



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 5.71 (SJIF 2021)

A Clinical Study to evaluate the effect of Nasya Karma in Cervical Spondylosis

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DOI No. 03.2021-11278686 DOI Link :: <https://doi-ds.org/doi/10.2022-83298794/IRJHIS2201002>

ABSTRACT:

Today is the era of modernization and life also fast. Everybody is busy with stressful life. Changed life style of modern human being has created several disharmonies in his biological system. Advancement of busy, professional as well as social life, improper sitting in offices, continuous work in same posture and overexertion, jerking movements during travelling and sports – all such factors create undue pressure and stress injury to spine and produce disease like cervical spondylosis.

Nasya is considered as a prime line of treatment in urdhwa jatrugat vikaras. The phenomenon of cervical spondylosis is affecting the neck anatomy. The prime line of treatment in such urdhwa jatru vikara is Nasya karma.

Keywords: Cervical spondylosis, Nasya etc..

INTRODUCTION:

In God's creation, the evolution of man is supreme in all. According to Indian tradition, purpose of human life is the fourfold realization Dharma, Artha, Kama and Moksha. To accomplishment of these purposes, health of a person must be maintained. Since the birth, decay and death are always co-existed with the life, the study of abnormal health status and their management has also been studied with the dawn of the human intellect.

Today is the era of modernization and life also fast. Everybody is busy with stressful life. Changed life style of modern human being has created several disharmonies in hisbiological system. Advancement of busy, professional as well as social life, improper sitting in offices, continuous work in same posture and overexertion, jerking movements during travelling and sports – all such factors create undue pressure and stress injury to spine and produce disease like cervical spondylosis.

Faulty dietetic habits and irregular life style is one of the major responsible factor for early degenerative changes in bodily tissue and play a vital role in the manifestation of degenerative disorder. In this way, this disease is now becoming a significant threat to the working population.

Prevalance:

60-70% women and 85% of men may show changes related with cervical spondylosis by the age 45, rhontgenologically.

More of the patients presenting with non traumatic myelopathic symptoms have cervical spondylosis. This is the cause for non traumatic spastic paraparesis and quadriparesis.

The prevalence of cervical spondylotic myelopathy varies between 96-100%, by the age 70 years in females and males respectively. Radiographic changes are comparatively more severe in men then in women

Cervical spondylosis is degenerative disease of cervical spine. The main pathology is in the cervical spine; mostly in the intervertebral discs and vertebral bodies. This leads to pain and stiffness in neck, pain radiating into arm, headache, vertigo, giddiness, paraesthesia, It disturbs patients daily routine and over all life. It is not fatal instantly but it may causes more severe complication in advance stage. It disturbs the patient, makes him dependant to others. Person can't perform the daily activities properly due to severity of pain and this way it does not cut the years of life but life of the years. Modern medical science provides different types of medical and surgical therapy but neither of the therapy is satisfactory in cervical spondylosis. All the treatments are for symptomatic relief. Due to more untowards effect of pain relieving drugs e.g. NSAID, Steroids and surgical procedure, alternative medical systems like Ayurveda are now coming into focus to find out better and more effective remedy for this condition.

Ayurveda is one of the most ancient medical sciences of the world. It conceives and describes the basis & applied aspect of life process, health, disease & its management in terms of its own principles & approaches. There is no exact clinical disease mentioned in ayurved texts like Cervical Spondylosis but it can be correlated with avabahuka, vishwachi, Manya stambha, Griva stambha, Shiro graham, greevahundanum. .How ever description available regarding these conditions are very fewed, so precise interpretation with Cervical Spondylosis cannot be established.

In such disorders the pathogenesis is – 1) degeneration of bone tissue and 2) vitiation of Vata.

Moreover, such degenerative type of condition with clinical manifestation can also be considered under the broad umbrella of Vata Vyadhi.

“Urdhwa Jatru Vikarashu Visheshaat Nasyamishyate”

Nasya karma is considered as a prime line of treatment in urdhwa jatrugat vikaras. The phenomenon of cervical spondylosis is affecting the neck.

The prime line of treatment in such urdhwa jatru vikara is Nasya karma. Ketakyadi taila mentioned in the text might be useful in such disorder

Nasya Karma is one among very important treatment modality in Panchkarma, In the present study an attempt is made to assess the effect of nasya karma on Cervicalspondylosis.

OBJECTIVES:

- To study the effect of Nasya karma in the management of Cervical Spondylosis.
- To study Conceptual aspect of Nasya Karma and cervical Spondylosis

Methodology:

Source of the Data:

The patients attended the O.P.D. and I.P.D. Ayurveda Hospital.

INCLUSION CRITERIA:

1. Patients of either sex and age between 30 to 60
2. Patients with the signs and symptoms of cervical spondylosis is selected.
3. Patients who fit for nasya karma.

