Case Study

Effect of Nasya Karma with Indukanta Ghrita in Management of Cervical Spondylosis - A Case Study

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ABSTRACT

Introduction – Cervical Spondylosis is a degenerative condition of the cervical spine. The term is often used synonymously with Cervical Osteoarthritis. Age, sex and occupation are the risk factors for Cervical Spondylosis. The prevalence of Cervical Spondylosis is similar for both sexes, although the degree of severity is greater for females.

Purpose – In today’s era, more number of people are inclined to usage of smart phones and computer. Ultimately Cervical Spondylosis is becoming major health issue nowadays with major complaints of pain in neck. In modern medicine there is no satisfactory solution for the disease yet. Hence it is need of hour to find out more effective treatment for disease.

Material and Methods- Cervical Spondylosis can be correlated with Manyastambha in Ayurvedic perspective. As Manyastambha is Urdhava Jatru Gata Vikara. So, Nasya is best treatment for such type of Vyadhi. In present study, a female patient of age 34 years came in R.G.G.P.G. Ayu. Hospital, Paprola O.P.D. of Panchakarma with complaints of pain and stiffness in neck, pain radiating to bilateral hands. On examination there was decrease range of cervical movement. The patient was treated with Nasya Karma with Indukanta Ghrita along with Greeva Vasti and Shamana drugs.

Results – There was marked improvement in pain and full range of movement was achieved.

Conclusion- Cervical Spondylosis is difficult to manage, but with Panchkarma therapy along with Shamana drugs can be good option for better management.

Keywords- Cervical Spondylosis, Manyastambha, Nasya Karma

INTRODUCTION

Cervical Spondylosis or osteoarthritis of the cervical spine produces neck pain radiating to the shoulders or arms with headache. Narrowing of the spine by osteophytes, ossification of the posterior longitudinal ligament or a large central disc may compress cervical spinal cord. [¹] Incidence of spondylotic change is frequently found in many asymptomatic adults with 25% of adults under the age of 40, 50% of adults over the age of 40 and 85% of adults over the age of 60 showing evidence of disc degeneration. Age, gender and occupation are the main risk factors for cervical spondylosis. [²] In Ayurvedic perspective, Manyastambha is one of the eighty types of Vatavyadhi. [³] It is characterized by Stambha (stiffness) which is commonly seen in Cervical Spondylosis. With change in lifestyle in modern era, Maximum people with desk work are affected by one or the other stage of the disease. Thus, Cervical Spondylosis is emerging as a widespread problem in the society. So keeping in the view increasing incidence of this problem there is need to find out the safe and effective treatment. In
modern system of medicine there is no permanent cure for this disease, only temporary relief can be provided with it. This case is reported here, as Panchkarma procedure like Nasya and Greeva Vasti with Shamana drugs can relieve the signs and symptoms of the disease.

**CASE PRESENTATION**

A 34 year old female patient came in OPD of Panchakarma at R.G.G.P. Ayu. Hospital, Paprola with complaints of recurrent pain and stiffness in neck region; pain was radiating in bilateral hands. Patient was suffering from above this complains for 2 years. She also developed the symptoms of restricted movements since 6 months; Complaints of the patient seems to be worse in morning hours and at the end of the day and also aggravated by work load and stress. She had consulted many allopathic physicians for above complaints but got temporary relief. As disease was hampering the daily routine activity of the day to day life so with the hope of better quality of life she came to Paprola hospital for treatment.

On examination of cervical spine, there was tenderness over the cervical vertebra C3-C4 neck. Neck pain was increasing with forward and backward movement. After complete clinical evaluation the patient was diagnosed with cervical spondylosis.

**Management**

Patient was put on following treatment for seven days-
1. Ashvagandha Churna 3gm BD with Luke warm milk
2. Yogaraj Guggulu 2 TDS with Luke warm water
3. Greeva Vasti with Bala Ashvagandha Taila
4. Nasya with Indukanta Ghrita

The female patient was given Ashvagandha Churna and Yogaraj Guggulu orally throughout the Greeva Vasti and Nasya karma for 7 days in the hospital. Nasya starts with 6 drops and increased two drops per day till 16 drops.

**Procedure for Nasya –**

After 30 minutes of Greeva Vasti, patient is asked to sit on a chair with slightly extended neck. A gentle massage over the forehead, cheeks and site of nose is done for 10 minutes by using Ksheerbala Taila. Then 6-6 drops of Indukanta Ghrita instilled in each nostril. Nasya drops increased two drops per day till 16 drops in each nostril. It is followed by Luke warm water gargles. There after Dhoompana with Trikatu and Vacha Churna was given to the patient.

**Outcome**

Relief in the signs and symptoms during hospital stay was observed per day

<table>
<thead>
<tr>
<th>Time</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st day</td>
<td>Feeling of lightness in neck region</td>
</tr>
<tr>
<td>2nd day</td>
<td>Decrease in intensity of pain</td>
</tr>
<tr>
<td>3rd day</td>
<td>Improvement in stiffness</td>
</tr>
<tr>
<td>4th day</td>
<td>Mild Improvement in bilateral hands pain</td>
</tr>
<tr>
<td>5th day</td>
<td>Mild improvement in joint movement</td>
</tr>
<tr>
<td>6th day</td>
<td>Moderate improvement in neck pain and improved joint movement</td>
</tr>
<tr>
<td>7th day</td>
<td>Moderate improvement in bilateral hands and range of motion of cervical joints increased</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Cervical Spondylosis is a common degenerative osteoarthritis in between the joints of cervical vertebrae. [4] Cervical spondylosis is a very familiar disease in today’s lifestyle and usually hampers day to day routine activity of the patient. In Ayurveda such type of degenerative disorders comes under Vataja disorders. Due to much resemble clinical symptoms Cervical Spondylosis compare with Manyastambha. Manyastambha is Urdhavajatrugata Vikara (disease above the clavicle). Nasya is the mainly indicated for the diseases that affects the region above the clavicle bone. [5] So Nasya with Greeva Vasti and Shamana drugs was given to the patient. As Greeva Vasti is type of oleation
therapy. It increases the vasodilatation and helps in increasing the blood circulation in cervical region. It helps in removing the spasm and rigidity of the muscles around the neck region. The drug administered through nose as Nasya reaches to the brain and eliminates the morbid Doshas responsible for producing the disease. Ingredients of the Indukanta Ghrita have Vata- Kapha nashak and analgesic properties. Drug like Ashvagandha Churna has Rasayana property and Yogaraj Guggulu has anti-inflammatory drugs. In this study, the patient was having neck pain with stiffness which got significant relief after 3 days of Panchkarma therapy and Shamana drugs. By the day 7 there was moderate improvement in bilateral hand pain with increased range of motion of cervical joints.

CONCLUSION
This small case study shows that Ayurvedic treatment including Panchkarma therapies has always been successful beyond the doubt in providing relief to the patient of Cervical Spondylosis after they failed to get satisfactory response with conventional treatment.

REFERENCES
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