

# Ayurvedic Approach to the Patient of Cervical Spondylosis: A Case Study

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## Abstract

*As exertion and stress is increasing day by day, diseases also increased in our daily routine. And most common is cervical spondylosis according to data and public interaction. Prolonged sitting work, work on computers and continuous household work led to it. It is a degenerative disease which affects the vertebrae of the spine. In Ayurvedic texts many diseases symptoms correlated with it like Manayasthamba, vishwachi etc. In the current paper we are discussing case details of a patient who came to our hospital for treatment. Patient complaint of pain in neck region, on/off stiffness, heaviness in occipital region with sometimes vertigo, on/off radiating pain to shoulder region with generalized weakness for 3-4 months. Treatment modalities include shamana drugs and panchkarma therapy for 1 month. Patient got symptomatic relief. Details of this will be discussed in full paper.*

## Keywords

*Cervical, Neck, Pain, Shamana, Degenerative*

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## 1. Introduction

Cervical spondylosis is a chronic degenerative condition affecting the cervical spine, involving changes in the spinal canal, intervertebral discs, and vertebral bodies. As the discs lose hydration and shrink, symptoms of osteoarthritis, such as bone spurs, may manifest. This condition typically worsens with age and can affect multiple levels of the cervical spine.

Gender differences exist in the onset of cervical spondylosis, with males often experiencing symptoms earlier than females. By the age of sixty, X-ray findings indicate cervical spondylosis in a significant proportion of both women and men.

In Ayurveda, cervical spondylosis falls under the category of Vatavyadhis, which encompasses conditions related to Dhatu, Kshaya, or Margavarana. These are classified based on various factors, including the cause, location, and symptoms. Pristhgraha, a specific type of Vatavyadhi, is characterized by involvement of the spinal region, resembling cervical spondylosis in modern medical terms.

While conventional treatments for cervical spondylosis focus on symptom management with analgesics, anti-inflammatory drugs, and muscle relaxants, these approaches only provide temporary relief and may have adverse effects. Exploring the Ayurvedic perspective on cervical spondylosis could offer insights into more holistic and preventive approaches to managing this condition.

## 2. Materials and Methods

### 2.1. Case Study

#### 2.1.1. Patient Selection and Source

A participant diagnosed with the condition under study was recruited from the outpatient department of Pt. Khushilal Sharma Govt. Ayurveda College and Institute in Bhopal, Madhya Pradesh, for this research study.

A 24-year-old female patient arrived at the hospital complaining of discomfort in the neck area, intermittent stiffness, heaviness in the occipital region with occasional vertigo, intermittent pain radiating to the shoulder area, and generalized weakness that had persisted for three to four months.



## 2.1.2. Surgical History

No surgical history and no history of trauma and past illness.


## 2.1.3. Personal History

- Diet - Mix
- Appetite - Normal
- Micturition - Normal
- Bowel - Normal
- Sleep – Normal

## 2.1.4. On Examination, Range of Motion of Neck

- Flexion - Painful
- Extension - Painful

## 2.2. Investigation


**Himalayan  
DIAGNOSTICS**

PT. NAME :		AGE/SEX :	37 Y/M
REF. BY :	DR. RAJESH MESHAM (MD, PHD)	DATE :	2

MRI CERVICAL SPINE

**Findings:-**

- Cervical lordosis is maintained. Alignment of vertebra is normal.
- No significant disc osteophytes formation seen.
- At C5-C6 level, diffuse disc bulge with mild central disc protrusion is seen causing thecal sac narrowing without compression of exiting nerve roots / canal stenosis. No evidence of spinal cord compression/altered signals is noted.
- Spinal cord shows normal caliber and signal intensity.
- No intradural or extradural mass is seen. No abnormal paravertebral soft tissue is seen.
- Visualized posterior fossa shows no significant abnormality.
- Intervertebral disc height is normal.
- Vertebral bodies are showing normal shape and signal intensity.
- No evidence of significant abnormality in paraspinal soft tissue.

**OPINION:- The MR study of cervical spine reveals:**

- At C5-C6 level, diffuse disc bulge with mild central disc protrusion causing thecal sac narrowing without compression of exiting nerve roots / canal stenosis. No evidence of spinal cord compression/altered signals is noted.
- Spinal cord shows normal caliber and signal intensity.

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It is a professional opinion, not valid for medico legal purpose.

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**Figure 1.** Investigation Report

The cervical sac narrows without compressing the outgoing nerve roots due to a widespread disc bulge and modest central disc protrusion detected in the C5–C6 level of the MRI. The spinal cord is calibre normal.

**2.2.1. Treatment Regimen**

- Yograj Guggul 500mg BD
- Dashmoola Kwath 20 ml BD
- Supushti Churna yoga 5gm BD with milk
- In panchakarma
- Greevabasti with Mahanarayan Taila for 21 days
- Sthanik Abhyanga Swedana

**2.2.2. Assessment Criteria****2.2.2.1. VAS Scale****Table 1.** VAS Scale.

Before Treatment	After Treatment
40	20

**2.2.2.2. Range of Motion of Cervical Region****Table 2.** Range of Motion of Cervical Region.

Range of Movement	Before Treatment	After Treatment
Flexion	25	35
Extension	35	50
Lateral flexion(Lt)	25	35
Lateral flexion(Rt)	20	40
Lateral rotation (Lt)	25	45
Lateral rotation(Rt)	30	40

**3. Results and Discussion****3.1. Results**

Patient got symptomatic relief. Vas score value also changes from 40 to 20 and change in range of motion which is a good sign for the patient.

**3.2. Discussion**

According to Ayurveda Vata is the main factor for this disease and symptoms related to this are described in Vatavyadhi Chikitsa.

The process of Bahyasnehana and Swedana is called Greevabasti. Warm oil increases blood supply to the cervical area while reducing irritation. Additionally, Mahanaryan Taila is employed in this procedure, which is suggested in several Vatavyadhis<sup>3</sup> and strengthens the soft tissues in the area.

Yograj Guggul is very effective in Vatavyadhi. It increases the Agni and Bala<sup>4</sup>.

Dashmoola Kwath having anti-inflammatory and analgesic properties<sup>5</sup>.

The primary ingredients of Supushti Yog Churna are Shatavari and Ashwagandha, the former of which is an immunomodulator<sup>6</sup> and beneficial for all forms of Dhatukashya. Shatavari enhances health and muscular strength<sup>7</sup>.

Each medicine having particular role in alleviating the symptoms of the disease.

#### 4. Conclusion

Cervical spondylosis is very common issue in daily routine practices. Patient came in the hospital with different pattern and lots of them took allopathic treatment and also having their side effects. It's our duty to give proper guidance to them and describe about the progression of disease. In Ayurveda different treatment modalities are available for the patient like dietary modification, yoga therapy, shamana drugs and panchakarma therapy. We should focus in finding a better treatment plan for the society.

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