



# International Journal of Research in Academic World



Received: 08/March/2024

IJRAW: 2024; 3(4):174-175

Accepted: 12/April/2024

## Ayurvedic Approach to the Patient of Cervical Spondylosis-A Case Study

\*<sup>1</sup>Dr. Veenu Yadav, <sup>2</sup>Dr. Shraddha Saraf, <sup>3</sup>Dr. Pramod Bana and <sup>4</sup>Dr. Rajesh Meshram

\*<sup>1, 2, 3</sup>MD Scholar, Department of Kayachikitsa, Pt. Khushilal Sharma Government Ayurvedic College and Hospital, Bhopal, Madhya Pradesh, India.

<sup>4</sup>HOD and Associate Professor, Department of Kayachikitsa, Pt. Khushilal Sharma Government Ayurvedic College and Hospital, Bhopal, Madhya Pradesh, India.

### Abstract

As exertion and stress is increasing day by day, diseases also increased in our daily routine. And most common is cervical spondylosis according to data and public interaction. Prolonged sitting work, work on computers and continuously household work leads to it.

It is a degenerative disease which affects the vertebrae of the spine. In *Ayurvedic* texts many diseases symptoms correlated with it like *Manyastambha*, *vishwachi* etc.

In current paper we are discussing about case details of a patient who came to our hospital for the treatment. Patient complaint of pain in neck region, on/off stiffness, heaviness in occipital region with sometimes vertigo, on/off radiating pain to shoulder region with generalised weakness for 3-4 months. Treatment modalities includes *shamana* drugs and *panchkarma* therapy for 1 months.

**Keywords:** Cervical, neck, pain, *shamana*, degenerative

### Introduction

Cervical spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral disks of the neck as well as the contents of the spinal canal. As the disc dehydrate and shrink, bone spurs and other signs of osteoarthritis develop. Spondylosis progresses with age and often develops at multiple interspaces<sup>[1]</sup>.

Cervical spondylosis may affect males earlier than females. By age 60, 70% of women and 85% of men show changes consistent with cervical spondylosis on X ray<sup>[2]</sup>.

In *Ayurveda Vatavyadhis* is a group of diseases manifested by *dhatu kshaya* or *margavarana* and those are classified according to *hetu*, *kshaya* or *margavarana* and those are classified according to *hetu*, *sthana* and *lakshana*. *Pristhgraha* is characterized by *Graha in Pristha* Pradesh, which is similar to cervical spondylosis.

The use of analgesic for subsiding the pain, anticonvulsant drugs, steroid to reduce inflammation and muscle relaxants which provide only temporary symptomatic relief and many times have hazardous side effects. However, there is need to explore the Ayurvedic perspective of cervical spondylosis by which we can cure and prevent this disease.

### Case Study

#### Martials and Methods

Selection and source of patient-For this study, diagnosed patient was taken from the OPD of Pt Khushilal Sharma Govt. Ayurveda College and Institute Bhopal MP.

A female patient of age 24 years came to hospital with complaint of pain in neck region, on/off stiffness, heaviness in occipital region with sometimes vertigo, on/off radiating pain to shoulder region with generalised weakness for 3-4 months.

