

CLINICAL EVALUATION OF *GUDUCHISIDHA KSHEERVASTI* IN *MANYAGATAVATA* WITH SPECIAL REFERENCE TO CERVICAL SPONDYLOSIS

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ABSTRACT

Running era is IT era of digital information technology, everybody who wants to progress in his life should use computer, smart phones etc. because of excessive use of such digital equipment's, some medical problems are also growing in population and Cervical Spondylosis is one of the those problems which is extensively garbing the population. Due to constant sitting before computer, regular work on mobile phone, neck muscles and cervical vertebrae are more prone for degenerative changes due to increased strain on them leads to complaints regarding cervical Spondylosis. In Ayurveda these conditions are included under the heading of *Vatavyadhi*, *ManyagataVata*, *ManyagataVata* means *Vata Dosha* is extensively progressed even up to *Asthi* and *Majja Dhatu*, causing symptoms of Radiculopathy and Myelopathy. So in this study we thought to choose management of *Vata Dosha* given in Ayurveda and also which is unique for this condition especially useful for *Asthi* and *Majagata Vata*. *Acharya Charaka* mentioned *Tikta Ksheer Vasti*. *Tikta rasa* is always *Ruksha* in quality but in *Guduchi* in spite of *Tikta Rasa Ruksha* property is not their which aid the management of *Ruksha* Property of *Vata* This work proves the effectiveness of *Guduchi Ksheer Vasti* in *Manyagata Vata*.

Keywords: *Manyagata Vata*, Cervical Spondylosis, *Guduchisidha Ksheer Vasti*

INTRODUCTION

Cervical Spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral discs of the neck, Spondylosis progresses with age and often develops at multiple interspaces. Chronic cervical degeneration is the most common cause of progressive spinal

cord and nerve root compression. Spondylotic changes can result in stenosis of the spinal canal, lateral recess, and foramina. Spinal canal stenosis leads to myelopathy. Symptoms of cervical spondylosis may appear in persons as young as 30 years but are found most commonly in individuals

aged 40-60 years.^[1] Cervical Myelopathy due to multilevel cervical spondylosis (CSM) and ossification of the posterior longitudinal ligament is a commonly encountered clinical problem. CSM is the most common cause of acquired neurological disability in those over 50 years of age.^[2] Work related neck pain is a common problem for computer workers.^[3]

Due to lack of knowledge regarding diet, exercise and as natural impact of *Vata Dosha* in old age we come across so many patients complaining symptoms of *Manyagata Vata* such as, neck pain, pain in hands, numbness in hands etc. regarding *Asthisandhigata* and *Majjagata Vata*.^[4] But unfortunately people go to allopathic doctors "orthopedic doctors" to take treatment and take analgesics on and off. By this period patient gets temporary relief from pain but instead of curing disease some side effects are also developed, considering all this there is need to treat such entity, Ayurveda has described so many ways of management, like *Nashya*, *Greeva Vasti*, *Patrapottali* etc. *TiktaKsheerVasti* is one of the best *Panchakarma* therapies among them.

In Asthimajjagata Vata, Tikta Ksheer Vasti is mostly useful therapy.^[5]

In present study we select 30 patients of *Manyagata Vata* mainly degenerative osteoarthritic conditions along with other associatory degenerative joint disorders like knee joint pain and lumbago etc. but we consider only cervical spondylosis related clinical features irrespective of their X ray findings for assessment. We found exciting results in above conditions, especially *Vatapitta* dominant *Sandhigatavata* we modified routine *TiktaKsheerVasti* to *GuduchiKsheerVasti* in order to control complexity of result and minimize cost to the patient.

