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.

A significant association was found between age group and prevalence of cervical spondylosis. In males prevalence was 15% 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 spondyloitic myelopathy is the most common cause of non traumaic 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 bhoojanam.
- Vihaara – Vega dhaarana and udeerana, nisajagarana. Athycha bhashanam.
- Aahara- aahaara whichs are thiktha, ushana, kashaya in taste, alpa, rooksha and pramitha bhoojanam.
- Dhaatu kshaya.
- Maanasika bhaavas - psychological factors like cinta, soka and bhaya.

Sampraapti of cervical spondylosis

Nidaana sevana cause vathakopa and simultaneous sleshakakapha kshaya. Vitiated vaata undergoes sthaha samsraya in greeva sandhi. Asthi is the aasaarya sthana of vaata, when there is a vitiation of vaata in asthisandhi; asthi gets involved in the pathogenesis in due course since vaata becomes the main element in the process of degeneration.

Poorvaroopa: Poorvaroopa is considered as avyakta or indistinct manifestations.

Sampraapti ghataka:

- Dosha – Vaata Kapha, Vaata – Vaata vaana, kapha – avalambaka, sleshaka
- Dooshya – asthi, majja
- Srotas – asthivaha, majjavaha
- Srotodushhti – sangha
- Agni – aama generated due to asthi and majja dhaatra vaagni amandhaya.
- Rogamaarga – madhyama
- Adhishtaaana – greeva
- Vyaakteebhaava sthaha – greeva and baahu

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 naamaatmajna vikaaaraas of vaata. Dalhana explained stambha as Nischaleekaranam in the context of enumeration of action of vitiated vaata. Greeva hundanais one of the prakupitha vatha lakshana according to Charaka. Kakrapaani explains greeva hundanam as greevastambha. Neck stiffnessness is one of the major symptom of cervical spondylosis and can be correlated to greevastambha.

VISVAACI

Visvaci 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 cheshtaapahaari ) is known by the name visvaaci. Srurata also explains the functional disability of the hand (baahu karma kshaya) in the context of enumeration of action of vitiated vaata. Greeva hundraa is one of the prakupitha vatha lakshana according to Charaka. Kakrapaani explains greeva hundanam as greevastambha. Neck stiffnessness is one of the major symptom of cervical spondylosis and can be correlated to greevastambha.

Cikitsa:

General line of treatment of vaata vyadhi 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.

**APABAHHUKA**
Vaagbhata: vaata located at the root of the shoulders constricts the sira there, produces apabaahuka which causes loss of movement of the arm. Surruta: vaata which is located in amsapradesa does the soshana of amsa bandhanam and does the aakjunana 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 MAJJAAGATA 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 lakshanatas:
- Cracking of the bones and joints
- Piercing pain in the joints
- Insomnia
- Diminution of maamsa and bala
- Constant pain.

Almost all asthi majjagata vaata lakshanatas 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**