisexual living being. In each human life, there is the potential for either male or female characteristics. The more prominent set of characteristics is what determines a person's sexuality (Nandi, 1980).

## SCIENCES OF NTAWM ARDHANARISHWARA

The human organism is not inherently unisexual. Rather, each human being possesses the inherent capacity for bipotential sexual development. Ova exclusively contribute X chromosomes, whereas sperm may contribute either X or Y chromosomes. This fundamental difference in gametic chromosomal composition underlies the biological distinction between male and female sexes. In early embryonic development, the primordial gonad is comprised of both a medulla and a cortex, each with the potential to differentiate along either male or female lines. In the absence of a significant determinant from the Y chromosome (specifically the SRY gene), the cortical region of the gonad develops into ovarian tissue, while the medulla regresses. Conversely, the presence of a functional SRY gene on the Y chromosome directs the medullary region to develop into testicular tissue, leading to the regression of the cortex. Subsequent to testicular differentiation, [insert what happens after testes formation] (Raveesh, 2013). Mullerian and wolffian duct Both ducts are fetal tissues also found in fetal life.

**Mullerian duct-** Mullerian duct develops into inter genital organ of female that develops fallopian tube and uterus while in male foetus of third month life fetal release hormone from Sertoli cells also called Mullerian inhibiting hormones (MIH) and disappeared Mullerian duct and changes in male fetal seminal vesical.

**Wolffian duct-** wolffian duct develops into inter genital organ of male that develops epididymis, vas deferens, and the male outside private parts. male foetus of third month life fetal testis are formed with increase the level of testosterone hormone and stimulate the Wolffian duct

**Note-** Testosterone and estrogen both hormones are developing in testis but increasing and decreasing level of both hormones decide the organs developing in foetus. Both type of sex produce both hormones (Raveesh, 2013)- (Barrett et al., 2012)

## Knowledge about Lumbar agony

- Low back pain (LBP) is a common symptom in almost every population worldwide. It has become a significant,

clear health problem. It remains the leading cause of chronic disability worldwide. The dominance of low- and middle-income countries is rapidly increasing. The Global Burden Reflection report identifies mild physical illness as a major health burden, which creates the need for health management (**Suhail et al., 2021**)

- Low back torment (LBP) presents an honest to goodness clinical challenge, finding its roots both in natural (inborn) spinal and systemic conditions.
- Internal conditions influencing the musculoskeletal composition of the L1-L5 spine, such as plate infection, stenosis, muscle insufficiency, and feature joint degeneration
- The systemic causes as a rule amplify past nearby structures. Such are the cases of neoplasia, diseases, and incessant aggravation (**Ferdinandov et al., 2025**)
- Low back torment could be a significant well-being issue in all created nations and is most commonly treated in essential healthcare settings. It is more often than not characterized as torment, muscle pressure, or firmness limited underneath the costal edge and over the second-rate gluteal folds, with or without leg torment (sciatica). The foremost imperative side effects of non-specific low back torment is torment and incapacity (**Koes et al., 2006**)
- Back pain mostly affects older people, is disabling for some, and is a leading cause of seeking treatment. Opioid prescriptions for back pain are increasing in the Joined together States. More than half of normal opioid clients report back torment two to three times a day (**Deyo et al., 2015**)
- Select specific antibodies for unwanted molecules, and finally use specific antibodies to kill or remove unwanted molecules from the affected organism. In general, we use many drugs in allopathic medicine. A lot of bad molecules are killed, and a large amount of poison is produced in the patient's body.
- Same as same painkiller, muscles relaxer, etc allopathy medicine use in back pain produces large amount of heat and damage the mucus membrane and effects in blood circulation and chemical formation which grade up the level of back pain (**Bhattacharjee, 2014**)
- The incidence of orbital pain, characteristic joint torment, and sacroiliac joint agony was 42%, 31%, and 18%, separately. Index case with otitis inflammation were younger than those with arthritis or iliac disease. An increase with age factor and also associated with a decrease in cycle count, with characteristic joint pain and sacroiliac joint pain increasing as back pain progressed at age 70. (**DePalma et al., 2011**)
- The nerve at the conclusion of the spinal rope is called the cauda equina. Cauda equina disorder (CES) happens when different lumbar vertebrae and sacral nerve roots are compressed, impeding sensation and development. The foremost common cause of cauda equina disorder is lumbar plate herniation. Other conditions related with cauda equina incorporate tumors, injury, spinal stenosis, spinal epidural canker, history of spinal surgery, harm, and chiropractic control.
- Patients without specific LBP have significantly lower renal function than asymptomatic individuals. In patients without back pain, osteopathic manipulation has been shown to be an effective way to improve posture and reduce pain in the short term (**Tozzi et al., 2012**)

