

CLINICAL STUDY OF THE EFFECT OF NASYA KARMA IN THE MANAGEMENT OF CERVICAL SPONDYLOSIS WITH SPECIAL REFERENCE TO MANYASTAMBHA

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ABSTRACT

Human life has become more stressful these days. Sedentary lifestyle, occupational factors are playing a large role in increased prevalence of the common degenerative disorder of Cervical Spine i.e. Cervical Spondylosis. In Ayurvedic view, it can be correlated with *Manyastambha* which is a *VatajaNanatmakaVikara*. Degeneration means *Apatarpana* in *Ayurveda*. It needs to be treated with *Brimhana* Therapy. And *UrdhvajatrugataVyadhis* are best treated with *Nasya* according to *Ayurveda*. So, taking all these factors into consideration, *BrimhanaNasya Karma* with *KsheerabalaTaila* was tried to alleviate the signs and symptoms of patients having Cervical Spondylosis. Assessment was done with regard to pain in neck and shoulder, tingling and numbness in hands and headache alongwith various angles of rotation of neck. The data was collected before and after administration of *Nasya karma*. The 15 days trial was proved to be significantly efficacious in reducing signs and symptoms of cervical spondylosis.

Keywords: Cervical Spondylosis, *Manyastambha*, *VatajaNanatmakaVikara*, *Apatarpana*, *BrimhanaNasya*, *Ksheerabalataila*.

INTRODUCTION

In these days, Cervical spondylosis is one of the most common disorders of cervical spine. It is characterized by severe pain in neck & shoulders, rigid neck, burning & tingling sensation at upper limb & sometimes occipital headache¹. Though it is a degenerative osteoarthritis of joints between the cervical vertebra and is generally associated with ageing, in India, the younger patients of cervical spondylosis are increasing day by day.² So, Along with ageing, the associated risk factors in young patients are Sedentary lifestyle, poor posture & occupational factors such as Computer keyboarding, cell phone texting etc. played a large role in increased prevalence of neck pain in past 20 years.³ Cervical spondylosis affects quality life of a person. A cohort study signifies that Cervical Spondylosis myelopathy may produce anxiety and depression.⁴ According to modern science, treatment is mostly conservative. It consists oral analgesics & physiotherapy. In some cases, cervical collar is advised. Surgery is rarely done.⁵ According to Ayurvedic *Samhitas*, Cervical Spondylosis resembles *Manyastambha* (rigid neck) which is a *Vataj Nanatmaka* disorder (disorder of *Vata*). *Manyastambh* is a condition where the vitiated *Vata* lodges in the neck region due to wrong sleeping positions, use of large pillows, *Diwaswapa*, continuously watching downwards or upwards for a longer period of time causing over stretching of Neck and which leads to *Shosha* (desiccation) of muscles of the neck. *Vyaana Vayu* is responsible for the movements of the body.⁶ Neck is a body part above clavicle so in *Ayurveda* literature it comes under *Urdhvajatrugata Vikara* (diseases above neck region). *Nasya karma* (Nasal Medication) is widely employed in *Ayurveda*. It is the only therapeutic measure among *Panchakarma* which is instilled into the nostrils and has a direct access to head. In all the *Urdhvajatrugata Vikaras*, all the *Acharys* unanimously highlighted *Nasya Karma* to be effective. *Acharya Charaka* mentions all *Urdhvajatrugatavikara* specially *Vatajavikara* like *Manyastambha* etc. are to be treated with *Nasya Karma*.⁷ While *Acharya Vagbhata* appreciates *Nasya* as useful in keeping *Greeva* and

Skandha (Neck & shoulder) healthy⁸. In Cervical Spondylosis, degeneration can be implied as *Apatarpana* (emaciation) according to *Ayurveda*. Hence condition of Cervical spondylosis which is degenerative one need *Brimhana* (nourishing) therapy.⁹ Vagbhata specifically mentioned *Brimhana Nasya* being useful in treating *Vataja Shoola* (pain) like conditions.¹⁰ Keeping all these factors in mind, it was hypothesized that *Brimhana Nasya Karma* may prove effective in relieving symptoms of *Manyastambha* like 'Ruk' (pain) and 'Stambha' (rigidity) in the patients of Cervical spondylosis. So, the present study entitled "Clinical study of the effect of *Nasya Karma* in the management of Cervical spondylosis with special reference to *Manyastambha*" was undertaken.

