

Ayurvedic management of cervical spondylosis: a case study

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ABSTRACT

Cervical spondylosis also called cervical osteoarthritis or Neck arthritis. It is common age-related condition that affects the joints and disk in cervical spine. Cervical spondylosis is a common spinal problem seen now days. In the present case study, a diagnosed case of cervical spondylosis has been included for its ayurvedic management. A male patient of 50 years age having chief complaints Neck pain, neck stiffness, back pain since 5 months. Effect of pizhichil with *Ashwagandha+Shatavari+Bala+Dashmool siddha tail* (External therapy), Manyabasti with *Tiltail+Sahacharadi tail, Yogabasti* (Internal therapy) along with oral medication of Sinhanad Guggul 2BD. Different parameters have been

assessed during and after the treatment schedule. There is significant relief in the parameters like neck pain and stiffness.

Keywords: Cervical spondylosis, pizhichil, manyabasti, sinhanad guggul.

INTRODUCTION

Cervical spondylosis also called cervical osteoarthritis or Neck arthritis. It is common age-related condition that affects the joints and disk in cervical spine. Age related wear and tear of the spinal disks. Common causes of cervical spondylosis is bone spur overgrowth of bone, Dehydrated spinal disks, Herniated disks, Injury, Trauma, Ligament stiffness, overuse etc.^[1] Cervical spondylosis is extremely common more than 85% of people over

the age of 60 are affected.

Risk factors -Age- is the most common risk factor in middle age and older patients

Genetics -A family history of neck pain and spondylosis

Smoking -Clearly linked to increase neck pain

Occupation -Jobs with lots of repetitive neck motion and overhead work Neck motion and overhead work

Previous injury or trauma to neck

In modern medicine treatment includes physical therapy (traction, exercise) NSAIDS, muscle relaxant, cervical collar etc. [2]

In ayurvedic perspective, *Manyastambha* is one of the eighty types of *vatavyadhi* which is characterized by *stambha* (stiffness) in the neck region. [3] Which is commonly seen in cervical spondylosis. Cervical spondylosis may also be considered as *manyagat vata*, especially in degenerative condition. Pain during the movements, flexion -extension of a joint along with swelling and crepitation on joint movements is the typical clinical features of *sandhigatvat*. [4]

MATERIALS AND METHODS

Case study-

A 50 years old male patient, former by occupation.

OPD No.-12760, IPD No.-750

With chief complains of pain and stiffness over the neck since one month. Patient having H/O -stone trauma on posterior side of neck while digging well before 15 years H/O -Accidental fall on back before 1 month

On examination, patient is having neck pain in increasing with forward and backward movement. After thorough examination, a diagnosis of *manyagatavata* or cervical spondylosis has been established and patient is advised for *manyabasti*, *pizhichil* with oral medication.

INVESTIGATIONS

- Hb %-12gm%
- VDRL – Non-reactive
- ESR -19mm/hr
- Mantoux test -Negative
- BSL(R)-78mg/dl
- Tridot test-Negative Albumin -Nil
- Sugar- Nil

Following materials were required in this case study:- Masha (Black gram) flour - 500gm

Dashmool -500gm Til tail-2000ml

Ashwagandha+Shatavari+Bala each 50 gm

Small piece of sponge or cotton Water

Nadi swedan yantra

TREATMENT PLAN-

Treatment has been planned with *manyabasti* and *pizhichil* with *yogabasti krama* along with this patient is advice to take following ayurvedic medicine through treatment schedule

Sinhanad Guggul -500mg twice a day with lukewarm water.

Manyabasti:

Manyabasti is ayurvedic procedure which is done primarily to pacify aggravated doshas in the neck region. It was done for 15 days.

Procedure

Paste of masha (Black gram flour) is traditionally used to make circular boundary wall in manyabasti. Patient is asked to lie down in prone position on the table and a towel roll is placed under the chin to make neck region slightly flexed. After this circular boundary wall made with paste of masha and sealed properly. now, heated *tiltail+sahacharadi*

tail is poured in this *manya basti* yantra using a sponge piece for 20-30 minutes.

Pizhichil:

Pizhichil also known as *Kayaseka* or *Tail seka*. *Pizhichil* is a

combination of two classical ayurvedic treatments called as *snehana* (oil massage) and *swedana* (fomentation, sweat inducing).^[6]

Patient is asked to lie down in prone position on the table. The procedure involving pouring of herbal oils medicated with *Bala+Ashwagandha* over the body for 30 minutes. along with pouring with oil, simultaneous massage is done. Duration for *Pizhichil* was 15 days.

Yogabasti:

One course of *yogabasti* was administered for 8 days. During this period *sthanik snehana* and *swedana* is done.

Preparation and Dosses of Basti -

Niruha Basti -

- *Dashmool kwath* -700 ml, *Til tail* -40 ml Honey -20 ml
- *Saindhav lavan* -1 gm, *Anuvasan Basti – Til tail* Dose -80ml

Day	1	2	3	4	5	6	7	8
Type of Basti	A	N	A	A	A	N	A	A

A- Anuvasana Basti, N- Niruha Basti

ASSESSMENT CRITERIA

1. Neck pain –

0 -Absent

1 -Mild and intermittent pain

2 -Moderate and bearable pain

OBSERVATION-

Parameters	Before treatment	After treatment
Neck pain	2	0
Neck stiffness	3	1

DISCUSSION

According to Ayurveda, main etiological factor of *manyastambha* is vitiated *vata* and *kapha dosha*. In the present case study, a treatment has been planned to manage cervical spondylosis with a prime focus to alleviated *vata* and *kapha dosha*.

1. *Manyabasti - Sahacharadi* tail is used for *manyabasti* which has been indicated in different type of *vata vyadhi*.^[9]
2. *Pizhichil* is very effective procedure in *keraliya panchakarma*. *pizhichil* falls into

3-Severe and unbearable pain

2. Neck stiffness –

0-Absent

1-Mild stiffness

2-Moderate stiffness with partially restricted movements

3-Severe stiffness

the category of *swedana*. *pizhichil* is combination of *snehana* and *swedana*, so work for *vatashamana* very effectively.

3. *Sinhanada guggul* is special ayurvedic formation for *vatavyadhi*. It contains drugs like *guggul*, *Hirada*, *Behada*, *Aawala*, *Gandhak* and *Eranda* tail which having *vatagna* properties.^[8]
4. *Basti* is best treatment for *vatavyadhi*. *Yogabastikrama* with

Dashmool kwath and *Tiltaila* play role in alleviated vata very effectively.^[7]

CONCLUSION

It is concluded that combination of ayurvedic therapies like *manyabasti* and *pizhichil*, *yogabasti* along with oral medication of *sinhanad guggul* has a significant role in the management of cervical spondylosis.

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