Etymology -- *Manyagata Vata* (Cervical Spondylosis)

"*Vatenajaneetoivatavyadhi*" when *Vata* is vitiated in *manya* (cervical) region and responsible for creating *Asthigata*, *Sandhigata* and *Majjagata* degenerative

features then this condition is termed as '*Manyagata Vata*'^[6]

Actually in *Vatavyadhi Chikitsa* there is separate explanation of *Asthigata*, *Sandhigata* and *Majjagata Vata* but we can find these conditions all together as *Asthimajjagata Vata charakasamhita* ^[7]

Aim and objectives--

To evaluate the efficacy of *guduchisidha Ksheer Vasti* in the management of *Manyagata Vata* (cervical Spondylosis)

Causative factors----

Ahar --- Ruksha, Alpa, Sheeta, Laghu etc. (Vatavardhak) diet

Vihar---Vyavaya, Jagrana, Ati – Vyayama (excessive-exercise), Ekasana (sitting in one posture for longer duration) travelling, driving bike daily, carrying weight on head, etc.

Environmental factors--- global warming, air pollution, alcohol consumption etc.

Materials And Method- *Guduchi Ksheer Vasti* contains following ingredients

1-*Guduchi*-in coarse powder form

2-*Ksheer*-Milk

3-*Tila taila*

4-*saindhava*

Properties of medications-

Guduchi- *guduchi* is having *tikta, kashaya rasa guru* and *snigdha guna ushna veerya and madhura vipaka* hence possesses *Vatahara* properties

Ksheer/Milk- *Ksheer* has *Snigdha, guru* and *Madhur* properties

Tilataila- *Vatahara* properties

Saindhava- *ushana, sukshama strotogamitva* enhances effect of *Vastidravya*

Action of Vasti

Ayurvedic concept- *Vastichikitsa* is main *chikitsa* of *Vata Dosha* as it eliminates *Vata Dosha* from its main site "*Pakwashaya*".

Vasti Vataharanam shrestha: ^[8]

Vata Dosha is predominantly present in *Asthi Dhatu* and the joints

Tatrasthinisthito Vayu...^[9]

Tikta Rasa dravyas has a tendency to go towards *Asthi Dhatu* after assimilation in the body due to dominance of *Akash* and *Vayu Mahabhutas*. Hence possibly *Guduchiksheer Vasti* counteract the properties of *Vata Dosha* and reduce symptoms in Cervical spondylosis.

Modern concept-

Physiology of colon proves that there is mainly absorption of water and liquid material, probably milk containing calcium and *Taila* containing fatty acids may be absorbed inside colon and metabolized in liver as Herbomineral product is refills the requirements of degenerated bones and nerve tissues. medium chain fatty acids absorbed markedly by the colon of dog.^[10] Fatty acids enhances absorption of vitamin D which is very essential for osteoblastic activity of bones, hence corrects the deficiencies or energizes the tissues creating soothing effect and minimizes symptoms^[11]

Inclusion criteria-

The diagnosis of these patients was confirmed on the basis of signs and symptoms described in Ayurveda and Modern texts as follows-

- 1- Age in above 40 and below 60 years
- 2 – Neck pain
- 3 – Neck stiffness
- 4 – Restricted neck movements
- 5 – Tingling in Hands
- 6 – Numbness in hands

Exclusion Criteria-

- 1 - Age below 40 and above 60 years. *Manyagata Vata* should be differentiated from diseases given below
- 2 – Rheumatoid Arthritis having fever more stiffness along with other joint involvement
- 3 – Frozen shoulder – *Aunsh Sandhi shool*
- 4 – Traumatic cause of Neck pain

Method and Procedure-

30 patients were chosen for this study, *GuduchiKsheervasti* was given for 16 consecutive days in each patient. Before giving *Vasti Sarvangasnehana* (whole body oleation) with *TilaTaila* and *Sarwang Swedana* (whole body Foementation) has been done each time

Each *Vasti* is of -200ml (*guduchiksheer*)

-50 ml (*tilaTaila*)

-1gm *Saindhava* in luke warm

condition is given

All patients were advice-- To take rest and not to do any heavy exercise.

- Not to drive any vheicle esp.

bike, - not to lift weight.

Standard operative procedure-

• *Purva Karma* | Preoperative—

Snehana and *Swedana karma* should be given to the patient before *Vasti karma*. *Snehana* with *Tila Taila* is applied to the whole body, adequate amount of *taila* (40 to 50) ml is used. *Swedana* is given by steam.

