



A SINGLE CASE STUDY ON MANAGEMENT OF CERVICAL SPONDYLOSIS WITH DASAMOOLADI KASHAYA NASYA

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ABSTRACT Cervical Spondylosis is a common degenerative condition of the cervical spine, most occurred due to the age-related wear and tear changes in cervical spine. In Ayurveda it can be correlated to *viswachi*, *apabahuka* or *manyastamba*, where *nasya* could be effective and economical treatment modality. This is a single case study report of a 43-year-old female patient who came to our O.P with neck pain, shoulder pain radiating to right upper limb, stiffness of neck, suboccipital headache and occasional giddiness in the last 4 months. From examination and X-ray findings, diagnosed it as cervical spondylosis. O.P based treatment started with *Dasamooladi Kashaya Nasya* in a dose of 3.6ml given for 7 consecutive days between 4 to 5pm. Follow up was taken on 8th and 14th day. The patient got satisfactory result from above treatment.

KEYWORDS : *Nasya, viswachi, apabahuka, manyastamba*

INTRODUCTION

Panchakarma refers to the five therapies that brings out homeostasis by evacuation of morbid *dosha*. *Nasya* is one among *Panchakarma* and described as the best line of treatment to cure the disease of *jatroordha*. Cervical Spondylosis is a common degenerative condition of cervical spine and is the commonest cause of neck pain. Now young generation are more prone to this, due to sedentary lifestyle¹.

Prevalence of cervical spondylosis for both sexes are equal but degree of severity is greater for males. A significant association was found between age group and prevalence. Evidence of spondylotic changes is frequently found in many asymptomatic adults. In Ayurveda clinically cervical spondylosis can be compared with *viswachi* or *apabahuka* where *nasya* could be an effective treatment.

First line of treatment of *Apabahuka* includes *nasya* and all classics explained different mode of applications like *sneha*, *swarasa*, *nirooha* etc. Here we have taken *Dasamooladi Kashaya Nasya*^{2,3} in reducing signs and symptoms of Cervical Spondylosis. Current practice of *nasya* are mainly using *sneha dravya*. So here selected a new drug for this condition.

Case summary

A 43-year-old female patient came to OPD of *Panchakarma* Hospital, Govt Ayurveda college Trivandrum with presenting complaints of neck pain, right shoulder pain radiating to right upper limb along with numbness, suboccipital headache and occasional giddiness for the last four months. In her personal history bowel-constipated, appetite- poor, sleep -disturbed, menstrual history- regular. Vitals BP – 120/80 mm Hg, R.R 18/mt.

Dasamooladi Kashaya Nasya was planned to administer for 7 days and consequent assessment was done before treatment, On 8th day and 14th day with visual analogue scale for pain and numbness, Oswestry disability index, DASH questionnaire.

METHODOLOGY**Preparation of Dasamooladi Kashayam**

Useful part of *Dasamoola*, *bala*, *masha* were collected, cleaned, washed dried and coarse powder was prepared. From that 12 grams of medicine was taken and 200 ml of water was added and reduced to 50 ml in mild heat. To 50ml of *Kashaya* 6ml of *moorchitha gogritha* and 6ml of *moorchitha tila taila* were added and mixed well. Fresh *Kashaya* was prepared for each day's administration.

Tila Taila moorchana⁴

Materials	Amount
<i>Tila taila</i>	100ml
Water	400ml
<i>Kalkam</i>	
<i>Manjishta</i>	
<i>Haridra</i>	

<i>Lodra</i>	1/16 part of <i>tailam</i>
<i>Nalika</i>	
<i>Vibataki</i>	
<i>Amalaki</i>	
<i>Ketaki</i>	
<i>Mustha</i>	

Raw *tila taila* was taken in a vessel and heated over mild fire. When froth subsided, it was taken out of fire and allowed to self-cool. *Kalka dravya* was added and heated well. When the foam subsided, the vessel was removed from fire and allowed to cool. Then it was filtered.

