



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**AYURVEDIC PERSPECTIVE OF CERVICAL SPONDYLOSIS**

**KEY WORDS:** Ayurveda, Cervical spondylosis, Vatha vyadhi

**Dr Jessy James\***

MD Panchakarma, Department of Panchakarma, Govt. Ayurveda college, Thiruvananthapuram. \*Corresponding Author

**Dr A S Lila**

Former Professor and HOD, Department of Panchakarma, Govt. Ayurveda college, Thiruvananthapuram.

**ABSTRACT**

Cervical spondylosis is a degenerative condition at the level of cervical spine that affects the vertebral bodies and inter vertebral discs of the neck as well as contents of spinal canal. It is a common age related condition that affects the joints and discs in the neck. Clinical features include painful symptoms in the neck and around the pectoral girdle, vague numbness, tingling or weakness in the upper limb, referred pain in the occiput, neck stiffness, vertigo and poor balance. According to Ayurveda degeneration is mainly due to vatha. Most of the symptoms of cervical spondylosis can be correlated to different vatha vyaadhis affected in greeva sandhi and baahu.

**INTRODUCTION**

Cervical Spondylosis, is a degenerative disorder at the level of the cervical spine. It is one of the commonest causes of neck pain, which throws light on the ill effects of changing lifestyle of modern human beings. The advancement of busy professional and social life, improper sitting postures in offices, factories, continuous and over exerting jerking movements during travelling and sports create an undue pressure to the spinal cord and play a chief role in producing the disease.

Though to be a disease that affects only in the elderly, these days a large number of youngsters are also suffering from the condition. The younger generations become more prone to the disease due to the changes in living conditions, increase in over exerting professional conditions and not eating healthy foods. Thus the disease hampers not only the day to day life but also the economy of the country which relies on work force of younger generations. About 50% of people over age 50 experience neck pain and stiffness due to cervical spondylosis. Of these people 25-40% has atleast one episode of cervical radiculopathy. After backpain, neck pain is the most frequent musculoskeletal cause of consultation in primary care worldwide.

A significant association was found between age group and prevalence of cervical spondylosis. In males prevalence was 13% in the third decade, increasing to nearly 100% by age 70 years. In females the prevalence ranged from 5% in the fourth decade to 96% in women older than 70yrs. At the age 60 years half the men and one third of women had significant diseases. Cervical spondylotic myelopathy is the most common cause of non traumatic spastic paresis and quadriparesis. It significantly affects patients quality of life.

**Ayurvedic view**

**Vaatavyaadhi nidaana**

- Aahara- aahaara whichs are thiktha, ushana, kashaya in taste,alpa, rooksha and pramitha bhojanam.
- Vihaara - Vega dhaarana and udeerana, nisajagarana, athyucha bhashanam.
- Atiyoga of kriyaas (Effect of therapies in excess), excessive vyayama and maidhuna.
- Dhaatu kshaya.
- Maanasika bhaavas - psychological factors like cinta, soka and bhaya.

**Sampraapthi:**

By these nidaanaas the vatha getting aggravated, fills up the vacuities in the body passages and produces various kinds of disorders which affect the whole body or which get localized in a single region.

**Sampraapthi of cervical spondylosis**

Nidaana sevana cause vathakopa and simultaneous sleshakakapha kshaya. Vitiated vaata undergoes sthaana samsraya in greeva sandhi. Asthi is the aas'raya sthana of vaata, when there is a vitiation of vaata in asthisandhi; asthi gets involved in the pathogenesis in due course since vaata vridhhi leads to asthi kshaya, causing related clinical picture.

**Sampraapthi ghataka:**

- Dosha - Vaata Kapha, Vaata -Vyaana vaata, kapha - avalambaka, sleshaka
- Dooshya - asthi, majja
- Srotas - asthivaha, majjavaha
- Sroto dushti - sanga
- Agni - aama generated due to asthi and majja dhaatvaagni maandhya.
- Rogamaarga - madhyama
- Adhishtaana - greeva
- Vyakteebhaava sthaana - greeva and baahu

**Poorvaroopa:**

Poorvaroopa is considered as avyakta or indistinct manifestataions.

**GREEVASTAMBHA**

The reference regarding the Greevastambha is not available as a separate disease in any of the major Ayurvedic texts. It is mentioned as one of the 80 naanaatmaja vikaaraas of vaata. Dalhana explained stambha as Nischaleekaranam in the context of snaayu praapta vaata lakshana. Hemadri explains the meaning of stambha as loss of function (Nishkriyatwam) in the context of enumeration of action of vitiated vaata. Greeva hundana is one of the prakupitha vatha lakshana according to Charaka. Cakrapaani explains greeva hund'anam as greevastambha. Neck stiffness is one of the major symptom of cervical spondylosis and can be correlated to greevastambha.

