



EFFICACY OF PANCHKARMA THERAPY IN CERVICAL SPONDYLOSIS : A CASE STUDY

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ABSTRACT A 43years old female patient with pain and stiffness in neck, heaviness & numbness in upper limbs, pain in left side of body and diagnosed as case of cervical spondylosis was treated with panchkarma therapies and internal Ayurvedic medication. Patient presented with above said complaints and management was done with various internal ayurvedic medicine and Panchkarma procedures (Patra pinda potali swedana & Greeva Basti). In Ayurveda disease may be correlated with vatavyadhi/asthigata vata. Management was done on the general line of treatment of vatavyadhi viz. Snehana & Swedana through Patra Pinda Potali Swedana & Greeva Basti. Overall 70% relief was achieved.

KEYWORDS : Cervical Spondylosis, Vatavyadhi, Greeva basti, Patra Pinda Potali Swedan.

INTRODUCTION:

Cervical spondylosis is the disorder of discs in which vertebrae in the neck degenerate, putting pressure on the spinal nerve in the neck causing neck pain¹. In this condition neck is held rigidly and neck movements may exacerbate pain². Now a days cervical spondylosis is very common in the people who do routine activities like travelling, household work, professionals; who sit for long hours together doing work of computer etc³. It can be seen in people as early as 25 years of age. As age increases so does incidence rate⁴.

A number of factors are responsible for the development of signs and symptoms of cervical spondylosis

- Osteophyte (bony growth)
- A narrowed spinal canal present since birth
- Degeneration of the intervertebral discs
- Changes in spinal cord & nerves due to insufficient blood supply

There is no exact correlation mentioned in ayurvedic classics as cervical spondylosis, however it can be considered as Greeva stambha or Asthigata vata because of its symptoms⁵:

- Shosha of asthi dhatu in cervical region
- Vata prakopa
- Rookshata (Dryness) of vata increases

So, cervical spondylosis may be correlate to Asthigata vata. It leads to pain & stiffness in neck radiating to arm or causes headache, vertigo, giddiness, paraesthesia, numbness etc. It cripples the patient to an extent there is dependency on others. The individual cannot perform daily routine work properly because of the severity of pain leading to decreased quality of life. So, there is need for the effective management of this condition, for betterment of the patients suffering with the same.

Case Report :

A 45 years old female patient from Vikas Puri, Delhi was admitted in IPD of Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi from 17/07/2017 to 29/07/2017 & 16/08/2017 to 23/08/2017 with following complaints:

Patient Name: ABC
Age/Sex: 43years/Female
Built: Medium
DOA & DOD: 17/07/2017 to 29/07/2017 & 16/08/2017 to 23/08/2017
OPD/IPD No.: 67872/4278 & 86688/5022
Address: Vikas Puri, Delhi

Chief Complaints :

1. Pain and stiffness in neck with restricted movements
2. Numbness and Heaviness in upper limbs
3. Pain in left side of body

History of Present illness:

Patient was asymptomatic 7years back then she developed pain & stiffness in neck, heaviness and numbness in upper limbs, pain in left side of body. The symptoms were gradual in onset. She went to nearby hospital where she was diagnosed as a case of cervical spondylosis and advised for surgery. She was operated for cervical spondylosis (Anterior cervical disectomy at C5-6 levels), initially she got some relief after surgery but after sometime symptoms reappeared. So she came to this hospital for further management.

Diagnosis:

The patient was a prediagnosed case of cervical spondylosis. According to Ayurveda patient was diagnosed as case of asthigata vata.

Investigations:

MRI Cervical Spine-
Dehydrated bulging of C4-5 intervertebral disc is seen indenting the thecal sac & also encroaching upon lateral neural canal towards right side. Ventral surface of spinal cord is mildly indented upon by the disc substance though no over parenchymal signal alteration is evident,

Total treatment schedule Panchkarma:

Greeva Basti with ksheerbala oil⁶
Sarvanga Patra Pinda Potali Swedana⁷

Shaman chikitsa:

1. Trayodashanga gugglu 250 mg twice a day
2. Dashmoola kwath 40 ml twice a day
3. Punarnava mandoor 125 mg twice a day
4. Ashwagandha churna 2g + Shankha bhasma 250mg + Pravala bhasma 125mg BD.

Assessment Criteria⁸:

Table 1. Subjective parameter

Parameter	Grading	Observation
Manya shoola	0	No pain
	1	Mild pain
	2	Moderate pain but bearable
	3	Moderate pain but not tolerable
	4	Severe pain leading to disability in performing normal daily activities

Manya stambha	0	No movement
	1	Upto 25% of total movement
	2	Upto 50% of total movement
	3	Upto 75% of total movement
	4	Full range of total movements
Bahu shoola	0	No pain
	1	Mild pain radiating from neck on movement
	2	Moderate pain radiating from neck on movement
	3	Severe continues pain affecting routine work
	4	Severe continues pain reducing arm strength
Griva shoola	0	No pain
	1	Mild pain
	2	Moderate but tolerable
	3	Moderate pain but not tolerable
	4	Severe pain leading to disability in performing normal daily activities

Table2. Objective parameter

Parameters of cervical joint	Grading	Observation
Flexion & Extension	0	Full range
	1	Restricted movements
	2	No movements
Lateral flexion & rotation	0	Full range
	1	Restricted movements
	2	No movements
Passive neck flexion	0	Without any difficulty
	1	With some difficulty
	2	With much difficulty
	3	Unable to do

Observations:**Table3. Subjective parameters**

Parameter	Before treatment	After 1 st treatment	After 2 nd treatment	Relief in %
Manya shoola	3	2	1	66%
Manya Stambha	2	3	4	50%
Bahu Shoola	3	2	1	66%
Griva shoola	2	1	0	100%

Table4. Objective parameters

Parameter	Before treatment	After 1 st treatment	After 2 nd treatment	Relief in %
Flexion	1	0	0	100%
Extension	1	0	0	100%
Lateral Flexion	1	1	0	100%
Lateral Rotation	1	1	0	100%

Discussion:

General principle of treatment of Vatavyadhi was adopted in present study. Acharya Charaka mentioned *Navanastarpanam susnigdha swedyet* means one should adopt navana, tarpana, snehana & swedana'. In this case swedana was done by patra pinda potali swedana which was followed by snehana with Greeva basti. Kshaya is an integral part of vata dosha with associated contribution of kapha & pitta dosha. Shoola is vata pradhana whereas stambha, gauravata are characteristics of kapha dosha.

Patra pinda potali is snigdha-ruksha type of swedana. The patra used are vatahara, kaphahara & pittahara. It does shaman of both vata & kapha. It clears the srotodushti or sanga. It helps in relieving avarana by kapha dosha. So firstly avarana is removed by patra potali swedana and then tarpana is done with greeva basti.

Greeva basti with ksheerbala oil and patra pinda potali swedan was given for 12&15days. Greeva basti is useful in spondylosis, local injuries, disc prolapsed, muscle spasm. It is balya & vataghna in properties. It is work by improving the blood circulation of affected part¹⁰.

At the end of treatment patient had significantly relief in complaints. Neck stiffness decreased and ROM is not restricted. Feeling of heaviness and numbness in upper limbs improved. Patient overall quality of life improved as she was able to do routine work without any stress.

Conclusion:

According to observations in the present study, this can be safely concluded that panchkarma therapy is significantly effective in the management of cervical spondylosis. However, it is advisable to repeat panchkarma therapies to achieve better results and further work should be done by conducting clinical trials on large samples to draw the final conclusion.

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