APPROACH OF AYURVEDA TO CERVICAL SPONDYLOSIS W.S.R TO GREEVASTAMBHA: A CLINICAL STUDY

Dr. Saurabh Purwar*1 and Dr. Kavita Sharma2

1Medical Officer, Chaudhary Brahma Prakash Ayurveda Charaka Sansthaan.
2P G Scholar, P G Department of Kayachikitsa, Ayurvedic & Unani Tibbia College & Hospital.

ABSTRACT
The western lifestyle, characterized by convenience food, TV and PCs, is taking its toll on children as well as adults and is producing increased numbers of overweight, passive youngsters with lifestyle diseases. Bad food habits, wrong body posture are the main culprits for Cervical spondylosis like any other life style diseases (DM-2, HTN, Obesity). Cervical spondylosis, also known as cervical osteoarthritis or neck arthritis, is a common, age-related condition that affects the joints and discs in our neck. According to Ayurveda, cervical spondylosis can be correlated with Greeva Stambha, a disorder of vitiated Vata or vataja nanatmaja vikara. Vitiated vata gets situated in Greevagata Sandhi and produces Greeva Stambha or Cervical Spondylosis. As per Ayurveda Vata Shaamaka Chikitsa is done to treat cervical spondylosis. Snehana and Swedana are the two main treatment modalities for Vatavyadhis. Vakra and stabdha body parts can be namayita (bended softly) with the help of Snehana and Swedana. Thus helps in relieving the stiffness and spasms. Snehana helps in nourishing the dhatus and increasing the Agni-bala thus helps in increasing the strength of the body.

KEYWORDS: cervical spondylosis, Greevastambha, Vaatavyadhi, Snehana, Sweadana.

INTRODUCTION
People are predisposed to various diseases based on their way of living and occupational habits. They are preventable and can be lowered with changes in diet, lifestyle and environment. Lifestyle diseases characterize those diseases whose occurrence is primarily based on daily habits of people and are a result of an inappropriate relationship of people with
their environment. The onset of these lifestyle diseases is insidious, they take years to develop and once encountered do not lend themselves easily to cure. The main factors contributing to the lifestyle diseases include bad food habits, physical inactivity, wrong body posture and disturbed biological clock.\textsuperscript{[1,2,3]} The western lifestyle, characterized by convenience food, TV and PCs, is taking its toll on children as well as adults and is producing increased numbers of overweight, passive youngsters with lifestyle diseases.\textsuperscript{[4]} Bad food habits, wrong body posture are the main culprits for Cervical spondylosis like any other lifestyle diseases (DM-2, HTN, Obesity). Cervical spondylosis, also known as cervical osteoarthritis or neck arthritis, is a common, age-related condition that affects the joints and discs in our neck. It develops from wear and tear of the cartilage and bones found in our cervical spine, which is in our neck. While it’s largely due to age, it can be caused by other factors as well like neck injuries, work-related activities that put extra strain on our neck from heavy lifting, holding our neck in an uncomfortable position for prolonged periods of time or repeating the same neck movements throughout the day (repetitive stress), genetic factors (family history of cervical spondylosis), smoking, being overweight and inactive.\textsuperscript{[5]} The symptoms of cervical spondylosis include: Neck stiffness and pain, Headache that may originate in the neck, Pain in the shoulder or arms, inability to fully turn the head or bend the neck, sometimes interfering with driving. Symptoms of cervical spondylosis tend to improve with rest. Symptoms are most severe in the morning and again at the end of the day. If cervical spondylosis results in pressure on the spinal cord (cervical stenosis), it can put pressure on the spinal cord, a condition called cervical myelopathy. Symptoms of cervical spondylosis with myelopathy include: Tingling, numbness and/or weakness in the arms, hands, legs, or feet, Lack of coordination and difficulty walking, Abnormal reflexes, Muscle spasms, Loss of control over bladder and bowel (incontinence).\textsuperscript{[6]}