**VISVAACI**

Viswaci is included under vaatavyaadhi. In clinical practice it is a common term used for the pathologies affecting the neck, radiating to upper limb. Vaagbhata explains, the disease which causes constriction of the tendons of the palms and fingers, over the back of the arm leading to loss of function of the arm (baahu cheshtaapahaarini) is known by the name visvaaci. Susruta also explains the functional disability of the hand (baahu karma kshayakari). Dalhana mentioned vaatika vis'vaaci and vaata kapha visvaaci. Caraka didnt give any explanation about visvaaci.

**Cikitsa:**

General line of treatment of vaata vyaadhi can be adopted in

visvaaci, which is not separately mentioned by Brihathrayis. Cakradatta mentions separate treatment for visvaaci and stressed on nasya with bala swarasa, maamsa rasa etc.

It is the disease which causes constriction of the kandara of the fingers and palm of the hand over the back of the arm leading to loss of the functions of the arm- this pathology is similar to the pathology of cervical radiculopathy. In Cervicular radiculopathy, patient may experience weakness and numbness, and unable to do any function with the affected arm .

So, the symptoms of the visvaaci can be correlated to Cervical spondylosis.

#### APABA AHUKA

Vaagbhata: vaata located at the root of the shoulders constricts the sira there, produces apabaahuka which causes loss of movement of the arm. Susruta: vaata which is located in amsapradesa does the soshana of amsa bandhanam and does the aakunjana of sira. Caraka does not give any explanation about apabaahuka.

#### Cikitsa:

According to Vaagbhata, treatment of apabaahuka is Nasya and uttarabhaktika snehapaana. Dalhana also mentions the same treatment. According to Cakradatta, same treatment as that of visvaaci.

Loss of movement of the arm is the feature of apabahuka and the affecting joint is amsa; weakness in the muscles of arm, shoulder and hand is seen in advanced stages of cervical spondylosis .So, apabaahuka can be correlated to cervical spondylosis.

#### ASTHI MAJJA GATA VAATA

According to Vaagbhata:

Asthigata vaata lakshana include Pain in the thighs, joints, and bones and profound loss of strength.

Majjagata vaata lakshana include hallowness of the bones, loss of sleep and constant pain.

According to Caraka, aggravation of vaata in the asthi and majja gives the following lakshanas:

- Cracking of the bones and joints
- Piercing pain in the joints
- Insomnia
- Diminution of maamsa and bala
- Constant pain.

Almost all asthi majjagata vaata lakshanas are seen in Cervical spondylosis.

**Cracking of the bones and joints** in cervical region is the primary pathology of the cervical spondylosis .

**Piercing pain in the joints**-pain in the neck, shoulder, arms and hands are the main clinical features of cervical spondylosis.

**Insomnia**- most of the Cervical spondylotic patients have insomnia or disturbed sleep.

**Diminution of maamsa and bala**- wasting and muscle weakness are seen in later stages of cervical spondylosis .

**Constant pain** – Most of the cervical spondylotic patients are suffering from continuous pain in neck, shoulders and arms.

Hence, asthimajjagata vaata can be correlated to the Cervical spondylosis.

#### REFERENCES

1. Vaidya Yadavji Trikamji Aachaarya, editor. Carakasamhita by Agnivesa with

- the Aayurveda Deepikaa Commentry. Varanasi: Chaukhamba Orientalia, 2015. Chikitsastaana.
2. Vaidya Yadavji Trikamji Aachaarya, Narayan Ram Aachaarya, editors. Susrutasamhita of Susruta with the Nibandhasangraha Commentry. Varanasi: Chowkhamba Orientalia, 2014. Nidhaanasthaana.
3. Harisaastri paraadakara vaidya, editor. Ashtaanghrdaya by vaagbhata with Sarvaangasundara and Ayurvedarasaayana Commentry. 10th edition. Varanasi: Chaukhamba Orientalia, 2014. Sootrasthaana .
4. Harisaastri paraadakara vaidya, editor. Ashtaanghrdaya by vaagbhata with Sarvaangasundara and Ayurvedarasaayana Commentry. 10th edition. Varanasi: Chaukhamba Orientalia, 2014. Nidhaanasthaana.
5. Shyamala B, editor. Chikitsaasaara sangraha of Chakrapaanidatta. Thrissur: Samrat Publishers, 2014. Vaatavyaadi adikaara .
6. Cervicalspondylosis [Internet]. [2014 Oct 22]. Available from: [http://www.physio-pedia.com/Cervical\\_Spondylosis](http://www.physio-pedia.com/Cervical_Spondylosis)
7. Cervical spondylosis [Internet]. [2014 Oct 22]. Available from: <http://emedicine.medscape.com/article/306036-overview>