

Review of: "An Oriental Physician's Views and Thoughts on the Global Prevalence of Lumbar Spondylosis – The traditional shoulder-carrying culture and traditional spine of a large eastern country are disappearing silently"

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Potential competing interests: No potential competing interests to declare.

Thanks for giving me the opportunity to review this manuscript. As the topic says, this is a physician's personal views and thoughts based on his past experiences. Hence, it does not qualify to be an evidence based conclusion. The author believes that the increased prevalence of lumbar spondylosis is mainly attributed to the absence of traditional shoulder-carrying culture. This hypothesis would have more strength if backed by a well designed prospective study, analysing the role of shoulder carrying on lumbar spine muscles and whether this has any long term benefit in terms of avoiding or delaying spondylosis. I would also like to point out that a broad pathology like lumbar spondylosis has been described to have multiple etiopathogenesis including genetic, sedentary lifestyle, posture, ergonomics etc. The fact that modern global lifestyle involves sitting for long hours which itself might be the biggest contributing factor towards increased prevalence of spondylosis, needs to be included in the study as well. Also, the disadvantages of shoulder-carrying culture, including shoulder and cervical spine pathologies needs to be mentioned as well. Finally, I would say, this manuscript is at best a personal opinion of an oriental physician with a clear bias for ancient traditions, without being backed by any scientific evidence.