

# Nasya Along With Baluka Sweda in the Management of Cervical Spondylosis – A Case Report

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## Abstract

Cervical Spondylosis (CS) is a unrelieved degenerative stipulation of cervical spine resulting neck pain, sub occipital pain, vertigo, shoulder pain, numbness in upper limbs and abridged assortment of movement of neck. The incidence of Cervical Spondylosis was 13% in the 3rd decade and 5% in the 4th decade. It is the most universal rising problem in today's epoch with inadequate assortment of Allopathic system. The signs of Cervical Spondylosis concur with *Manyastambha* in *Ayurveda*. Consequently the current case study planned to spotlight on assesses the result of *Nasya* with *Karpasthyadi Taila* for 7 days and *Baluka Sweda* for 7 days subsequently in Cervical Spondylosis and a considerable effect was established in the symptoms.

**Keywords:** Cervical Spondylosis (CS), *Nasya*, *Karpasthyadi Taila* (KT), *Baluka sweda* (BS).

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## INTRODUCTION

Cervical Spondylosis is disintegration of the bones, discs and joints of the neck caused by the usual wear and tear of aging [1]. According to age, the discs of cervical spine progressively break down, mislay liquid and be converted into stiffer [2]. Spondylotic changes are most frequent in individuals older than 40 years. Ultimately, more than 70% of men and women are pretentious [3]. Aging is the main cause for increasing CS excluding past damage to neck, certain profession similar to gymnasts and destitute posture may also play a role in expansion of spinal changes that consequence in CS. In *Ayurveda* CS can be correlated to *Manyastambha*.

According to *Sushruta*, due to inappropriate position of sleep, day sleep, unacceptable bed *Kaphavritta Vata Dosha* causes *Manyastambha* [4] in *Chikitsa Sthana Sushruta* specified *Vatakaphanashaka Nasya* and *Ruksha Sweda* in *Manyastambha* [5].

Since disintegration is an inference of *Aptarpana*. Hence in the stipulation similar to Cervical Spondylosis degenerative changes in the vertebrae and inter vertebral disk require nourish or *Brimhana* treatment. Because the pain can't arise without *Vataprakopa* [6] and since here is *Kapha Avarana* therefore *Karpasthyadi Taila* has been chosen. It comprises *Vatakaphashamaka* properties and *Balya* in nature. The medicine is administered through Nasal

passage (*Nasya*) so that vitiated *dosha* can be detached through its contiguous path. Since there is pain and rigidity at cervical area, *Baluka Sweda* relieves Para vertebral muscle contraction and pain in cervical spondylosis. It has anti inflammatory and painkiller effect [7]. thus a trial has been carried out to observe the efficiency of *Nasya* with *Karpasthyadi Taila* for 7 days followed by *Baluka Sweda* in plummeting the sign and symptoms of Cervical Spondylosis.

## MATERIAL & METHODS

### Case Report

A male patient of age 48 years, came to the Panchakarma OPD with complaints of pain and rigidity at cervical area, pain radiating to shoulder area bilaterally, numbness and tingling feeling, headache, vertigo, restricted motion at cervical area since 2-3 years.

### Investigations

Hematological (Hb, ESR), Urine test, Random Blood Sugar, Uric Acid, Blood Urea investigations were carried out prior to the treatment to find out further syndrome. All were in standard range.

### MRI Findings

The cervical spine shows disc desiccation, Osteophyte composite at C4-C5 intervertebral disc point causing indentation over thecal sac.

## Criteria for Assessment

The progress in the patient was assessed on the basis of respite in signs and symptoms of the disease.

Signs and Symptoms were given scoring depending upon their severity to assess the result of the treatment objectively [8].

**Table-1: Pain Score**

No Pain	0
Pain in the neck, mild exacerbates with movement	1
Pain in neck, severe exacerbates with movement	2
Pain mild or severe with radiation to upper limb	3
Pain in neck, radiation and disturbed sleep	4

**Table-2: Stiffness Score**

No Stiffness	0
Stiffness without medication	1
Stiffness, relived by external appliance	2
Stiffness, relived by medicine	3
Stiffness, is not countered by medicine	4

**Table-3: Tenderness Score**

No tenderness	0
Mild pain on profound pressure	1
Moderate pain on profound pressure	2
Severe pain on profound pressure	3
Touch at the place – intolerable pain	4

**Table-4: Headache Score**

No headache	0
mild pain infrequently	1
headache weekly	2
headache more than 5 times in a week	3
severe headache every day	4

**Table-5: Vertigo Score**

No vertigo	0
vertigo Up to 1hr	1
vertigo Up to 2hr	2
vertigo Up to 3hr	3
vertigo More than 3hr	4

**Table-6: Tingling Sensation Score**

Absent	0
Irregularly	1
Up to 1hr	2
Up to 2hr	3
More than 3hr	4

## Range of Motion

**Table-7: Flexion Score**

No restriction i.e. capable to touch the interclavicular line	0
Up to 2cms variation connecting the chin and interclavicular line	1
2-4cms variation connecting the chin and interclavicular line	2
More than 4cms variation	3

**Table-8: Extension Score**

Standard i.e. able to extend the head up to the level while tilt of nose and forehead turn into parallel around flexion to extension - 130°	0
Motion up to 120°	1
Motion up to 110°- 120°	2
Motion less than 110°	3

**Table-9: Lateral Rotation Score**

Standard i.e. capable to create entire rotation of neck	0
Rotation with minute complexity	1
Rotation side to side simply	2
Rotation single side simply	3
Entire constraint of motion	4

**Table-10: Lateral Flexion Score**

Standard i.e. the ear touches to the shoulder tip	0
Up to 3cms variation connecting the ear and shoulder tip	1
3 – 5cms variation connecting the ear and shoulder tip	2
More than 5cms variation	3

### Treatment Plan

*Nasya* with Karpasthyadi Taila followed by *Baluka Sweda* for 7 days.