Patient is advised to have his prescribed meals, having passed urine and stool he is asked to lie down on a table of suitable height with his head on the lower level and feet slightly elevated. Then patient is kept in left lateral position with his right leg flexed.^[12]

• *Pradhan Karma* | Main Procedure ----

Prepared *Guduchisidha Ksheer* as per requirement is taken in *Vasti yantra*, and after lubricating catheter and anus *ksheer vasti* is introduced in to *pakwashaya*, taking care that there should not be any leakage.

• *Paschat Karma* | Post Operative Procedure ----

After giving the *Vasti* the patient is asked to remain in left lateral posture for 5 min. then on prone posture for 5 min. then on right lateral position for 5 min., finally patient is lie on supine posture for 5-10 min., before leaving the room he is advised to take soft diet after desire of hunger.

Table 1: Showing the gradation of all symptoms before and after treatment in 30 patients of *Manyagata Vata* (Cervical Spondylosis)

S. No	Grade	Percentage	Number according to grade	
A	Nil	0	0	0
B	Mild	25	1	+
C	Moderate	50	2	++
D	Severe	75	3	+++
E	Agonizing	100	4	++++

Table 2: Showing the pattern of clinical recovery in 30 patients of *Manyagata Vata* (Cervical Spondylosis) treated with *Guduchisidha Ksheer Vasti*

S. No.	Observation	B.T. (mean)	A.T. (mean)	Mean Diff.	SD	SE	t	p
1	Neck Pain	3.5	1.5	2.3	0.67	0.21	10.9	<0.001
2	Restriction of Neck Movement	2.3	0.7	1.6	0.69	0.22	7.61	<0.001
3	Neck Stiffness	1.3	0.5	0.8	0.78	0.25	3.33	<0.01
4	Tingling in Hands	2.9	1.0	1.9	0.87	0.28	6.9	<0.001
5	Numbness in Hands	2.6	1.1	1.5	0.69	0.21	7.07	<0.001

Observations--

Present study have shown the relative preponderance of the incidence of *Manyagata Vata* (Cervical Spondylosis) in middle and old aged persons of *Vata* dominated and mechanical strain related persons.

In present study only observations done with clinical improvement and functional improvement irrespective of Hematological changes. Every patient was observed per day and assessed clinically, it seems that gradually patient feels better in neck pain and stiffness, Restriction of neck movements improved very significantly as "p" and "t" values shown in above table, those having only mild neck pain and tingling in one hand improved after taking whole 16 days regimen of *KsheerVasti*. Out of 30 patient 7 patient having severe Radiculopathy along with Myelopathy and Canal Stenosis assessed on the basis of clinically as well as 'X' Ray, MRI investigative studies not showed good results.

DISCUSSION

In Ayurvedic classics *Vasti chikitsa* is supposed to be half of the treatment in reference to *chikitsa*^[13]. *Vata Dosha* is predominantly present in *Asthi Dhatu*^[14]. In present work *Ksheer* is used as *Vasti dravya* which is prepared with *Guduchi* which is having

Tikta Rasa but at the same time possesses *snigdha* property.

Tikta Rasa has tendency to go towards *Asthi Dhatu* after assimilation in the body due to dominance of *Akash* and *Vayu Mahabhut*.^[15] *Snigdha* property of *Guduchi* aids its action along with *Ksheer* to control the *Vata Dosha*, so instead of using *Panchatikta* (five *tikta rasa dravyas*) we can use *Guduchi* as single medicine to reduce the cost effect of *Vasti* therapy.

As we discussed earlier, in this digital era cervical spines are more liable to affect in mass population, due to excessive use, lack of neck strengthening exercises etc. So this work may prove beneficial to control the *Manyagata Vata* (Cervical Spondylosis).

CONCLUSION

It is concluded that *GuduchiKsheer Vasti* is useful in cervical spondylosis. In chronic patients, *Vasti* should be continued for up to 30 day, or we can repeat this 16 day regimen in next month if patient is unable to continue it for 30 days. This shows that in old age osteoarthritic condition (degenerative) this is useful *Panchakarma* therapy, which is not so costly and no requirement of admitting of patients in hospital except severe cases.

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