

ROLE OF AYURVEDIC NEURO THERAPY IN CERVICAL SPONDYLOSIS: A CASE STUDY

Dr. Manoj Kumar Sharma^{*1}, Dr. Venu Sharma² and Dr. Chhavi Jadoun³

¹B.A.M.S. Rashtriya Guru, Ayurvedacharya, Founder of Ayurvedic Neuro Therapy, Elanza Apartment, Shreenathpuram Sector- C, Kota (Raj.) India.

²B.A.M.S., M.O., Daudayal Joshi Ayurvedic Chikitsalay, Talwandi, Kota, Rajasthan, India.

³B.A.M.S., Kota (Rajasthan), India.



***Corresponding Author: Dr. Manoj Kumar Sharma**

B.A.M.S. Rashtriya Guru, Ayurvedacharya, Founder of Ayurvedic Neuro Therapy, Elanza Apartment, Shreenathpuram Sector- C, Kota (Raj.) India.

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ABSTRACT

Cervical spondylosis is a degenerative disorder due to intervertebral disc degeneration and osteophyte formation in the vertebrae, usually due to factors of modern living style pattern. This disease in Ayurveda has a close relationship with *Greeva Stambha*, a *Shoola-pradhana Vata-nanatmaja Vyadhi* of the bony system. This article presented a case of 45-year-old male patient who had suffered with severe pain in the neck along with symptoms of stiffness and burning pain radiating to both arms for the past five years, along with restricted movements of the neck, headache, and heaviness in the neck region. Investigation revealed disc protrusion, which led to bilateral nerve root compression. The patient was treated with Ayurvedic Neuro Therapy including *Snehan*, *Swedan*, *Abhyanga*, *Greeva Basti* and *Sukshma Agnikarma*. *Raktamokshana* and *Sira Vedha* were also administered. Relief from neck pain, stiffness, and arm radiating pain were reported by the patient after the completion of prescribed treatment.

KEYWORDS: *Cervical Spondylosis, Greeva Stambha, Neuro Therapy, Traction, Radiating pain.*

INTRODUCTION

Cervical spondylosis is an age-related degenerative disorder of the vertebrae, intervertebral discs, and cervical spine ligaments that results in narrowing of the spinal canal because of osteophyte development, posterior longitudinal ligament ossification, or central disc protrusion of significant size. One of the characteristic features is morning stiffness, which increases with cold weather, accompanied by tingling sensation, numbness in the arms and vertigo. In the chronic form, pain increases at night as well as after prolonged cervical movements.^[1-4]

Cervical spondylosis is a common condition, accounting for nearly 2% of all hospitalizations and the most common reason for spinal cord dysfunction in elderly people. Cervical spondylotic myelopathy is very common in older patients. Lifestyle changes like prolonged sitting, incorrect posture, long hours of computer usage and physical inactivity speeded up incidences of such types cases. It is more prevalent in males than in females and aggravates with age. From an Ayurvedic point of view, cervical spondylosis is linked with *Vatavyadhi* associated with vitiation of *Vata* and *Kapha*, resulting in cervical ailments. *Vata* dominates the scene with *Asthi* and *Sandhi*, along with the allied tissues

like *Rasa*, *Rakta*, *Mamsa* and *Asthi Dhatus*. Ayurveda described several therapeutic options for managing *Greeva Stambha* as depicted in **Figure 1**.^[4-6]

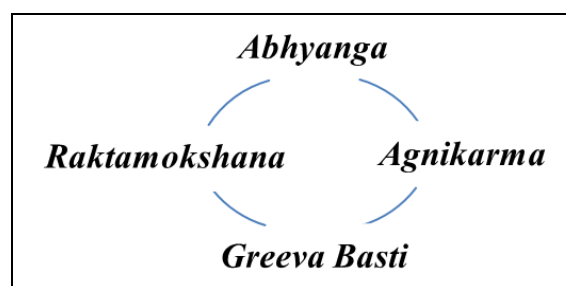


Figure 1: Various Ayurvedic approaches for the management of *Greeva Stambha*.