Ingredients of *Karpasthyadi Taila* [9]

*Kwatha Dravya* – *Karpasa Asthi, Bala, Masha, Kulattha.*

*Kalka Dravya* – *Devadaru, Balamula, Rasna, Kushta, Sarshapa, Nagara, Shigru, Punarnava.*

*Taila* – *Tila Taila.*

Milk – Goat milk

*Baluka Sweda* for 7 days.

### Shamana drugs

*Pathyadi Kwatha* 50 ml. twice daily empty stomach.

*Lakshadi Guggulu* 2 tablets twice daily with lukewarm water.

*Amapachana Vati.* 2 tablets twice daily with leukwarm water prior to meal.

### Technique of Nasya

**Purva karma** – *Abhyanga* with *Ksheerbala Taila* and *Vashpa Sweda* of Head and Neck was completed prior to *Nasya*.

**Pradhana karma** – Subsequent to *Abhyanga* and *Swedana* of Head and Neck *Nasya* with *Karpasthyadi Taila* was completed for 7 days.

**Table-11: Medicine and Dosage of Nasya**

Day	Oil used	Dose
Day -1	<i>Karpasthayadi taila</i>	6 bindu in each nostril
Day-2	<i>Karpasthayadi taila</i>	6 bindu in each nostril
Day-3	<i>Karpasthayadi taila</i>	6 bindu in each nostril
Day-4	<i>Karpasthayadi taila</i>	6 bindu in each nostril
Day-5	<i>Karpasthayadi taila</i>	6 bindu in each nostril
Day-6	<i>Karpasthayadi taila</i>	6 bindu in each nostril
Day-7	<i>Karpasthayadi taila</i>	6 bindu in each nostril

### Paschat Karma

After completion the process of *Nasya Ushndoka Kavala* was done.

### Baluka Sweda

A Pottali was prepared of hot *Baluka*, apply on the neck& shoulder area in spherical motion for 15-20 minutes.

## RESULT

An extremely significant outcome had seen in signs of Cervical Spondylosis calculated on the basis of scoring pattern previous to and subsequent to the treatment

**Table-12: Effect on Symptoms**

S. no.	Symptoms	BT	AT
1	Pain	3	1
2	Stiffness	3	1
3	Tenderness	3	1
4	Headache	4	2
5	Vertigo	1	0
6	Tingling sensation	0	0

**Table-13: Effect on range of motion**

S. no.	Range of motion	BT	AT
1	Flexion	2	0
2	Extension	0	0
3	Lateral flexion	1	0
4	Lateral rotation	0	0

## DISCUSSION

### Effect on Nasya

Cervical Spondylosis is single universal increasing problem now days due to altering life style. There are numerous reasons involved in pathogenesis similar to old age, trauma, inappropriate sitting and sleeping position, extreme travelling etc. Since *Manya sandhi* is the seat of *Shleshaka Kapha* and the untimely degenerative changes shows *Kapha-Vata* dominance. Therefore *Nasya* was specially chosen since *Manya sandhi* is one amongst *Urdhwajatrugata* body part. *Nasya* is the most excellent line of treatment in the management of *Urdhwajatrugata Vikara*.

For this *Karpasasthyadi Taila* was distinctively preferred for *Nasya* to correct the underscore pathology. *Karpasasthyadi Taila* has *Shothhara* (anti-inflammatory), *Shulaprashamana* (analgesic) and *Vatashamaka* in character. It helps in clearance the obstacle of *Kapha* by reducing stiffness. The *Ksheerabala Taila* has *balya* and *Rasyana* in temperament thus used for *Abhyanga*. It provides sustenance of *Asthi Dhatu* and decreases additional degeneration,

### Effect on Baluka Sweda

*Baluka Sweda* was performed as local treatment. As *Swedana* has *Stambhagna*, *Gauravaghna*, *Sheetaghna* properties, it unwinds muscles and recover local blood circulation diminishes stiffness, recover the range of movement. *Baluka Sweda* has anti-inflammatory and pain reliever in temperament hence it includes to the effect of *swedana*. As a intact *Baluka Sweda* reduces paravertebral muscle spasm & pain, reinforces paravertebral muscles, causes local anti-inflammatory effect.

### Effect on Shamana Therapy

The contents of *Pathyadi Kwatha* have *Tikta rasa* and *Aampachaka* properties.

*Lakshadi Guggulu* is very useful to treat the diseases of bones. The Anti-inflammatory, Analgesic properties of this medicine are quite effective to reduce the inflammation and alleviate the pain it helps in restoring the bone mass, strengthening bones, joints and muscles of neck. *Aampachana Vati* removes *Kapha Avarana* and facilitates appropriate movement of *Vata*.

## CONCLUSION

From above case study symptoms of Cervical Spondylosis can be managed easily by *Panchakarma* treatment alongside *Shamana Chikitsa*.

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