According to Ayurveda, cervical spondylosis can be correlated with Greeva Stambha, a disorder of vitiated Vata or vataja nanatmaja vikara.\textsuperscript{[7]} Vitiated vata getssituated in Greeevagata Sandhi and produces Greeva Stambha or Cervical Spondylosis. The two main factors for the vitiation of vata are Margavarodha and Dhatukshaya.\textsuperscript{[8]} Cervical Spondylosis is a Dhatukshayajanya vitiated vatavikara.
Some of the Lakshanas of Kupitoanilah (Vitiated Vayu) are similar to the signs and symptoms of Greevastambha. These are: Pani-Prishtha-Shirograha, Gatrasuptata, Greevayahundanam, Bhedastoda-arti.\textsuperscript{[9]}

MATERIALS AND METHODS

Case report

A female patient XYZ aged about 32 yrs from jhajjara with CR No: 2965 visited OPD of Kayachikitsa, Chaudhary Brahma Prakash Ayurveda Charaka Sansthaan presenting with chief complaints of pain with stiffness in neck for the past 6 months, tingling sensations and weakness in both the arms for the last 4 months.

History of present illness

Patient is an employee in a MNC company for the last 2 yrs. Her job profile is continuously long hours (8-9hrs) working on her PC (COMPUTER) in a sitting posture. 1 year back she had a spasm in her neck while she was at her office and continued for 3-4 days. then she applied some pain relieving ointment over her neck and got relief after 2-3 days. Few months passed away. after that she had frequent episodes of neck pain and stiffness that radiates to the base of her head and down into her shoulders. Gradually the intensity of pain and frequency increased on causing her to miss many days of work. She took allopathic treatment from many doctors but situation became worsened day by day. She came to know about Chaudhary Brahma Prakash Ayurveda Charaka Sansthaan hospital by some her relative. Presently the pain and stiffness in neck is continuous. She has pain in her arms and legs, no bowel or bladder complaints, and no problems with coordination or gait.

History of past illness

No specific history found.

Treatment history

Took treatment (pain killers and muscle relaxants) for neck pain.

Personal history

Name: xyz
Age: 32 yrs
Sex: Female
Marital status: Married
Pulse: 70/min
Temperature: 98.4°F
Respiratory rate: 20/min
Occupation: employed in a MNC  
Heart rate: 72/min  
BP: 128/80mmHg  
Appetite: Normal  
Bowel: 1- 2times/day  
Bladder: 3-4 times/day, 1-2 times at night  
Sleep: disturbed  
Allergy: not specific  

**Systemic examination**  
**Musculoskeletal system**  
Inspection: Swelling present over posterior (dorsal) aspect of neck.  
Palpation: mild Tenderness present over posterior (dorsal) aspect of neck.  
The range of Movements – restricted (flexion, extention and lateral movements) movements of neck due to pain and stiffness.  

**Nervous system**  
The patient is conscious, alert, oriented and co-operative.  
Higher functions including speech- NAD  
Cranial nerves – NAD  
Motor functions- nutrition, tone and coordination is normal  
Power – upper limb: grade 4 (rt. And lt. upper limb)  
Lower limb: grade 5 (rt. And lt. upper limb)  
Sensory functions – NAD, Reflexes – normal  

**Investigations**  
Hb- 13.2 g%  
S.Uric acid – 2.8 mg/dl  
TC – 6100 cells/mm3  
RA – 3.4 IU/ml (Normal: <18)  
DC - N- 53, L- 39, E- 6, M-2, B-0  
ASO- 16 IU/ml (Normal: <200)  
ESR – 18mm/hr  

**Ashtavidha Pareeksha**  
1. Nadi (pulse): mandam (slow)
2. Mootram (urine): sukha pravrutti (regular)
3. Malam (stool): sukha pravrutti (regular)
4. Jihwa (tongue): normal (uncoated)
5. Sabda (voice): vyakta (clear)
6. Sparsha (touch): sadharana (regular)
7. Drik (eyes): sadharana (normal)
8. Akriti (built): madhyama (moderate)

