

# 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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The author has used unconventional method of writing an article. The article discusses the importance of traditional Chinese manual labor, particularly the traditional shoulder-carrying culture, in maintaining healthy spines. The author argues that modern medicine's fixation on the Western spine as the standard has contributed to the global prevalence of spinal diseases like lumbar spondylosis. Additionally, the "S"-shaped aesthetics in the West is packaged as advanced aesthetics, which can lead to abnormal beauty standards in some countries. The author calls for a re-evaluation of the traditional spine and aesthetics, as well as collaborative research to address the growing problem of spinal diseases. Few observed shortcomings are highlighted below

- **Lack of empirical evidence:** While the article presents some interesting observations and theories, it lacks empirical evidence to support its claims. It would be more scientifically rigorous to provide empirical studies and data to back up the arguments made in the article.
- **Overgeneralization:** The article tends to overgeneralize certain observations, such as the assertion that Western spine fixation has contributed to global lumbar spondylosis. While there may be some truth to this claim, it is not necessarily applicable to all cases and regions.
- **Biased perspective:** The article seems to have a bias towards traditional Chinese culture and labor practices, which could affect the objectivity of the arguments presented. A more balanced perspective that considers both traditional and modern practices would be more scientifically objective.
- **Lack of clarity:** At times, the article may lack clarity in terms of its argument and structure, which could make it difficult for readers to follow the author's train of thought.
- **Limited scope:** The article primarily focuses on the traditional Chinese spine and its labor practices, without fully considering other factors that may contribute to spinal health and disease. A more comprehensive review of the literature would provide a more complete picture of the issue at hand.