Ayurvedic Neurotherapy is used to restore the balance of *Vata* and *Kapha* to relieve pain and enhance mobility. The present study is a clinical case of treatment of *Greeva Stambha* by Ayurvedic Neurotherapy that comprises various therapies like *Abhyanga*, *Snehan*, *Swedan*, *Alabu*, *Ghati Yantra*, *Sukshma Agnikarma*, *Jaluka* and *Greeva Basti*. The treatment was given twice a day and resulted in marked improvement in symptoms, confirming the effectiveness of Ayurvedic Neurotherapy

in the management of cervical spondylosis.^[6-8]

AIMS AND OBJECTIVE

- ✓ To evaluate the efficacy of Ayurvedic Neuro Therapy along with medicine in the management of *Greevastambha* W.S.R. to cervical spondylosis.

CASE REPORT

A 45-year-old male patient was arrived with severe pain in the neck with stiffness and burning pain radiating to both arms for five years, along with limited movements of the neck, headache, and heaviness in the neck area. Investigation showed disc protrusion, which resulted in bilateral nerve root compression. The patient was treated with Ayurvedic Neuro Therapy.

Assessment Criteria for Pain and Range of Motion

Assessment Parameter	Criteria	Grading System
Grading of Pain	No Pain	0
	Mild Pain	1-3
	Moderate Pain	4-7
	Severe Pain	8-10
Range of Motion	Assessed through clinical observation and patient feedback Before and after the 7-day treatment period	

TREATMENT PLAN

- ✓ *Nidan Parivarjan & Pathya Apathya*
- ✓ *Abhyanga, Swedan, Alabu, Ghati Yantra, Sukshma Agnikarma, Jaluka and Greeva Basti* were used along with oral medications.
- ✓ *Snehan* (external application of mustard oil)

RESULT AND DISCUSSION

Dramatic improvement was seen in both range of motion and pain relief. On the grading scale, before the therapy, patient complained of pain from moderate (4-7) to severe (8-10) range. But following the treatment, patient felt a remarkable decrease in pain, with feeling of mild pain (1-3) and sometimes he feel pain-free (0). Range of motion also improved remarkably, patient at first experienced limited joint movement, stiffness, and pain, which restricted mobility. After the therapy, patient showed improved flexibility and smoothness of movement, proving the efficacy of the therapy in relieving pain and enhancing joint function.

Musculoskeletal & neurological systems are dominated by *Vata*, which controls movement. The main cause of disorders involving these systems is vitiated *Vata*. Arm pain and tingling are caused by muscle spasms and nerve compression in illnesses such as cervical pain.

Basti, a therapeutic treatment comprising *Bahya Snehana* and *Swedana*, alleviates pain by increasing blood flow, decreasing stiffness and providing nourishment to the cervical area. The use of warm medicated oil increases circulation, decreasing inflammation and stiffness. In cervical spondylosis, degeneration of the intervertebral disc results in decreased lubrication by *Shleshmaka Kapha*, resulting in compression of the nerves, intense

MATERIAL AND METHODS

- ✓ **Study design:** Interventional case study.
- ✓ **Study area:** OPD of Ayurvedic Neuro Therapy Centre, at Kota.
- ✓ **Sampling:** Single patient.

Inclusion criteria

- ✚ Patient has symptom of cervical pain swelling, characteristic stiffness of *Greevastambha*.
- ✚ Patient selected irrespectively without his religion, caste & occupation.

Exclusion criteria

- ✚ Any significant history of fracture, operational intervention & carcinoma.

pain, and spasms of the muscles. Local *Snehana* and *Swedana* are very effective in treating this pathology because they work directly at the site of *Samprapti*.^[8-10]

Sweda followed by *Snehana* helps in relieving pain, these therapies imparts *Kapha Vata Nirodhana* effects and alleviates symptoms of disease. Application of heat increases circulation, clearance of pathogens through sweat and reduces heaviness and stiffness. For diseases mainly of *Vata* origin, *Basti* therapy is of immense benefit. Pain management in *Anuvasana Basti* and *Niruha Basti* can be expected. Administration of a medicated decoction helps to remove vitiated *Vata* with remarkable relief of pain. Furthermore, *Agnikarma* or therapeutic cauterization also forms an essential part of treating cervical spondylosis by acting on the targeted tissues responsible for the pain.^[1,2,8-10]

CONCLUSION

In this study, diagnosis of cervical spondylosis was confirmed on the basis of Ayurvedic principles and treatment was provided with a regimen of Ayurvedic Neurotherapy for seven days, which was performed twice daily. Cervical spondylosis is one of the most common degenerative neurological disorders, which strikes a large segment of the population. Ayurvedic Neurotherapy treatments have proved to be effective in the relief of symptoms and mitigation of extreme disability in patients with cervical spondylosis.

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