



# Dr. Shankar Acharya

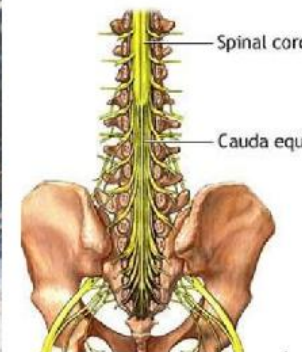
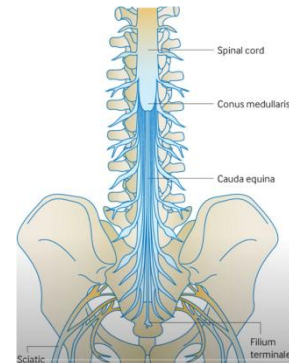
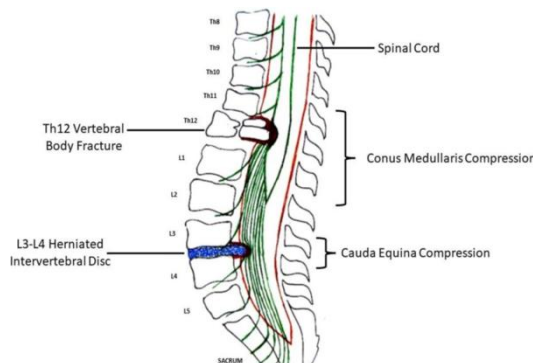
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## CAUDA EQUINA SYNDROME

Cauda Equina Syndrome (CES) is a rare but serious neurological condition affecting the lower part of the spinal cord. It occurs when the nerves in the cauda equina—a bundle of nerves at the base of the spinal cord—are compressed. This condition requires urgent medical attention to prevent permanent nerve damage.

The term “cauda equina” means “horse’s tail” in Latin, as the nerve bundle resembles a horse’s tail. These nerves control movement and sensation in the legs, bladder, and bowels.



## Causes of Cauda Equina Syndrome

CES is most commonly caused by:



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1. **Herniated Disc:** A slipped or bulging disc pressing on the nerves.
2. **Spinal Injury:** Trauma to the lower back.
3. **Spinal Tumors:** Growths compressing the nerves.
4. **Spinal Infections or Abscesses:** Swelling or infections in the spine.
5. **Lumbar Stenosis:** Narrowing of the spinal canal in the lower back.

## Symptoms to Watch For

Cauda Equina Syndrome often develops suddenly and can worsen quickly. Key symptoms include:

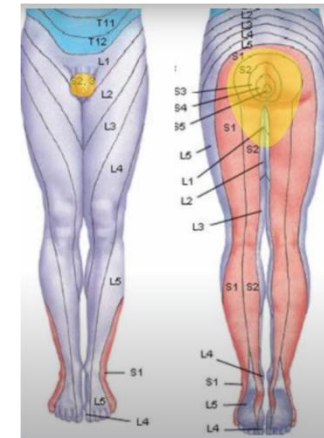
- **Severe low back pain.**
- **Loss of bladder or bowel control.**
- **Weakness or numbness in one or both legs.**
- **“Saddle Anesthesia”:** Loss of sensation in the areas that would touch a saddle, like the inner thighs or buttocks.
- **Difficulty walking.**

These symptoms are alarming and require immediate medical care.

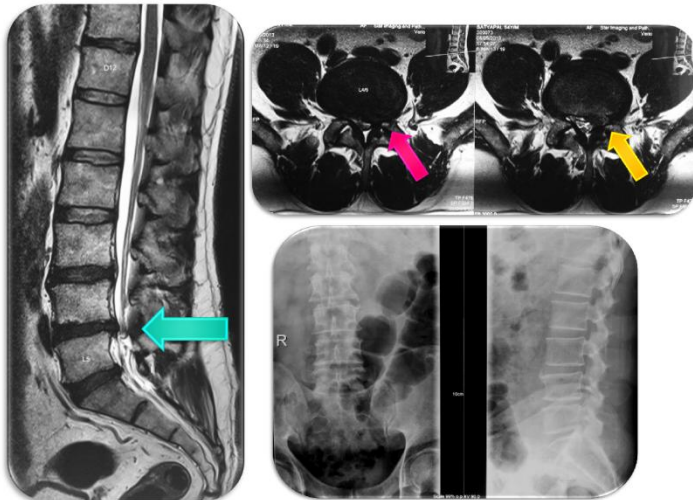
## How is CES Diagnosed?

Dr. Shankar Acharya emphasizes that an accurate and prompt diagnosis is crucial for CES. It involves:

- **Physical Examination:** Checking reflexes, strength, and sensation.



- **Imaging Tests:** MRI or CT scans to identify nerve compression.
- **Neurological Tests:** To evaluate nerve function.



## Treatment Options

CES is a medical emergency. The sooner treatment begins, the better the chances of recovery.

- **Surgery:** Emergency decompression surgery is the most effective treatment to relieve pressure on the nerves.
- **Medications:** Pain relief and infection management if needed.
- **Rehabilitation:** Physical therapy may help regain strength and mobility.



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## Why Early Treatment Matters

Delaying treatment can lead to permanent damage, including paralysis, chronic pain, or loss of bladder and bowel function. If you or a loved one experience the symptoms mentioned above, seek immediate help.

## Living with CES

Recovery from CES varies. Some patients regain full function, while others may need ongoing care for residual symptoms. Dr. Shankar Acharya, with his 30 years of experience as a spine surgeon, provides expert guidance to ensure the best possible outcomes.

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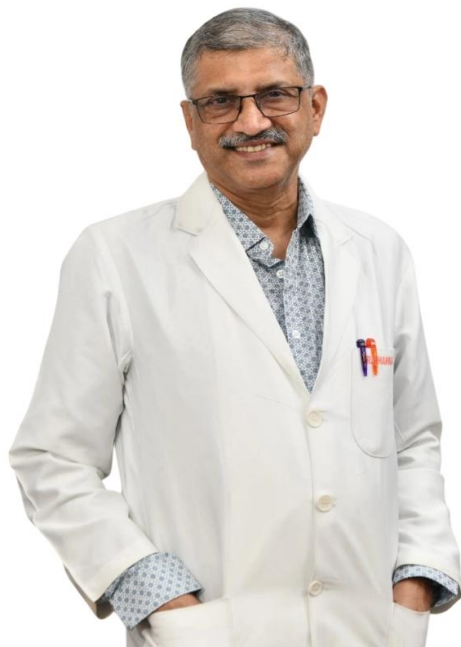
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## How Can Dr. Shankar Acharya Help?

As a senior consultant and Chairman of Spine Surgery at Sir Gangaram Hospital, New Delhi, Dr. Acharya specializes in diagnosing and treating complex spinal conditions like Cauda Equina Syndrome. His expertise ensures comprehensive care tailored to each patient, whether from urban or rural settings.

If you notice symptoms of Cauda Equina Syndrome, do not delay. Timely intervention can change the course of your recovery. For more information or consultation, reach out to Dr. Shankar Acharya today.



**SIR GANGA RAM HOSPITAL**  
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