#### Comparison with other alternative healing therapy

Alternative healing therapy	PRINCIPLE	USE EQUIPMENT	SIDE EFFECTS	Result time
Acupressure	Based on pressure apply specific single point on body.	Massager, Knob etc	Redness of pressurise point, may paining occurs on pressuring point	No defined
Acupuncture	Based Yin and Yang theory.	Needles of different sizes	Nerve damage, clotting of blood	After 6- 10 therapy
Reki	Based on Energy centres in the body. 17	No machine and other instrument	No side effects	Depends on patients
Yoga	Based on mastery over the senses, mind and breath. 18	No machine and other instrument	Excess strengthen may cause cramps in body	Results show after 15-20 therapy but not all therapy

<b>Chiropractic</b>	Improving health with the body's healing power 19	Chiropractic machine	Only relief feel for few times not treat on all joints problem.	Results show 3-5 therapy
<b>Panchakarma</b>	Based on Panchamahabhuta Siddhant 20	Essential oil, cow waste, water etc	Occurs irritation, redness, panic	Results show 2-5 therapy
<b>Neurotherapy</b>	Based on acid alkaline balance and chemicals improve absorption	No machine and other instrument	No side effects	Results show in single therapy

### Types of Lower Back Pain

The spine is divided into 4 parts: 7 cervical vertebrae, 12 dorsal vertebrae, 5 lumbar vertebrae, 5 sacral vertebrae and 4 coccyx vertebrae. The cervical, dorsal and lumbar vertebrae are called active vertebrae, while the sacral and coccyx vertebrae are called fixed vertebrae. (Kang, 2001)

Back pain can be divided into three different types

(1) Lumbosacral pain.

(2) Radicular pain.

(3) Survey pain.

- Axial lumbosacral back torment alludes to torment within the lumbar spine, or the region of the L1-5 vertebral body, and the sacral spine, or the region from S1 to the sacrocaudal junction.
- Radicular leg agony associated with a dermatomal distribution in the legs due to irritation of nerves or dorsal root ganglia.
- Noting that the pain radiates to the area away from the pain but along a non-dermatomeal path (Urits et al., 2019)

### Symptoms of lower back agony

Back agony is the most common complaint presenting to essential wellbeing care and the number one cause of incapacity around the world. It is assessed that around 60% to 80% of the world's populace will encounter back torment at a few point in their lifetime. Spinal pain can have three different sources.

Back torment can be classified as intense, subacute, and inveterate back torment. Torment can be nociceptive or neuropathic, with tenderness and pain being the most common symptoms. (Cahya S et al., 2021)

- **Sciatica pain-** People with sciatic nerve pain usually experience pain due to mechanical irritation of the sciatic nerve, hypersensitivity to pressure, or nerve compression (stretching of the nerve).

Tenderness in the sciatic nerve and its branches is a common symptom of sciatica. You may feel pain along the sciatic nerve and its branches, which go to the small nerves in your foot.