Material & Methods

Study Design- The study is single group clinical trial., Total 22 patients were registered in the study. There were 2 dropped patients who discontinued the treatment.

Source of Data- 20 diagnosed patients of Cervical Spondylosis coming under inclusion criteria and approaching the OPD of SVERDCT's *Swami Vivekanand Ayurved Medical College, Shrigonda, Ahmednagar* were selected for the study irrespective of age, Sex, Religion and Socio-economic status.

Inclusion Criteria -Patients having signs and symptoms of *Manyastambha*., Patients who are willing for *Nasya Karma*.

Exclusion Criteria

IVDP of Cervical spine, Ankylosing spondylosis, Nasal polyps, *Urdhvajatrugata Raktapitta* (bleeding through upper orifices of body), *Nava Peenasa* (initial stage of rhinitis) and all the *Nasya Anarha* (contraindications of Nasal Medication) conditions., Unwilling patients for *Nasyakarma*.

Method of Collection of Data- A special proforma containing details necessary for the study was prepared. Investigations were carried out as and when necessary.

Duration of the Therapy – 15 days

Intervention- Nasya Karma-The patients were subjected to the following protocol of *Nasya Karma* which was adopted as per *Acharya Vagbhata* mentioned in *Nasyavidhi*¹¹–

1. **Nasya Poorva Karma (Preparatory measures for Nasya) -Urdhvajatru Snehabhyanga** (Massage of Nead, Neck and Face) – with *Dhanvantara taila*¹² for 15 mins. Which was immediately followed by *Urdhvajatru Svedana* (Hot fomentation of head, Neck and Face) – with *Nadisweda* (fomentation with steam through a tube) of *Nirgundi Kwatha* (Decoction) for 5 mins.
2. **Nasya Pradhana Karma (Main Procedure - Nasya) -** For *Brimhana* effect, *Ksheerabalataila* was selected from *Sahastrayogam*¹³. *Madhyam Matra* of *Marsha Nasya* i.e. 8 drops were selected.¹¹ 8 drops of lukewarm *Ksheerabalatailam* was instilled in each nostril of the patient.
3. **Nasya Pashchat Karma (Post-operative Procedure) -** Patients were allowed to spit the accumulated remnants of *Nasya Taila* if some., *Pashcat Svedana* of *Urdhvajatru* with *Nirgundi Kwatha Nadi Sweda* for 5 mins., *Kavala Dharana* (gargling) with lukewarm water was performed for 5 mins in each patient.

Criteria for Assessment-The assessment criteria were divided into two categories as – Subjective Criteria and Objective Criteria.

A. Subjective Criteria –

1. Pain in Neck and Shoulder -

- 0- No pain in Neck and Shoulder
- 1- Mild pain in Neck and Shoulder
- 2- Moderate pain in Neck and Shoulder
- 3- Severe pain in Neck and Shoulder

2. Tingling and numbness in hands –

- 0- No tingling and numbness in hands
- 1- Mild tingling and numbness in hands
- 2- Moderate tingling and numbness in hands
- 3- Severe tingling and numbness in hands

3. Headache –

- 0- No headache
- 1- Mild headache
- 2- Moderate headache
- 3- Severe headache

B. Objective Criteria for Neck stiffness -

- 1. Angle of Flexion, 2. Angle of Extension, 3. Angle of Rotation, 4. Angle of lateral rotation (left side)
- 5. Angle of lateral rotation (right side)

Before commencing treatment, all the assessment criteria were recorded and the data was termed as Before Treatment. (B.T.). While the data recorded of all the assessment criteria after completion of therapy was termed as After Treatment. (A.T.)