- **Surgical History:** No
- No history of trauma and past illness

#### Personal History

**Diet:** Mix

**Appetite:** Normal

**Micturition:** Normal

**Bowel:** Normal

**Sleep:** Normal

#### On Examination, Range of Motion of Neck

Flexion-Painful

Extension Painful

Investigation

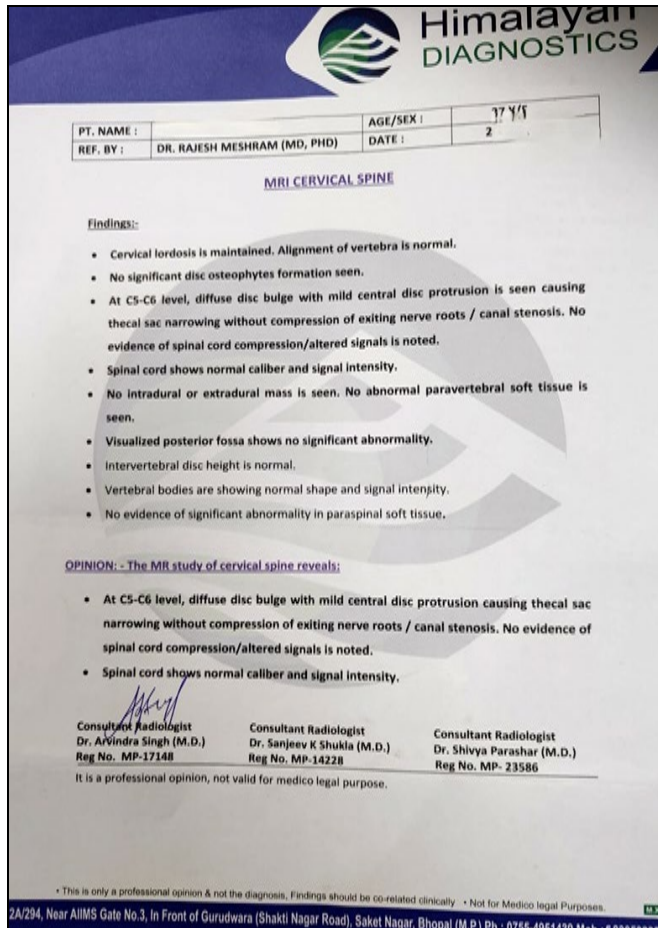


Fig 1: Patient MRI Report

In MRI of Cervical region at C5-C6 level diffuse disc bulge with mild central disc protrusion is seen causing thecal sac narrowing without compression of exiting nerve roots. Spinal cord shows normal calibre.

**Treatment Regimen**

- Yograj guggul 500mg BD
- Dashmoola kwath 20 ml BD
- Supushti churna yoga 5gm BD with milk
- In panchakarma Greevabasti with mahanarayan taila for 21 days
- Sthanik abhyanga swedana

**Assessment Criteria**

- i). VAS Scale
- ii). Range of motion

Table 1: VAS Scale

| Before treatment | After treatment |
|------------------|-----------------|
| 40               | 20              |

Table 2: Range of motion of cervical region

| Range of Movement     | Before Treatment | After Treatment |
|-----------------------|------------------|-----------------|
| Flexion               | 25               | 35              |
| Extension             | 35               | 50              |
| Lateral flexion (Lt)  | 25               | 35              |
| Lateral flexion (Rt)  | 20               | 40              |
| Lateral rotation (Lt) | 25               | 45              |
| Lateral rotation (Rt) | 30               | 40              |

**Result**

Patient got symptomatic relief. Vas score value also changes from 40 to 20 and change in range of motion which is a good sign for the patient.

**Discussion**

According to *Ayurveda Vata* is the main factor for this disease and symptoms related to this are described in *Vatavyadhi chikitsa*.

*Greevabasti* is a procedure where *bahyasnehana* and *swedana* done. Due to warm oil cervical region blood supply is increased and inflammation reduced. And mahanarayan taila is used in this process which is advised in different types of *vatavyadhis*<sup>[3]</sup> and also provide strength to local soft tissues.

*Yograj guggul* is very effective in *vatavyadhi*. It increases the *agni and bala*<sup>[4]</sup>

*Dashmoola kwath* having anti-inflammatory and analgesic properties<sup>[5]</sup>

*Supushti yog churna* mainly contain *ashwagandha* and *shatavari* in which *ashwagandha* is an immunomodulator<sup>[6]</sup> and useful in all types of *Dhatukashya*. *Shatavari* is a promoter of muscle strength and health<sup>[7]</sup>

Each medicine having particular role in alleviating the symptoms of the disease.

**Conclusion**

Cervical spondylosis is very common issue in daily routine practices. Patient came in the hospital with different pattern and lots of them took allopathy treatment and also having their side effects. It's our duty to give proper guidance to them and describe about the progression of disease. In *Ayurveda* different treatment modalities are available for the patient like dietary modification, yoga therapy, *shamana* drugs and panchakarma therapy.

We should focus in finding a better treatment plan for the society.

**References**

- Allen A, Domr L, editors. Physical therapy principles and methods. 3<sup>rd</sup> ed. Lippincott Williams and Wilkins. Management of common musculoskeletal disorders, 1996, 528.
- Domino Frank, The 5-minute Clinical Consult, Philadelphia: Lippincott Williams and Wilkins, 2008;240
- Shastri Ambikadutta. Bhaishajya ratnawali by Govind Das, Chapter 26, verse no 343-354, Varanasi, reprint 2011, 560
- Mishra S. Bhaishajya ratnawali of Kaviraj Shri Govind Das Sen Elaborated edited with Siddhiprada Hindi Commentary, 1<sup>st</sup> ed, vol.1, Ch.29, Varanasi;2005, 608
- Parekar, et al. Effects of Dashmoola on pain, inflammation and platelets, *Journal of Ayurveda & Integrative Medicine*, Jan-Mar 2015, 1
- Bhavaprakash Nighantu, Indian Materia Medica of Shri Bhavamishra, Commentary by Krishnachandra Chunekar, Guduchayadi Varga 190, Chaukambha Bharati Academy Varansi,2013, 380.
- Bhavaprakash Nighantu, Indian Materia Medica of Shri Bhavamishra, Commentary by Krishnachandra Chunekar, Guduchayadi Varga 187, Chaukambha Bharati Academy Varansi, 2013, 379.