

AN AYURVEDA APPROACH OF CERVICAL SPONDYLOSIS (GREEVASTAMBHA) IN IT PROFESSIONALS - A SURVEY STUDY

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ABSTRACT

Ayurveda the science of life, the world's most ancient system of medicine which dealing with every aspect of human life through out thousands of years to maintain the physical, mental, spiritual and social health. In today's era, human life is more stressful. Due to change in life style, professional stress, travelling, food habits peoples are more susceptible for various degenerative disorders like *Greevastambha*. *Greevastambha* is the clinical entity in which the back of neck becomes stiff or rigid, pain, *Stambha* in cervical region. It is a commonest degenerative disease by which larger group of community has been affected. *Greevastambha* has been enumerated in eighty *Vataj Nanatmja Vyadhis*. It can be correlated with Cervical Spondylosis. Wrong body posture, bad food habits, physical inactivity, disturbed biological clock are the main culprits for Cervical Spondylosis. Keeping in view the increasing incidence of this problem in modern society with more of computer workers: an observational study was conducted on 100 patients of *Greevastambha* vis-à-vis cervical spondylosis selected from OPD/ IPD from ADAMC, Ashta, Sangli, Maharashtra, India, satisfying the inclusion criteria. After analysis of data it is found that survey study of Cervical Spondylosis can be occur due to faulty food habits, improper position during work, long duration work, *Vegadharn*, *Atijagaran*, *Chinta* etc. This survey study upholds to keep fit throughout his life, one should adopt to perfect life style everyday with adjusting an environmental changes.

Keywords: *Greevastambha*, *Vatavyadhi*, Cervical Spondylosis, I.T. Professionals

INTRODUCTION

Occupational Health is the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all workers in all occupations by preventing departures from health, controlling risks and adaptation of work to people, and people to their jobs. In Ayurveda the Causative factors of the diseases are defined as *nidan* of disease. The knowledge of *nidan* is important for physician. As *Nidanparivarjan* i.e. avoidance of causative factors is first line of treatment in any disease. *Visamasana*, *Atiruksha Bhojan*, *Abhojan*, *Trasitasana*, *Dukhasana*, *Dukhasayya*, *Atijagaran*, *Vegodharan*, *Ati sheet vat sevan*, *Chinta*, *Shoka* etc. are the hetus described in Ayurvedic text as a *Vatavyadhi hetus*¹. Nowadays, 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 bad habits of people and are a result of an inappropriate relationship of people with their environment. The main factors contributing to the lifestyle diseases include bad food habits, physical inactivity, wrong body posture and disturbed biological clock^[2,3,4] Along with this, generalised hyper mobility due to extended periods of Continuous sitting in front of computers, wrong postures while sitting, standing and sleeping, long distance travelling on bad and poor roads have contributed to increasing number of patients suffering with chronic neck pain more prone to Cervical Spondylosis.

Cervical spondylosis 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. Due to long working hours and constant sitting in front of computers, I.T. professional are especially more prone to this disease. The common problem in the affected individuals is the inability to perform day to day work properly because of the severity of pain, which

decreases the quality of life. 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, tingling numbness⁵ etc.

According to Ayurveda, cervical spondylosis can be correlated with *Greevastambha*, a disorder of *Vitiated Vata* or *Vataja Nanatmaja Vikara*⁶. Due to above described *Hetus Vata* gets Vitiated and situated in *Greevagata Sandhi* and produces *Greevastambha* or Cervical Spondylosis. The two main factors for the *Vitiation of Vata* are *Margavarodha* and *Dhatukshaya*⁷. Cervical spondylosis is a *Dhatukshayajanya Vitiated Vata*vikar.

Vata is considered to be the most powerful and active amongst the three *Doshas*. Although the entire body is the dwelling of three *Dosha*--- *Vata*, *Pitta* and *Kapha*, but the prime importance has been given to the *Vata* due to its capacity to move in entire body without help of other *Doshas*. To explore the supremacy of *Vata*, Acharya Charaka has mentioned that “*Vayu* is life and vitality; *Vayu* is the supporter of all embodied beings; *Vayu* is verily the whole universe and *Vayu* is the lord of all. So, we are try to, best that *Vata* is not vitiated forever⁸.”

Aim: To make Survey study of *Vatavyadhi* Hetus in IT Professionals having *Greevastambha*.

Objectives:

1. To study *Vatavyadhi* Hetus from *Bruhatrayee*.
2. To study *Greevastambha* form *Bruhatrayee*.
3. To study the influence of modern life style on Cervical Spondylosis in light both Ayurveda and modern medicine along with its aetiopathogenesis.

A) Material:

1. In This Survey Diagnosed Patient *Greevastambha* Selected By Random Method In Our Dhanwantari Hospital, ADAMC, Ashta, Sangli, Maharashtra.
2. A Specially Prepared Survey Questionnaire With Informed Written Consent.

B) Method:

1. All the reference of *Vatavydhi Hetus* will be collected from *Brutatrayee*.
2. A Specific questionnaire will be prepared to *Hetu* in *Bruhattrayee*.
3. Selected Patient will be questioned for the survey study and will be assessed as per the assessment criteria.

Inclusion Criteria:

1. 100 Patients having symptoms of *Greevastambha*.
2. Age groups 30-50 yrs.
3. Irrespective of gender, religion, economic status, marital status.

Exclusion Criteria:

1. Any chronic system illness.
2. Having any past or present H/O operative.
3. Having any past or present H/O trauma.

Ethical Clearance: The study was approved by the Institutional Ethical committee of Annasaheb Dange Ayurved Medical College, Ashta, Sangli, Maharashtra on 6-8-2018.