Most people with intraspinal sciatica have tenderness along the sciatic nerve or one of its branches. For those with back pain (Trager, 2019)

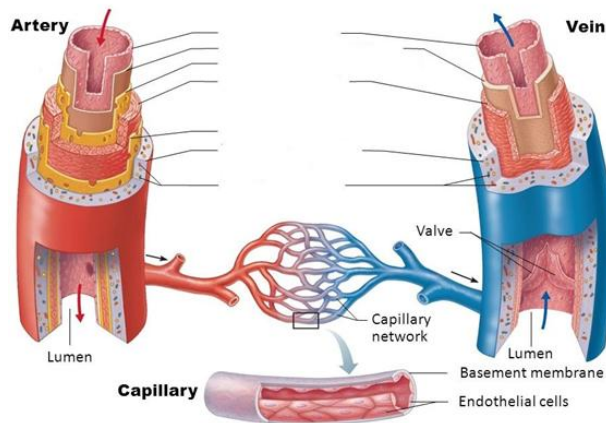
Sciatica is a stabbing peripheral nerve pain that originates from the L4 to S3 spinal vertebrae and radiates down one or both legs.

Approximately 5-10% of people with low back pain typically experience sciatica. The main risk factors are age (45-64 years), height (which increases risk), smoking, depression, and physical exercise such as gymnastics, especially when bending over (Mathews & Usha Latha, 2024)

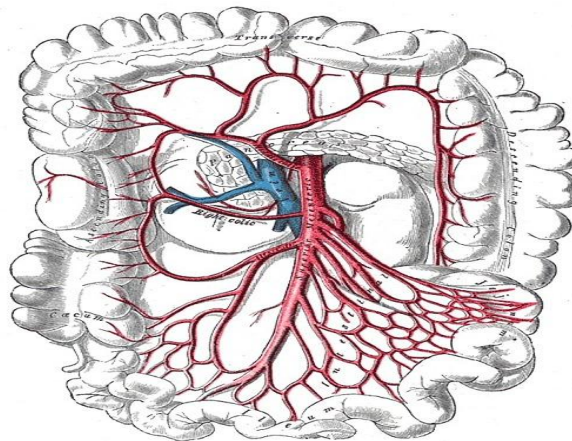
- **Hip pain-** Musculoskeletal disorders such as back torment are a driving cause of torment and incapacity in society. The pressure of hip torment is tall, with more youthful individuals enduring from hip torment more frequently. Alternative therapy should be the first line of treatment for musculoskeletal pain and treatment guidelines for low back pain Kemp et al., 2020
- **Heaviness in leg-** This syndrome encompasses a wide range of conditions, including chronic venous insufficiency (CVI), which appears to affect 40% of the population in developing countries. This increased hydrostatic pressure causes edema formation and decreased tissue oxygenation. All of condition are foremed when firstly back pain appear (Pinto & Rodrigues, 2009)

## Science of Nabhi

The word Navel in Ayurveda; a central portion of body or Navel is being interpreted or deciphered. Acharya Sushruta has included Nabhi among fifteen sorts of Koshtangas. As per the historical underpinnings of Koshta accessible in Amarakosha; Koshta may be a entryway between two media where change prepare proceeds to preserve the homeostasis of body. E.g., In Liver, Spleen, Stomach, Kidney etc. 15 Koshtangas nearly every sorts of crude products are changed over in to the last item diurnally. Subsequently, Nabhi which is made from dense stringy tissue matter does not fit with Koshtangas Nabhia at on this put. (Satani et al., 2017)



**Fig 1. Navel as an intermediate code of channel of arterioles and venules – capillary**



**Fig 2. Superior Mesenteric Vessels and Abdominal Aorta, Inferior Mesenteric Artery**

The belly button is said to be Prabha Astana. Areas of origin of H. Damanis and Silla. Shiraz hatches the Nabi Nadi (umbilical cord line) in the life of the fetus. These Schillers do not exist after birth. In this way, she called Sushruta "Nabhi phavhava." Regarding the relationship between Shira and Navi, Shushruta has built up the spread of Navivi's body.

