



RAMKAMAL MEDICAL FOUNDATION

Rudra Hospital & Critical Care Centre

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A CASE STUDY OF GURUJI'S SPINE

Mr. Mahendrakumar Trivedi. Guruji - 45 yrs male was examined clinically and radiologically.

Clinically:-

GURUJI is in a state of excellent physical and mental health.

His daily body functions are regular and healthy.

No history of trauma to spine and knee joint is known to him.

He does not take any kind of exercise.

He has never been exposed to manual laborious workouts in the past.

X-ray study -

1. Full spine X-rays were taken AP & lateral views of cervical, dorsal, lumbar, and sacral regions were examined
2. Knee joint X-rays taken AP & lat views in weight bearing position.
3. X-rays skull - lateral view

MRI - Brain and Spine

Findings: -

[1] The most significant factor is the striking health of the spinal column for Guruji's age. The subject is of age 45 yet the X-rays showed full intervertebral disc spaces clear and smooth spinal joint surfaces, and perfect spinal curves in the cervical, dorsal, lumbar and lumbosacral areas. There were no soft tissue shadows indicating that there was no swelling, toughness or fibrosity in the surrounding muscles and soft tissues.

[2] The density of the bones in Guruji's spinal column is, in my opinion, at the highest possible level. The X-rays are consistent with those of a male who had completed growth plate fusion, at least 18 years of age, but no older than 25 years of age. After 25 years of age, there is always some form of deterioration in the joints, disc spaces,





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bone density and surrounding soft tissue shadows due to the process of imbibition, the loss of water in joint cartilage and intervertebral discs.

On the contrary growing cartilage is seen in his case in the epiphyseal & subchondral region. The amount of healthy cartilaginous bone along on joint surfaces is unique in appearance.

[3] Standing posture shows a high left occipital (skull) base, acromial-clavicular (shoulder) joint, and iliac crest (hip) compared to the right side. This configuration remains when he kneels but improves when he is sitting.

[4] The curvatures of Guruji's spinal column are in perfect alignment; his spinal curves all appeared to be moving toward the center of his body, they show the perfect balance of lordosis (inward curve of the neck and low back) and kyphosis (outward curve of the dorsal spine and the sacrum).

The position and movement of his spinal curves suggests that his spine is either interpreting or responding to forces, such as gravity, in a way that no other human being is able to do or else he is exposed to different forces as compared to the rest of us.

[5] From the front, there was an abnormal amount of movement of the hyoid bone on the front of the throat when he spoke or swallowed.

[6] The cervical spine (neck) is unique in the areas where it meets his dorsal spine and where it meets his skull. These areas show more movement, fluidity and flexibility than any neck ever examined by me. This was also noted in the examination findings of an expert in cranial sacral therapy, who has described his ability to 'drop his ear to his shoulder on both sides, which is beyond the normal physiological range of motion'. The human body follows the law of form and function. If a specific function is required, the form of the body will adapt to permit that function. Normally, the cervical spine in these two areas does not go beyond a certain range of movement and flexibility because of the proximity of the brain stem and major blood vessels. Therefore, according to the law of form and function, the structural





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form of Guruji's cervical spine must be configured for some unique function in his nervous system and his circulatory system.

[7] The next point noted is how Guruji's body moves when he breathes. Adults breathe with their upper ribs and their diaphragm, which is located at the bottom of the rib cage. Guruji breathes from his abdomen and in a pattern that I have never seen before.

There was no rib movement at all, which is biomechanically impossible when the diaphragm contracts. While he was in a supine position I also observed some unusual breathing patterns. This has also been observed by the chiropractic experts and described in their reports. There was very little movement of the upper ribs during inhalation or exhalation; however there was a sucking in movement of the skin with inhalation and release during exhalation above the clavicles (collarbones), below the mandible (jaw) and in the axilla (armpit). One expert has also noted that 'palpation of the costo-sternal (rib to breastbone) juncture revealed very little joint play compared to normal and had a hard end feel extending laterally (out from the mid line) beyond the normal anatomical borders of the sternum (breastbone).' I agree with this finding.

Therefore, if there is no rib movement, Guruji's diaphragm is not working as it does in other humans, which leaves us with the question of how he is getting enough oxygen.

[8] Guruji's paraspinal muscles along each side of the vertebrae in the lower thoracic and lumbar (low back) spine were very well developed, broader, deeper than most athletes, and with normal muscle tone. Even though Guruji's muscles are so developed, he has more movement and flexibility than a child.

After examination of Guruji's muscles and spinal column by X-ray and by palpation, I also saw the reports of two expert chiropractors, Dr. Lori Croteau from Canada and Dr. Derek Pyper from Canada, and I agree with their findings in all respects which were essentially the same as mine.





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[9] Skull X-ray (Lateral View) – conducted on 11TH June 2008

In medical science it is a known fact that the pituitary gland's size is not more than 5.5 to 7.5 mm in diameter. On examination of the lateral skull Xray, the size of the pituitary fossa, also known as Sella tursica, is found to be 18.5 mm (anterioposterios) by 12.8 mm in height, which to the best of my knowledge, is the largest ever found in a healthy subject with fully functioning body having excellent health.

Conclusions :

Guruji was evaluated for the purpose of a functional and structural examination, and did not present any symptoms.

The X-ray findings of spine & knee are consistent with X-rays at ages of 18 to 25 yrs.

After 25 yrs of age, degeneration would normally be observed in joint as reduction in joint space, irregular articular surface with formation of osteophytes, with reduced subchondral new bone formation leading to formation of subchondral cysts and with decreased bone density. The surrounding soft tissue normally shows shadows due to fibrosis that occurs in muscles & soft tissues.

On the contrary, growing cartilage is seen in Guruji's X-rays.

The spine starts loosing its curvature with the center shifting anteriorly whereas Guruji's spine compensates kyphosis & scoliosis to maintain the axis of weight bearing in the perfect center.

My other conclusions are consistent with those of the chiropractors, in noting the well-developed paraspinal muscles, the abnormal breathing movements and the hypermobility in the cervical spine.

I had examined Guruji for the first time in November 2004. From November 2004 till this date, I have not observed any degenerative changes. According to the laws of aging, Guruji's body should have shown some physiological signs or symptoms of the aging process as





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are generally observed. But there is no sign of any degeneration in Guruji's body till to date.

The present findings match completely with my findings in November 2004.

In my opinion, Guruji has some highly unusual structural and functional elements that need to be investigated further.



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