Case Study

A male patient, XYZ, aged about 36 yrs with CR No.2647 visited OPD of *Kayachikitsa*, 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 Sangli MIDC company for the last 4 yrs. His job profile is continuously long hours (8-9hrs) working on PC (COMPUTER) in a sitting posture and in air condition continuously. He had History of improper position during sitting and taking food in irregular ways and taking lot of fast foods, One year back he had a spasm in his neck while he was at his office and continued for 3-4 days. Then he applied some pain-relieving ointment over his neck and got relief after 2-3 days. Few months passed away. After that he had frequent episodes of neck pain and stiffness that radiates to the base of his head and down into her shoulders. Gradually the intensity of pain and frequency increased on causing him to miss many days

of work. He took allopathic treatment from many doctors, but situation became worsened day by day. He came to know about Dhanwatri hospital ADAMC, Ashta, Sangli by some his relative. Presently the pain and stiffness in neck is continuous and tingling numbness in both hands. He has pain in his arms and legs, no bowel or bladder complaints, and no problems with coordination or gait.

History of past illness

No specific history found.

Personal history

Name: xyz,
Age : 36 yrs,
Pulse : 78/min,
Sex: Male,
Temperature: 98.4⁰ F,
Marital status: Married,
Respiratory rate: 20/min,
Occupation: employee at Sangli MIDC,
BP: 120/80 mmHg,
Appetite: Normal,
Bowel: 1-2 times /day,
Bladder: 4-5 times /day, 1-2 times at night,
Sleep: disturbed.

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, extension and lateral movements) movements of neck due to pain and stiffness.

Nervous System:

The patient is conscious, alert, oriented and cooperative,

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.

Ashtavidha Pareeksha:

1. Nadi: Mandam, 2. Mootram: Sukha pravrutti,
3. Malam: Sukha pravrutti, 4. Jihwa: Normal,
5. Sabda: Vyakta, 6. Sparsha: Sadharana,
7. Drik: Sadharana, 8. Akriti: Madhyama,

- Dasavidha Pareeksha:** 1. Prakruti: VataKapha, 2. Vikruti: Dosha: Vatapradhana Tridosha, Dooshya-Ashti, 3. Satwa: Madhya, 4. Sara: Twaka, 5. Samhanana: Madhyama, 6. Pramana: Madhyama, 7. Satmya: Sarva Rasa, 8. Aharasakti: Madhyama, 9. Vyayamasakti: Madhyama 10. Vaya: 36 yrs

Table 1: Criteria for Assessment:

Symptoms	Mild	Moderate	Severe
<i>Manyashool</i> (Neck pain)	Pain during work	Irrespective of work	Continuous affecting
<i>Shirshool</i> (Headache)	Present occasionally	Present frequently	Present continuously
<i>Mans shakhya</i> (Muscular weakness)	Occasionally feeling	Frequent more feeling while work	Total feeling of weakness
<i>Suptichuchumayan</i> (Tingling Numbness)	Occasionally	Frequently while work	Frequently irrespective of work
<i>Bharma</i> (Vertigo)	Occasionally	Occasionally Present during any movement of body	Persistent during any movement of body

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 lifestyle there is not a proper nourishment of *Dhatu*s leading to *Dhatukshaya*. *Dhatukshaya* leads to vitiation of Vata Dosha. When this prakupita vata gets situated in *Greeva sandhi* leads to *greeva stambha* or cervical spondylosis. Long working hours and constant sitting in front of computers makes I.T. professionals much more prone to this disease. In this above case study, patient is taking food in irregular way also taking fast foods and bakery products, also working in air condition and improper position during working on PC Computer i.e. above discussed hetus are *Visamasana*, *Ati Sheet Vat Sevan*, *Trasitasana* are the Hetus contributed to *Vata Prokap*. Improper position is making pressure on spinal cord, muscles there will be micro trauma to cervical region. In this way we can see multiple patients are affected from Bad food habits, wrong body posture, physical inactivity etc. Today we are living in a highly sophisticated environment due to the development of Science. This also an effect on our lifestyle

and dietary habits. Various *Aharaja*, *Viharaj*, *Manas* and other *Vata Prakopa Nidan*as are mentioned in detailed for the occurrence of *Vatavyadhi*. Though *Greevastambha* specially occurs in *Vridhnavastha* which is *Parihanikala* in which *Dhatukshaya* takes place which leads *Vataprakop*. But World is on wheels today. Life is becoming very fast, with change in all priorities changing life style is giving way to early age diseases and Syndromes.

So We have to keep on adjusting with the environmental changes which occurs constantly. To keep fit throughout his life, one should adapt to a perfect lifestyle every day. There is a very famous saying that health depends upon the how a person is carrying his day to day activities. Ancient Acharyas had designed a regimen that is sure shot way for healthy and long living⁹.

CONCLUSION

The prevalence of this disease has been expected to increase due to increase due to increase due to improper lifestyle, poor working, sleeping and sitting postures. Cervical Spondylosis 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 this daily activities making his life

miserable. The prevalence of this disease has been expected to increase due to improper lifestyle, poor working, sleeping and sitting postures. In Ayurveda *Vatavyadhi* are treated with *Snehan*, *Swedan*, *Navan*, *Basti Chikitsa*, *Shaman Chikitsa*¹⁰. Also As *nidanparivarjan* i.e. avoidance of causative factors is first line of treatment in any disease.

Along with aforesaid therapies, postural corrections during work, sleep, travel and avoidance of elevated cushions below the neck, coupled with regular exercises can go long in preventing the cervical spondylosis.

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