Navel is one of the pitta destinations. Concurring to Sushruta, garbha advances due to rasa and marutadhmana vata stream. (Sayyed & Dhawale, 2023) (Kumar et al., 2022)

The same vayu in combination with the agni spreads in srots within the vertical, level and angled course and hence the improvement of the garbha takes put at the exceptionally starting of life, undoubtedly at the embryonic level, the Nabhi performs the first basic work inside the enhancement of the body (Satani et al., 2017) (Sayyed & Dhawale, 2023)

### 3. ROLE OF NABHI IN BACK PAIN

Ayurveda is a complex and insidious science that provides a deep understanding of the importance of each and every part of the body structure. The foremost critical one is Navel. Right from the beginning of life, indeed within the embryonic stage, Nabhi plays the foremost imperative part within the advancement of the bod current symptomatic apparatuses for the most part pointed at centring on LBP affected patients of both particular as well as non-specific cases. uncommon lower back torment (SLBP) is for the foremost portion characterized by distinctive signs like diverse sorts of breaks, contaminations and bone, and joint issues appeared by the effected patients, which is clear by reports of distinctive clinical examinations (Seyed & Mohamed, 2021)



Bases on the non-specific lower back torment or problem (NLBP) is characterised by signals or side effects evoked short of any specific reason, regularly by obscure or non-perfect root. About 90% to 93.5% of NLBP patients' indications were define inside the clinical settings based on conclusion with the forbiddance of particular pathology (Katiyar, 2021)

Each portion of the body has its claim significance. Nabhi may be an exceptionally imperative portion among them. It is the middle of all the organs of the body. The portrayal around nabhi is display in old framework of medication. The anatomical, physiological as well as neurotic concepts almost nabhi are broadly said in Ayurveda Samhitas. Sushruta has depicted that the prana of an person exists within the nabhi and nabhi itself is concerned with prana. Agreeing to Ayurveda rakta is considered as prana and jiva. Rakta is the one of dhatu and gives sustenance to the body. The prana is provided to the body through rakta. The rakta is shaped from ahara rasa and streams in siras for keeps up of life exercises (Seyed & Mohamed, 2021)

The vertebrate gastrointestinal tract is a heterogeneous organ innervated to varying degrees by local enteric nerve networks in the brain and spinal cord, as well as peripheral parasympathetic and sympathetic circuits. Digestive problems frequently cause distress in injured individuals (Haussler, 1999)

Most injuries to the colon due to blunt trauma occur when the intestine is rapidly displaced by external devices or internal processes (such as the spine or stomach) that augment the digestive track. Studied by Lee and his team on patient on a 55-year-old man was admitted to the crisis room of a neighbourhood healing center with back torment after falling from a stature of 4 m. Examination revealed a fracture of the body of the 5th lumbar vertebra and a hematoma of the left psoas muscle and also effected the intestine bowl by which absorption is effected and blood flow is effected and also not release chemicals and hormans by which different diseases create so we can says that nabhi or navel also connected to organ after the destruction effected on lower back pain (Lee et al., 2022) (Haussler, 1999)

#### 4. DIAGNOSTIC LEVEL OF PATIENT IN WELLNES NEUROTHERAPY

In wellness Neurotherapy diagnostic level of patients is differentiated with other alternative therapy. In Neurotherapy works not on pain area but work on root causes of pains. In this therapy patient not treated only regarding particular diseases but also effected on whole.