Exclusion Criteria:

- Patient's suffered from traumatic injury of cervical spine.
- Patients with neoplastic disorders.

Laboratory investigations

- X ray cervical spine AP and Lateral (Before treatment).

Design:

It is single blind clinical study

PLAN OF TREATMENT:

Purva Karma – Abyanga of neck, face with til taila, Taapa Sveda (mrudu) with cloth dipped in hot water 10 minutes.

Pradhana Karma –

- Position ---supine with head end lowered.
- Ketakyadi Taila is slightly warmed with the help of hot water bath.
- 8 drops of Ketakyadi Taila is instilled in each nostril.
- Soles, palms, neck and ears massaged
- Secretions are spitted out.

Paschatkarma – Haridra dhumapana, kavala with sukhoshna jala.

Total Duration – 7 Days.

RESULTS:

The analysis was done with Sigma Stat version 3.5 software.

➤ Paired t- test was used for comparing the results.

1. Effect On Neck Pain:

The effect over the symptom neck pain on 29 patients of cervical spondylosis showed the mean score of 2.000 before treatment and reduced to 1.133 after the treatment. The change that occurred with the treatment is a statistically significant change ($P = <0.001$)

2. Effect On–Radiation of pain:

The effect on radiation of pain on 30 patients with cervical spondylosis showed the mean score of 2.43 before the treatment which was reduced to 1.600 after the treatment. The change that occurred with the treatment is a statistically significant change ($P = <0.001$)

3. Effect On stiffness:

The effect over stiffness on 30 patients suffering from cervical spondylosis showed the mean score of 1.567 before the treatment which was reduced to 0.900 after the treatment. The change that occurred with the treatment is a statistically significant change ($P = <0.001$)

4. Effect On –Weakness:

The effect on weakness on 30 patients with cervical spondylosis showed the mean score of 1.167 before the treatment and was reduced to 0.633 after the treatment. The change that occurred with the treatment is a statistically significant change ($P = <0.001$)

5. Effect On – Parasthesia:

The effect on parasthesia on 30 patients with cervical spondylosis showed the mean score of 0.700 before the treatment and was reduced to 0.300 after the treatment. The change that occurred with the treatment is statistically significant change ($P = <0.001$)

6. Effect On Clumpsy finger movement:

The effect on symptom clumpsy finger movement on 30 patients with cervical spondylosis showed the mean score of 1.300 before the treatment which was reduced to 0.933 after the treatment. The change that occurred with the treatment is a statistically significant change ($P = <0.001$)

7. Effect On – Vertigo:

The effect on the symptom vertigo on 30 patients with cervical spondylosis showed the mean score of 1.067 before the treatment and was reduced to 0.633 after the treatment. The change that occurred with the treatment is a statistically significant change ($P = <0.001$)

8. Effect On – Tenderness:

The effect with the symptom tenderness on 30 patients suffering from cervical spondylosis showed mean score of 2.233 before the treatment and was reduced to 1.167 after the treatment. The change that occurred with the treatment is a statistically significant change ($P = <0.001$)

9. Effect On - Movements of neck:

The effect on movements of neck on 30 patients with cervical spondylosis showed the mean score of 2.033 before the treatment which was reduced to 1.500 after the treatment. The change that occurred with the treatment is a statistically significant change ($P = <0.001$)

10. Effect On - Sensory loss:

The effect on sensory loss on 30 patients of cervical spondylosis showed the mean score of 0.667 before the treatment which was reduced to 0.267 after the treatment. The change that occurred with the treatment is statistically significant change ($P = <0.001$)

11. Effect On - Neurological deficit:

The effect on Neurological deficit on 30 patients of cervical spondylosis showed the mean score of 4.533 before the treatment and which was reduced to 3.867 after the treatment. The change that occurred with the treatment is statistically significant change ($P = <0.001$)

CONCLUSION:

- The maximum percentage of patients i.e. (43.33%) was between 41-50 age groups which is suggest risk factor is more on ageing
- Cervical spondylosis as a whole cannot be compared to any single disease pathology in Ayurveda. But the disease, it affects the well being of the person and thus make an impact on nations economy.
- We can say that the present study shows significant remission in signs and symptoms of Cervical spondylosis
- Therefore it can be stated that the nasya karma with ketakyadi taila helps in management of Cervical spondylosis and affects the individuals in the age between forty- sixty years. Sex, marital status, religion, Social status, literature bear no relation in causation of this disease.
- Nasya karma with ketakyadi taila helps to pacify the Vataprakopa due to its Snehana and brimhana qualities. And increases functional ability
- Moreover, the improvement with the treatment proved to be statistically significant.
- The results of the follow up study showed that the relief provided by the therapy did not show much benefit up to 7 days of follow up after stopping the treatment.

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