Gogritha moorchana⁵

Materials	Amount
<i>Gogritha</i>	100ml
Water	400ml
<i>Kalkam</i>	
<i>Haritaki</i>	¼ of <i>gritha</i>
<i>Vibitaki</i>	
<i>Amalaki</i>	
<i>Mustha</i>	
<i>Rajani</i>	
<i>Matulunga Rasa</i>	Sufficient Quantity

Raw ghee was taken in a vessel and heated over mild fire. When foam subsided, *Kalka* pasted with *matulunga rasa* was added and heated again. When foam subsided, removed it from fire and allowed it to cool and then later filtered.

Fixing dose

Patient was asked to dip first 2 part of right index finger into the prepared *Kashaya* taken in jar. The liquid falling was collected in another jar. The procedure repeated for 3 times and average is taken as one *bindhu* ie .6ml

Madhyama dose is given .6ml x 6 *bindhu* = 3.6ml)

Procedure of Nasyam**Poorva karma**

Patient was educated about the procedure and regimen that must be followed during *nasya*

1. Checked the vital
2. *Abyanga* with lukewarm *tila taila* over *jatru rdha*
3. Eye bandaged
4. *Swedana* with towel dipped in hot water.
5. Asked the patient to lay over a slanting table.

Pradhana Karma

1.2ml of prepared *Kashaya* was taken and heated over a water bath and instilled into nose. Massage was given on palms, sole, forehead etc. Patient was advised to spit out sputum on both sides till expulsion of medicine. In the same way 2nd and 3rd installation given in the same sitting of *nasya*.

Paschat karma

1. *Dhoompana* with *haridradi varthi*
2. *Kabala* with lukewarm *saindhavajala*
3. Vitals were monitored.

Time: 4 to 5pm

Duration: 7 days

RESULT

After 7 days of nasya, follow up was done on 8th day and 14th day.

Assessment of Decrease of Disease				
		Before Treatment	On 8 th day	On 14 th day
1	Visual Analogue scale Pain	8	3	1
2	Visual Analogue scale Numbness	2	1	0
3	Oswestry Disability Index (%)	56%	26%	12%
4	DASH questionnaire	88.88	58.23	21.41

Symptomatic relief in complaints which the patient was having for the last 4 months. The patient was totally satisfied by the treatment given. Neck pain, radiating pain from shoulder subsided by 8 days. Sub occipital headache reduced by 14 days. Frequency of giddiness also decreased. Patient's sleep has become sound now.

DISCUSSION

Here the *Nasya* given was *Dasamooladi Kashaya Nasya* mentioned in *Vangasena Samhita*, *Cakradatta* in *Vata vyadhi chikitsa*, which has special indication on *Apabahuka* and *Viswachi*. The time specified in the yoga is evening time since *vata* is the main *dosha*

While going through the *yoga*, *Dasamoola* is *Vatakapha hara, vedana samaka* and *soolaghana*. *Bala* is *Kapavata samaka, vedanasthapaka* and *balya*. *Prakshepa Dravya* used here are *moorchita gogrita* and *moorchitha taila taila* are *vataharam*. *Gritha* is *samskara anuvarthi* and *taila* is *yogavahi* and *teekshna*. By virtue of these properties of medicines instantaneously spread through the *srotas* and facilitates elimination of *doshas*. Furthermore, irritant effect of *Dashamooladi Kashaya* increases the blood circulation to the brain. Moreover, this yoga is *vatasamaka* and *brimhaniya* so *alleviate* *vata* since it is a degenerative condition. Hence this preparation is effective in cervical spondylosis.

CONCLUSION

This *yoga* is very much useful in curing the signs and symptoms of cervical spondylosis. Here we tried to identify more drugs from formulations other than *sneha dravya* for *nasya*. This yoga suddenly cures the pain. For prolonged result we can advise *pratimarsa nasya* with *ksheerabala taila* or *karpasastyadi taila* etc like *taila*. The ingredients of *Dasamooladi kashaya nasya* are commonly available and the cost of the items are extremely low. This will help the people of any class to consume this medicine.

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