

**MANAGEMENT OF CERVICAL SPONDYLOSIS THROUGH AYURVEDA: A RE-SEARCH STUDY**¹Mohit Arora, ²Pavitra Malik

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**ABSTRACT**

Cervical spondylosis is a common spinal problem that is seen nowadays. Though degeneration of cervical vertebrae is mostly seen in older adults, its prevalence also increases in early or middle age. In the present case study, a diagnosed case of cervical spondylosis has been included for its Ayurvedic management. Chief complaints were pain in the neck region radiating towards both shoulders, stiffness over the neck for 5 to 6 months, and on & off episodes of dizziness. The effect of oral medication of Tab Trayodashanga guggulu, Tab Ekangaveera rasa, Ashwagandharishta, Dashmoola arista and external application of Kottamchukkadi oil on cervical spondylosis had been evaluated. Different parameters have been assessed during and after the treatment schedule. There is complete relief in the parameters like neck pain, stiffness & vertigo, and it has also shown significant improvement.

Keywords: Cervical spondylosis, Greeva shoola, Tab Trayodashanga guggulu, Tab Ekangaveera rasa, Ashwagandharishta, Dashmoola arista & Kottamchukkadi oil.

INTRODUCTION

Cervical spondylosis is degeneration of the intervertebral discs and osteophyte formation¹. It is a degenerative condition, and nowadays, it's common due to the current sedentary lifestyle.

Cervical spondylosis of the cervical spine produces neck pain radiating to the shoulders or arms, with headaches mostly in the posterior occipital region. An osteophyte's narrowing of the spinal canal, ossification of the posterior longitudinal ligament, or a large central disc may compress the cervical spinal cord². Some common causes of cervical spondylosis are bone spurs, dehydrated spinal discs, herniated discs, Injury, Trauma, Ligament stiffness, overuse, etc.³. The degeneration of the disc results in the compression of the cervical nerve along with space reduction. It leads to pain, stiffness in the neck, pain radiating to shoulders and forearm, headache, vertigo, paraesthesia at the base of the thumb, etc.⁴.

Cervical spondylosis can be correlated with Griva Stambha/Shoola from an Ayurvedic perspective⁵. Griva Stambha is one of the eighty Nanatmaja Vatavyadhi⁶. The symptoms of Vata Vyadhi (various neurological and musculoskeletal disorders) are Sankocha (contraction), Stambhana (stiffness) of joints and Shoola in the joints as well as in bones, Lomaharsha (horripilation), Graham (spasticity) of hands, back as well as the head, Shosha (atrophy) of body parts, Spandana (trembling of the body), Gatrassuptata (numbness), Hundana (shrinking) of head, nose, eyes, clavicles region and neck, Bheda (breaking pain), Toda (pricking pain), Kampana (trembling), Bala Indriya Bhramsha (loss of strength and sensory function), etc.⁷. Cervical spondylosis may also be considered manyagata vata, especially in degenerative conditions. Pain during the movements, flexion-extension of a joint, and swelling and crepitation on joint movements are the typical clinical features of Sandhigata vata⁸.

The most prevalent type of articular condition is Sandhigata Vata, in which Vata Dosha is a significant

factor. According to Acharya, Prakupita (vitiated) Vata builds up in Strotas as a result of Nidan Sevana (etiological causes) aggravating Vata, leading to a variety of localised and widespread disorders. Greeva Asthi Sandhigata Vata results from vitiation of Vata Dosha in Greeva Asthi Sandhi (cervical joint). Although the other Doshas—Pitta and Kapha—are always involved and disturbed in different degrees, Sandhigata Vata is a sickness involving the vitiated Vata Dosha in one form or another. The primary Dhatus affected are Asthi (bone and joints), Mamsa (muscles, tendons, and ligaments), and Rasa-Rakta (blood)⁹.

MATERIALS AND METHODS:

Case study:

Two patients with Cervical spondylosis were randomly selected from the OPD, Department of Kayachikitsa, National Ayurvedic College Barwala Haryana.