**Dasavidhaporeeksha (10 fold examination)**
1. Prakruti (constitution): Vatakapha
2. Vikruti (morbidities): Dosha- Vatapradhana tridosha, Dooshya- asthi
3. Satwa (psychic conditions): Madhya
4. Sara (excellence of tissue elements): Twaka
5. Samhanana (compactness of organs): Madhyama
6. Pramana (measurement of organs): Madhyama
7. Satmya (homologation): Sarva rasa
8. Aharasakti (power of intake & digestion of food): madhyama
9. Vyayamasakti (power of performing exercise): Madhyama
10. Vaya (age): 32 yrs (yuva)

**TREATMENT**: treatment was planned in 3 schedule by admitting the patient 3 times in the IPD. IPD no. of the patient was 3021.

**First schedule of admission**: date of admission – 19/7/14. was admitted for 17 days in the IPD and was given following treatment.
1. Greeva Basti with sahachara tail.
2. Patra pinda pottali sweda.
3. Yogendra ras 250 mg twice a day with triphala kwatha after meals.
4. Maharasnadi kwatha 40 ml with sambhaga jala twice a day after meals.

**Greeva Basti**

patient was made to lie in the supine position on the table. A compartment (cabin or compound like structure) was made over the dorsal aspect of the neck area with the help of flour of black gram and the luke warm sahachara tail was pooled in that compartment and left in place for 15 min first day. The time period was increased gradually upto 30 min daily.
Patrapindapottaliswedha

Fresh leaves of nirgundi, eranda, balaa, kadamba and ashwagandha were washed with water and chopped into small pieces. The chopped leaves, grated coconut and sliced lemon mixed thoroughly and were fried in 100ml til tail in a heated pan till coconut scrappings turned brown. Then it was divided into four equal parts or four equal boluses and were tied into four pottalis. The pottali was heated with til tail in the hot iron pan and was applied on the body of the patient before checking the temperature by the patient itself. The duration was 30 min daily.

Second schedule of admission

Patient was admitted for 13 days in the IPD after a gap of 15 days (during the gap of 15 days she was taking sanshamana aushadhi). During second schedule she was given the same treatment as in first schedule.

Third schedule of admission

Patient was admitted for 20 days in the IPD after a gap of 20 days (during the gap of 20 days she was taking sanshamana aushadhi). During third schedule she was given the same treatment as in first and second one.

Contents of yogendra ras\[10\]


Contents of Maharasnadi kwatha\[11\]

*Rasna, Dhanvayasa, Bala, Erandamoola, Devadaru, Shati, Vacha, Vasa, Nagara, Pathya, chavya, Musta, Punarnava, Guduchi, Vridhadaru, Shatapushpa Gokshura, Ashwagandha, Prativisha, Kritamala, Shatavari, Krishna, Sahachara, Kantakari, Dhanyaka, Brihati.*

CRITERIA FOR ASSESSMENT

<table>
<thead>
<tr>
<th>Grading/score</th>
<th>Neck pain</th>
<th>Neck stiffness</th>
<th>Tingling sensations and weakness in both hands</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Absent</td>
<td>Absent</td>
<td>Absent</td>
</tr>
<tr>
<td>1</td>
<td>Occasionally pain only on heavy work (&gt;8hrs)</td>
<td>Occasionally felt on excessive exertion</td>
<td>Occasionally felt</td>
</tr>
</tbody>
</table>
Intermittent pain after slight excessive work (>4hrs) | Intermittently felt during work or in the morning | Intermittently felt (3-4 times a week)
---|---|---
Continuous pain after doing light work (>2hrs) | Felt continuously even on slight exertion | Felt continuously unable to do heavy works
Continuous pain of high intensity even at rest (unable to do work even for ½ hr) | Continuous stiffness unable to do work | Felt continuously unable to hold the light objects even