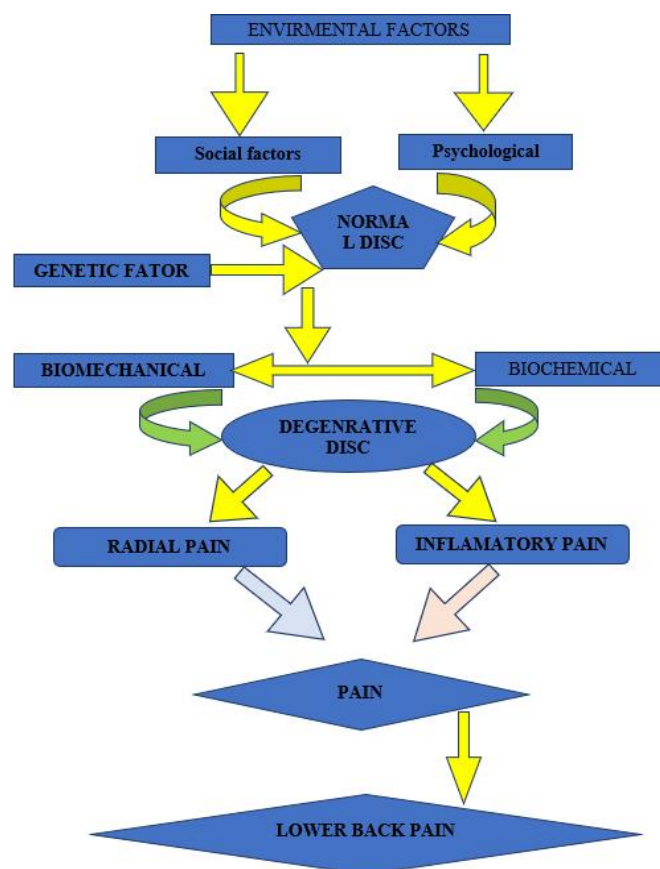


Fig 3: Pathway of lower back pain

1. Name of patient

2. Sex of patient
3. Age of patient
4. Sign and symptoms
5. Any type reports of patients
6. History of patient
7. Neurotherapy diagnose points
8. Finally apply the wellness Neurotherapy formulas

#### 1. Name of patient

Name of very important to identify the two similar names of patients. By patient name a new data is recorded for his disease's basis on his diseases. (Zhang et al., 2009)

#### 2. Sex of Patients

In wellness Neurotherapy all formulas are same consider for non-pure male and non-pure female but due menstrual cycle some specific formulas are apply during treatment (Anand, 2020)

#### 3. Age of patient

Age of patients define what condition may be like as posture problem, degenerative, nutrition deficiency etc.

#### 4. Warning sign and symptoms

The foremost crucial side effect is leg torment transmitting underneath the knee and into the foot and feet. logical discoveries of neurological shortage, comprehensive of muscle frail point and reflex changes, may moreover be blessing. In ninety rate of cases, sciatica is since of a herniated plate with nerve-root compression, in any case lumbar canal or foraminal stenosis and (less as often as possible) tumors or sores are diverse reasonable (Valat et al., 2010)

Symptoms of thoracolumbar disc herniation include low back pain, increased patellar tendon reflexes, numbness in the lower extremities, and bowel and bladder dysfunction (Willburger et al., 2004)

Chronic pain is characterized by unpleasant sensations in one or more parts of the body that last for more than three months and are accompanied by significant distress or functional impairments that limit daily activities and livelihoods (Batoool et al., 2019)

#### 5. Any types report of patients

To detect lumbar spine anomalies using advanced MRI, to show their prevalence and impact in the population. Disc herniation is particularly common at the L4-L5 level. Demographic factors such as age and gender, and comorbidities, highlight the complexity of lumbar spine pathology and the importance of careful assessment for optimal management.

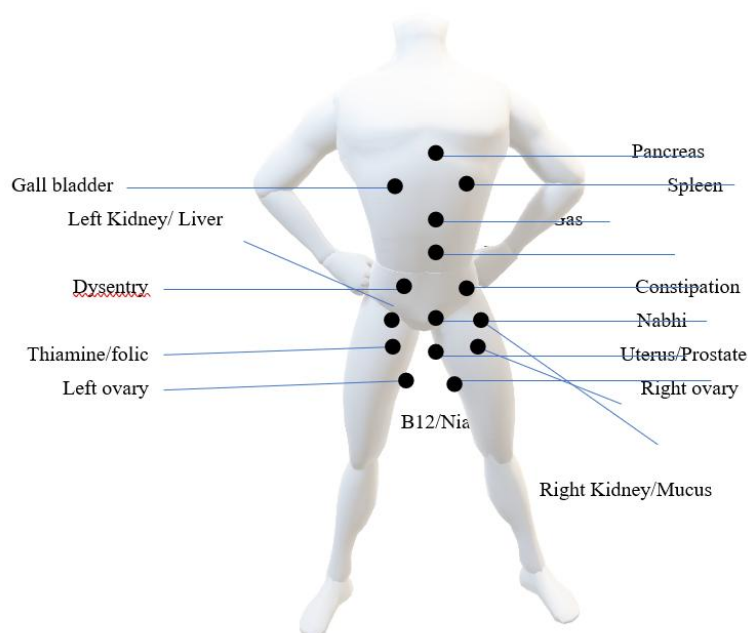
The majority of patients (87.7%) complained of back pain. The most common lumbar spine pathologies evaluated by MRI were lumbar plate degeneration (80.2%), circle lack of hydration (51.9%), and conclusion plate changes (28.4%). Other designs such as front ligamentum flavum osteophyte hypertrophy, aspect arthropathy, and plate herniation were too assessed. Whereas spondylolisthesis was uncommon, lumbar circle herniation and circle bulge at the L4-L5 lumbar level were common (50.6%) (Mir et al., 2021)- (Ferdinandov et al., 2025) In wellness neurotherapy treatment diagnostic level of pain points represent with (+++, ++, +). These plus signs show which level of mucus membrane disfunction (Vora et al., 2021) There are three diagnostic level by which in wellness neurotherapy, therapist checks the pain points.