Data Analysis- The data collected was rendered to Master Chart and tables were constructed. For subjective data, “Wilcoxon’s signed Rank Test” was applied whereas “Paired t – Test” was applied for the analysis of Objective data.

Observation and Results -

Table 1: showing Age wise and Sexwise Distribution of 20 patients of Cervical spondylosis

Age	Male	Female	Total
21 – 30 years	1	0	01
31 – 40 years	3	2	05
41 – 50 years	3	2	05
51 – 60 years	4	2	06
61 – 70 years	0	2	02
71 – 80 years	1	0	01

The study shown that the maximum patients were Male i.e. 60%., Most of the patients (80%) were from middle age group – 31 to 60 years of age.

Table 2: Showing Results of ‘Wilcoxon Signed Rank Test’ for the symptom Neck and Shoulder pain, Tingling and numbness in hands and Headache

Symptom	B.T. Mean	A.T. Mean	S.D.	Z value	P value
Pain in Neck and Shoulder	1.75	0.65	19.33	3.51	P < 0.05
Tingling and Numbness in hands	1.56	0.92	17.60	3.20	P < 0.05
Headache	1.62	0.76	18.30	3.38	P < 0.05

It is clear from above table that all the signs and symptoms of Cervical Spondylosis viz. Pain in Neck and Shoulder, Tingling and numbness in hands and Headache showed significant improvement with $p < 0.05$.

Table 3: showing Results of ‘Paired t Test’ for the symptom Neck Stiffness

	Mean		Diff. Of Mean \pm SD	SEd	t value	p value
	BT	AT				
Angle of Flexion	152.6	160.20	7.8 \pm 9.68	1.46	4.16	p < 0.001
Angle of Extension	135.10	141.20	6.1 \pm 10.10	1.76	3.96	p < 0.001
Angle of Lat. Extension (left)	131.50	137.50	6.0 \pm 8.80	1.34	4.47	p < 0.001
Angle of Lat. Extension (Right)	133.20	140.20	7.0 \pm 9.01	1.60	4.42	p < 0.001

This table clearly shows that Neck stiffness decreases effectively in every angle of rotation of neck with the help of *Ksheerabala Taila Nasya Karma*. The angles of movements of neck shown improvement with $p < 0.001$ which is highly significant.

DISCUSSION

The study shows that number of male patients was more probably because of the etiological factors of cervical discomfort like excessive usage of vehicles on an uneven road, sedentary lifestyle, computer work, etc. are more common in them. Most of the patients were found from middle age group. It can be seen that proper *Snehana* and *Swedana karma* is very essential part of *Nasya Karma*. *Snehabhyanga* with *Dhanwantara Taila*¹² helped in relieving all *Vataj* symptoms which is mentioned by *Sahastrayogam*. While *Swedana* helped in relieving *Stambha* of neck i.e. Neck Rigidity.¹⁴ *Ksheerabala Taila* itself has a *Brimhana* Property. In *Sahastrayogam*, *Ksheerabala Taila*¹² is said to be useful for *Nasya Karma* in 80 types of *Vatavyadhis*. So, it probably helped in decreasing the degenerative changes in Cervical Spondylosis along with *Vatashamamak* (alleviation of *Vata*) and *Brimhana* effect. The overall study shows significant results in subjective criteria viz. Neck and shoulder pain, tingling and numbness in hands and headache with $p < 0.05$. Objective criteria i.e. various angles of rotation of neck also shown significant improvement with $p < 0.001$ with proper *Snehabhyanga*, *Swedana* and *Nasya Karma*. Thus, it

can be said that present study entitled “Clinical study of the effect of *Nasya Karma* in the management of Cervical spondylosis with special reference to *Manyastambha*” shown encouraging results.

CONCLUSION

Cervical spondylosis or *Manyastambha* has increasing prevalence day by day which affects quality of life. *Nasya Karma* along with preoperative and post operative procedures exhibit better results including significant reduction in signs and symptoms. The therapy did not show any side effect. It is a relatively cost-effective therapy than other available therapies for Cervical Spondylosis.

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