RESULTS

<table>
<thead>
<tr>
<th>Neck pain</th>
<th>Follow up</th>
<th>BT</th>
<th>AT</th>
</tr>
</thead>
<tbody>
<tr>
<td>After first time admission for 17 days</td>
<td>4</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>After second time admission for 13 days</td>
<td>3</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>After third time admission for 20 days</td>
<td>2</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Neck stiffness</th>
<th>Follow up</th>
<th>BT</th>
<th>AT</th>
</tr>
</thead>
<tbody>
<tr>
<td>After first time admission for 17 days</td>
<td>4</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>After second time admission for 13 days</td>
<td>3</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>After third time admission for 20 days</td>
<td>2</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tingling sensations and weakness in both the hands</th>
<th>Follow up</th>
<th>BT</th>
<th>AT</th>
</tr>
</thead>
<tbody>
<tr>
<td>After first time admission for 17 days</td>
<td>3</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>After second time admission for 13 days</td>
<td>2</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>After third time admission for 20 days</td>
<td>1</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

DISCUSSION

Cervical spondylosis is a degenerative disorder, which has now shifted from old aged people to young ones due to faulty lifestyle and bad food habits. In context to Ayurveda it can be correlated with Greevastambha which is a vataja nanatmaja vikara. Due to Abnormal food habits and life style there is not a proper nourishment of Dhatus leading to Dhatukshaya. Dhatukshaya leads to vitiation of Vata Dosha. When this prakupitaa vata gets situated in greeva sandhi leads to greeva stambha or cervical spondylosis. As per Ayurveda Vata Shaamaka Chikitsa is done to treat cervical spondylosis. Snehana and Swedana are the two
main treatment modalities for Vatavyadhis.\[^{12}\] Aacharya Vagbhata has told 4 types of oil application over head called as Murdhni Taila, which are Shiro Abhyanga, Shiro Seka, Shiro Pichu and Shiro Basti. Greeva Basti has evolved from Shiro Basti. It provides Bahya Snehana and Swedana. Patra pinda pottali sweda comes under pinda sweda, thus pacifying vata. It strengthens the muscles, bones, nerves and tissues, increases the circulation of the blood, reduces the pain, stiffness and inflammation, induces good sleep and relieves stress. Vakra and stabdha body parts can be namayita (bended softly) with the help of Snehana and Swedana.\[^{13}\] thus helps in relieving the stiffness and spasms. Snehana helps in nourishing the dhatu and increasing the Agni-bala thus helps in increasing the strength of the body.\[^{14}\] Pain and stiffness is mainly due to vitiated vata Dosha. Snehana and swedana helps in relieving the pain and stiffness by pacifying the vitiated Vatadosha.\[^{15}\] Sahachara tail is used in vatajvyadhi for bahya snehana\[^{16}\] & with the help Greevabasti oil was penetrated through skin, thereby relieving pain, stiffness, providing nutrition and strength to the tissues. Yogendra ras is a Vatashamaka drug and rasayana in properties thus improving the dhatu. Maharasnadi kwatha is a shoolhara, shothahara and vatashaamaka polyherbal formulation thus relieving pain and stiffness in the neck.

**CONCLUSION**

The present study was intended to search for the role of Ayurveda in context to Cervical spondylosis. It is a degenerative disorder, causing pain and stiffness in the neck. Gradually it leads the patient to a stage where he is not able to do his daily activities making his life miserable. Allopathy has no role here except mitigating the pain. Ayurveda has much scope in treating the cervical spondylosis as evidenced by the present study. The present clinical study showed good results in treating the cervical spondylosis in a 32yrs old female with the bahya snehana, swedana in the form of Greevabasti and patrapindapottaliswedda along with oral administration of yogendra ras and maharasnadikwatha.

**REFERENCES**