- Saparsan Diagnose
- Sawarnan Diagnose Darshan diagnose

#### 6. History of patients

In wellness neurotherapy not diagnose only bases of MRI, CT scan, X-Rays etc but diagnose the patients of history like as Cirrhosis is the final stage of liver disease. There are three levels of damage depending on the severity of the damage; The quality of life of patients with cirrhosis is affected by pain, which is often chronic and of musculoskeletal origin. Cirrhosis and back pain are rare. There is surprising evidence of back pain in patients with cirrhosis (Bednár et al., 2021)

#### 7. Diagnose of Wellness Neurotherapy points



**Fig 4: diagnostic points in Wellness Neurotherapy**

Sr No.	Organ name	Neurotherapy diagnostic points
1.	Liver	Liv
2.	Diaphragm	Gas only
3.	Pancreas	Pan
4.	Gall bladder	gall
5.	Left side of large intestine	Mu
6.	Right side of large intestine	Acid
7.	Ovaries	Left ov, Right ov
8.	Uterus, Rectum	Uri
9.	Left kidney	Mu0
10.	Right kidney	Liv0

**Table 2: points in Wellness Neurotherapy**

#### 8. Finally apply Wellness Neurotherapy formulas

Dr. Mehra has stuck sixteen specific focuses of torment around the navel and hip. Diminish in one or more of these torments come about in a change in wellbeing conditions. it is watched amid the treatment that the recuperating is advanced when the condition of the understanding is getting to be way better with length of time. It is expected that deficiently blood stream of any organ may be since of the overabundance circulation of the blood to other portion of the body, In this manner, neurotherapy mediation may normalize the circulation of the blood interior the body in this way making a difference in re-establishing capacities after applying the Wellness neurotherapy formulas (Jyoti et al., 2021)



## 5. DIFFERENT TYPES OF FORMULAS USE IN LOWER BACK PAINS

Sr no.	Formula name	Use of formula	Setting
1.	Acid formula	To set acid and alkaline	According to pain point
2.	UDF formula	To set digestion	4 setting
3.	Anti-Inflammatory formula	Short term inflammation	10 setting
4.	Full injury treatment	More than 9-month injury	10-15 setting
5.	APR formula	To set stomach & back pain	According on pain point
6.	New tilt formula	To balance gravity	10-13 setting

**Table 3: Lower back pain formula**

## 6. CONCLUSION

Ardhanarishwar symbolism play important in human body to find the chakras of body. Single chakras unbalance than effect on the Nabhi or navel so that unbalance the Ardhanarishwar of body by which many diseases generated. In which one is lower back pain which have no right diagnose base of MRI reports etc so no patients suffering from pain for long time with increase the symptoms of lower back pain. Wellness Neurotherapy treat the lower back without medicine, no machine and no side effects. Wellness neurotherapy gives result in single sitting. In neurotherapy, balance the Ardhanarishwar of body and Nabhi or navel which is mediators to supply the blood or connectivity to spine and organ by which blood are flow through capillary etc. any inflammation, injury and organ diseases causes the lower back pain due any chemicals, enzymes etc that are solve by wellness neurotherapy by sufficient supply the blood and balance the Ardhanarishwar or navel with applying the wellness neurotherapy.

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