

Case Study

## Effect of Nasya Karma with Indukanta Ghrita in Management of Cervical Spondylosis - A Case Study

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### ABSTRACT

**Introduction** – Cervical Spondylosis is a degenerative condition of the cervical spine. The term is often used synonymously with Cervical Osteoarthritis. Age, sex and occupation are the risk factors for Cervical Spondylosis. The prevalence of Cervical Spondylosis is similar for both sexes, although the degree of severity is greater for females.

**Purpose** – In today's era, more number of people are inclined to usage of smart phones and computer. Ultimately Cervical Spondylosis is becoming major health issue nowadays with major complaints of pain in neck. In modern medicine there is no satisfactory solution for the disease yet. Hence it is need of hour to find out more effective treatment for disease.

**Material and Methods-** Cervical Spondylosis can be correlated with *Manyastambha* in Ayurvedic perspective. As *Manyastambha* is *Urdhava Jatru Gata Vikara*. So, *Nasya* is best treatment for such type of *Vyadhi*. In present study, a female patient of age 34 years came in R.G.G.P.G. Ayu. Hospital, Paprola O.P.D. of *Panchakarma* with complaints of pain and stiffness in neck, pain radiating to bilateral hands. On examination there was decrease range of cervical movement. The patient was treated with *Nasya Karma* with *Indukanta Ghrita* along with *Greeva Vasti* and *Shamana* drugs.

**Results** – There was marked improvement in pain and full range of movement was achieved.

**Conclusion-** Cervical Spondylosis is difficult to manage, but with *Panchkarma* therapy along with *Shamana* drugs can be good option for better management.

**Keywords-** Cervical Spondylosis, *Manyastambha*, *Nasya Karma*

### INTRODUCTION

Cervical Spondylosis or osteoarthritis of the cervical spine produces neck pain radiating to the shoulders or arms with headache. Narrowing of the spine by osteophytes, ossification of the posterior longitudinal ligament or a large central disc may compress cervical spinal cord. [1] Incidence of spondylotic change is frequently found in many asymptomatic adults with 25% of adults under the age of 40, 50% of adults over the age of 40 and 85% of adults over the age of 60 showing evidence of disc degeneration. Age, gender and occupation are the main risk factors for

cervical spondylosis. [2] In Ayurvedic perspective, *Manyastambha* is one of the eighty types of *Vatavyadhi*. [3] It is characterized by *Stambha* (stiffness) which is commonly seen in Cervical Spondylosis. With change in lifestyle in modern era, Maximum people with desk work are affected by one or the other stage of the disease. Thus, Cervical Spondylosis is emerging as a widespread problem in the society. So keeping in the view increasing incidence of this problem there is need to find out the safe and effective treatment. In modern system of medicine there is no permanent cure for this disease, only

temporary relief can be provided with it. This case is reported here, as *Panchkarma* procedure like *Nasya* and *Greeva Vasti* with *Shamana* drugs can relieve the signs and symptoms of the disease.

### CASE PRESENTATION

A 34 year old female patient came in OPD of *Panchakarma* at R.G.G.P.G. Ayu. Hospital, Paprola with complaints of recurrent pain and stiffness in neck region; pain was radiating in bilateral hands. Patient was suffering from above this complains for 2 years. She also developed the symptoms of restricted movements since 6 months; Complaints of the patient seems to be worse in morning hours and at the end of the day and also aggravated by work load and stress. She had consulted many allopathic physicians for above complaints but got temporary relief. As disease was hampering the daily routine activity of the day to day life so with the hope of better quality of life she came to Paprola hospital for treatment.

On examination of cervical spine, there was tenderness over the cervical vertebra C3-C4 neck. Neck pain was increasing with forward and backward movement. After complete clinical

evaluation the patient was diagnosed with cervical spondylosis.

### Management

Patient was put on following treatment for seven days-

1. *Ashvagandha Churna* 3gm BD with Luke warm milk
2. *Yogaraj Guggulu* 2 TDS with Luke warm water
3. *Greeva Vasti* with *Bala Ashvagandha Taila*
4. *Nasya* with *Indukanta Ghrita*

The female patient was given *Ashvagandha Churna* and *Yogaraj Guggulu* orally throughout the *Greeva Vasti* and *Nasya karma* for 7 days in the hospital. *Nasya* starts with 6 drops and increased two drops per day till 16 drops.

### Procedure for Nasya –

After 30 minutes of *Greeva Vasti*, patient is asked to sit on a chair with slightly extended neck. A gentle massage over the forehead, cheeks and site of nose is done for 10 minutes by using *Ksheerbala Taila*. Then 6-6 drops of *Indukanta Ghrita* instilled in each nostril. *Nasya* drops increased two drops per day till 16 drops in each nostril. It is followed by Luke warm water gargles. There after *Dhoompana* with *Trikatu* and *Vacha Churna* was given to the patient.

### Outcome

Relief in the signs and symptoms during hospital stay was observed per day

Table no.1:-

Time	Result
1 <sup>st</sup> day	Feeling of lightness in neck region
2 <sup>nd</sup> day	Decrease in intensity of pain
3 <sup>rd</sup> day	Improvement in stiffness
4 <sup>th</sup> day	Mild Improvement in bilateral hands pain
5 <sup>th</sup> day	Mild improvement in joint movement
6 <sup>th</sup> day	Moderate improvement in neck pain and improved joint movement
7 <sup>th</sup> day	Moderate improvement in bilateral hands and range of motion of cervical joints increased

### DISCUSSION

Cervical Spondylosis is a common degenerative osteoarthritis in between the joints of cervical vertebrae. [4] Cervical spondylosis is a very familiar disease in today's lifestyle and usually hampers day to day routine activity of the patient. In *Ayurveda* such type of degenerative disorders comes under *Vataja* disorders. Due to much resemble clinical symptoms

Cervical Spondylosis compare with *Manyastambha*. *Manyastambha* is *Urdhavajatrugata Vikara* (disease above the clavicle). *Nasya* is the mainly indicated for the diseases that affects the region above the clavicle bone. [5] So *Nasya* with *Greeva Vasti* and *Shamana* drugs was given to the patient. As *Greeva Vasti* is type of oleation therapy. It increases the vasodilatation and helps in increasing the blood circulation in

cervical region. It helps in removing the spasm and rigidity of the muscles around the neck region. The drug administered through nose as Nasya reaches to the brain and eliminates the morbid Doshas responsible for producing the disease. Ingredients of the *Indukanta Ghrita* have *Vata- Kapha nashak* and analgesic properties. Drug like *Ashvagandha Churna* has *Rasayana* property and *Yogaraj Guggulu* has anti- inflammatory drugs. In this study, the patient was having neck pain with stiffness which got significant relief after 3 days of *Panchkarma* therapy and *Shamana* drugs. By the day 7 there was moderate improvement in bilateral hand pain with increased range of motion of cervical joints.

### CONCLUSION

This small case study shows that *Ayurvedic* treatment including *Panchkarma* therapies has always been successful beyond the doubt in providing relief to the

patient of Cervical Spondylosis after they failed to get satisfactory response with conventional treatment.

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