A 45-year-old male visited OPD on 14-11-2024 with chief complaints of pain in the neck region radiating towards both shoulders, stiffness over the neck for 5 to 6 months, and on & off episodes of dizziness. After standing or sitting for a long duration, he also experiences giddiness or vertigo frequently. After consulting an orthopaedician he was diagnosed as a case of cervical spondylosis with radiculopathy. He is advised to take analgesics and anti-inflammatory medicine regularly for some initial periods, followed by their occasional use (when needed). He got mild relief in symptoms. Investigations like CBC, RBS, and S.URIC ACID are within normal limits. The patient revisited in the OPD on 2-11-24 & 9-12-24 for follow-up and assessment.

In another case, 55, a 55-year-old male, visited OPD on 14-11-2024 with chief complaints of pain in the neck region radiating towards the left shoulder, stiffness over the neck for 1 year and numbness in the left arm for 2 months. After consulting an orthopaedician he was diagnosed as a case of cervical spondylosis

with radiculopathy. He is advised to take analgesics and anti-inflammatory medicine regularly for some initial periods, followed by their occasional use (when needed). He got mild relief in symptoms. Investigations like CBC, RBS, and S.URIC ACID are within normal limits. The patient revisited in the OPD on 2-11-24 & 9-12-24 for follow-up and assessment.

Table no. 1. Assessment Criteria: - based on symptoms (Objective and Subjective)

Assessment criteria:

- 1. Neck pain -
 - 0 Absent
 - 1 Mild and intermittent pain
 - 2 Moderate and bearable pain 3-Severe and unbearable pain
- 2. Neck stiffness -
 - 0- Absent
 - 1- Mild stiffness
 - 2- Moderate stiffness with partially restricted movements
 - 3- Severe stiffness
- 3. Pain in the arm-
 - 0 Absent
 - 1 Mild intermittent pain radiating to arms.

2 Moderate pains radiating to arms.

3 Severe pains radiating to arms.

3 VAS SCALE

CLINICAL STUDY:

Symptoms of cervical spondylosis were examined in the patients.

Two patients were given Tab Trayodashanga guggulu, Tab Ekangaveera rasa, one tab thrice a day after food, 10ml Ashwagandharishta, 10ml Dashmoola arista twice a day with lukewarm water and Kottamchukkadi oil for external application.

INFORMED CONSENT:

Written, valid, informed consent was obtained from the patient before the commencement of the clinical trial.

FOLLOW UP:

1. Follow-up of each patient was taken at the interval of 7 days initially or earlier if required at the time of clinical assessment, followed by 20 days for reassessment.

OBSERVATION AND RESULTS: Each patient was studied and assessed symptom-wise. The sample size is 2. All the patients showed significant improvement based on clinical symptoms.

Table 2: Observations:

Parameters	Before Treatment (14/11/2024)	After Treatment (09/12/2024)
Neck Pain	3	0
Stiffness	3	0
Pain In Arms	3	0
VAS	8	2

DISCUSSION

According to Ayurveda, the main etiological factor of Manyastambha is vitiated Vata and Kapha Dosha. In the present case study, treatment has been planned to manage cervical spondylosis with a prime focus on alleviating Vata and Kapha Dosha. Snehana Karma (Massage) Lubricates the Srotamsi (microcirculatory channels), displaces exudates, and thus may relieve tension and pain. Softens muscles, ligaments, and

tendons. Therefore, it corrects stiffness and rigidity and induces elasticity in the body. Ashwagandha strengthens the muscles and ligaments and promotes health. Ashwagandha possesses Rasayana (immunomodulator) and Brihana (nourishes the bone and muscles) properties, so it is helpful in all types of Dhaturkshaya (diminished body tissue)¹⁰. Dashmoola is Tridosahara (alleviating all deranged doshas), Vedanasthapana (pain killer), and Shothahar (subside inflammation)¹¹. Ekangaveera Rasa is effective in Vatakaphaja disorders and Pakshaghata (hemipleg-

gia)¹². Trayodashanga guggulu is a unique Ayurvedic formulation for vatavyadhi. It contains drugs like guggulu, rasna, ashwagandha, etc, which have vata, kapha, and Shothahara properties¹³.

CONCLUSION

It is concluded that Tab Trayodashanga guggulu, Tab Ekangaveera rasa, Ashwagandharishta, Dashmoola arista, and Kottamchukkadi oil are effective in Greeva shoola, with special reference to Cervical spondylosis in reducing all the symptoms.

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