

AYURVEDIC MANAGEMENT OF GRIVASTAMBHA (SPONDYLITIS): A CASE REPORTSamruddhi Mote¹, Sachin Rohani², Vinayak Joshi³, Mangesh Udmale⁴PG Scholar¹, Associate Professor², Professor & HOD³

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**ABSTRACT**

Grivastambha is a painful disorder mainly associated with vitiation of *Vata* & *Vyana vayu*. The vitiated *Vata* gets lodged in neck region resulting muscular pain in neck area. It is a chronic degenerative condition mainly affects cervical spine, vertebral bodies, facet joints & longitudinal ligaments. The quality of life of a diseased person deteriorates and it is becoming difficult to conduct normal daily routine. The disease mainly occurs in male during the period of early ageing. *Grivastambha* is considered under different types of *Nanatmaja Vata Vyadhi*. The localization of aggravated *Vata* in *Manya Samshrita Nadi* leads to symptoms of *Stambha* and *Shoola*. In this article 53-year female patient diagnosed with *Grivastambha* treated with *Ayurvedic* Management.

Keywords: *Ayurveda*, Cervical spondylosis, *Manya Stambha***INTRODUCTION**

According to *Ayurveda*, cervical spondylosis resembles *Griva Stambha*, a disorder of *Vata*. *Vyana Vayu* is responsible for the movements of the body. [1]The

Poorvaroopas of *Vata-Vyadhis* are *Avyakta*. When they are manifested, it is their *atmaroopa* (C.Ci.28/19). Cervical spondylosis is a chronic degen-

erative 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. It may also include the degenerative changes in the facet joints, longitudinal ligaments, and ligamentum flavum. Spondylitis progresses with age and often develops at multiple interspaces. [2]In later stages, spondylitis changes may result in stenosis of the spinal canal, lateral recess, and foramina. Spinal canal stenosis can lead to myelopathy, whereas the latter two may cause radiculopathy. Intervertebral disks lose hydration and elasticity with age, and these losses lead to cracks and fissures. The surrounding ligaments also lose their elastic properties and develop traction spurs. The disk subsequently collapses as a result of biomechanical incompetence, causing the annulus to bulge outward. As the disk space narrows, the annulus bulges, and the facets override. The *Ayurvedic* treatment protocol is primarily focused on normalizing the vitiated *Dosha* by means of *Shodhana* and *Shamana* therapy. The *Panchakarma* treatment *Snehana* and *Swedana* are considered as a general line of treatment for *Vata Vikara* which are *Vatakaphahara* and *Shoolahara*. *Snehana* helps in nourishing the *Dhatu* and increasing the *Agni Bala* and helps in increasing the strength of body. Also helps in relieving pain and stiffness by pacifying the vitiated *Vatahara*.

Aims and Objectives.

The objective of the present study was to observe the effect of *Griva Basti* with *Mahanarayan Taila*, *Anu-taila Nasya*, and *Shamana Aushadhi* in patients of *Griva Stambha* i.e. cervical spondylosis.

Case Report

Observation

Sign	Before treatment	After treatment
Headache	++	+
Neck pain	+++	+
Neck stiffness	++	-
Tingling	+	-

DISCUSSION

Griva Basti refers to an *Ayurvedic* treatment which is basically a hot oil therapy especially for the neck. It

A 53-year-old female has visited OPD with chief complain of severe pain and stiffness over the neck especially after waking up in the morning since one and half month. She also has burning type shoulder pain bilaterally, on and off type of pain in bilateral upper limb from 3 years and restricted movement of neck. She is also suffering from headache, heaviness in the neck region and incomplete evacuation of bowels.

ON EXAMINATION General condition - Moderate, Afebrile

Pulse rate - 78/min

B.P. - 130/80 mm of Hg R.R. - 18/min

Range of motion-

Flexion - Painful

Extension - Painful

Neck movements - Restricted

Examination

Special tests for cervical spondylosis like Spurling test, Compression test, swallowing test, Distraction test and active or passive range of motion are carried out for the proper diagnosis. After thorough examination, a diagnosis of *Griva Stambha* vis-a-vis cervical spondylosis has been established and patient is advised for *Griva Basti*, *Nasya* with oral *Ayurvedic* medication.

Treatment plan

1 *Griva Basti* with *Mahanarayan Taila* for 15 days

2 *Anu Taila Nasya* 4 drops in each nostrils BD for 15 days

3 *Yograja Guggulu* 250 mg TDS

4 *Dashamoola Kwatha* 30ml TDS

5 *Mahavatvidhwans* 60 mg BD

is said to be beneficial for the spine, muscles and the skeletal tissues of the neck and shoulder. *Griva Basti* is said to alleviate the pain, stress, and congestion around the nerves, bones and muscles of the neck. It

provides relaxation and rejuvenation to the said areas. *Mahanarayan Taila* used in this procedure have *Vatanashak* property. These *Tailas* causes relaxation, smoothness in body, analgesia, diminishes bad odour of body, relaxes constipation, cures toothache and cure schizophrenic conditions. *Griva Basti*: is pain relieving oil pooling treatment conducted for neck pain, in which both the properties of *Snehana* and *Swedana* are incorporated. In this procedure medicated warm oils are poured and pooled for a fixed duration of time (30-45 minutes) in a compartment or a cabin constructed over the neck or nape of the neck area using wet flour of black gram, covering the cervical region. As *Vata Dosh* is *Shita* (cold), *Ruksha* (dry) in nature and *Swedana* being *Ushna* and with prior oleation, unctuous in nature, alleviates *Vata*. *Swedana* increases sweat and throws out waste products along with sweat. [3-6]

Nasya Karma: is considered as the best procedure for disease of head and neck, in which the medicine is instilled into the nose, the gateway of head could be effective, economical and affordable treatment modality to treat cervical spondylosis. The cause for stiffness is dehydration of intervertebral discs. *Nasya* with a nourishing drug can induce some nourishment to tissues by impregnating *Kapha Bhavasand* may reduce degeneration. *Brimhana Nasya* alleviates vitiated *Vata* which is responsible for stiffness and movement restriction. This may be the reason for the improvement of the range of movements. [7, 8]

Yograj Guggulu is very effective in *Vata Vyadhi* and *Asthi-Majjagata Vata Roga*. It increases the *Agni* (digestive power) and *Bala* (strength). [9] *Yograj Guggulu* is superior for its *Amadoshaghna* property. It regulates the *Pachakagni* and digests the *Sanchitha Ama* and stops the formation of new *Ama*. *Dashmoola Kwath* is *Tridoshara* (alleviating all deranged *Doshas*), *Vedanasthapana* (pain killer), and *Shotha-*

har (subside inflammation). [10] *Mahavatavidhwansa Rasa* is effective in vitiated *Vata Dosh*, and in neuritis (*Vatavahini kshobha*) it brings equilibrium in *Vata Dosh*.

CONCLUSION

Present study pain in the neck (at rest), headache and pain with neck movements, numbness/tingling sensation with or without weakness of arm and dizziness were the commonly observed symptoms in the patients. Most of the aforesaid symptoms were due to muscle spasm and nerve compression. The results were assessed on the basis of symptomatic improvement using visual analog scale. Improvement was observed with this *Griva basti*, *Nasya*, and *Shamana Aushadhi*.

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