

Effects of Nasya Karma on Cervical Spondylosis

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Abstract :

In today's busy scenario people hardly care about their life style and invite many health problems unknowingly. Cervical Spondylosis is a very familiar disease in today's fast lifestyle and usually hampers their day to day routine activity of the patient. It is a chronic degenerative disorder of cervical spine which is mainly age related and caused by wear and tear of the cartilages and bones of cervical spine, which affects the vertebral bodies and intervertebral disk of the neck as well as the contents of the spinal canal. Cervical Spondylosis is one of the most common degenerative, neurological conditions of the cervical spine by which a major part of population is affected. In today's mobile era, for higher achievements and ambitions, man is moving faster to Mars life and is more prone to degenerative disorders. Apart from age, other risk factors for cervical Spondylosis include occupations that may cause more stress on neck, certain neck injuries, incorrect posture while sitting or walking, smoking, sedentary lifestyle and genetic factors.

Keywords : Cervical spondylosis, Manayastambha, Nasya

Introduction :

Cervical Spondylosis is a common degenerative condition of the Cervical spine that most likely is caused by age-related changes

in the inter-vertebral discs. Cervical Spondylosis is defined by the degenerative changes of the spine at the level of the neck, creating pressure on nerves and spinal cord at the level of the neck. It is natural aging phenomenon because it usually occurs in people of age 50 or older. Cervical Spondylosis may be caused by faulty sleeping habits, sudden jerks to neck, severe stress and anxiety, and related to occupational hazards as in computer professionals or call center workers, additional load on the neck are some of the etiological factors. Clinical symptoms Cervical Spondylosis compare with Manyastambha. Manyastambha is type of Vataja Nanatmaja Vyadhi. In Manyastambha Vata is vitiated by either Avarana or Dhatu Kshaya which is covered by Kapha or other Dosha Combination and leads to Manyastambha.

Aim & Objective :

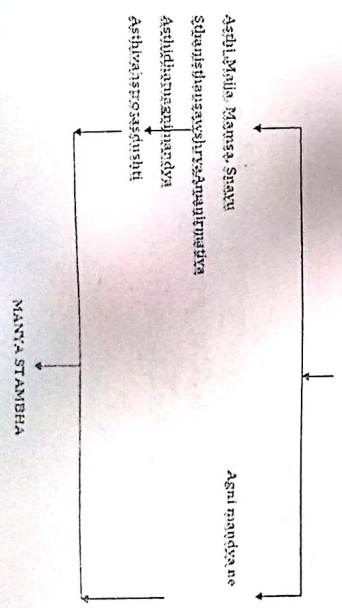
To study the efficacy of Nasya Karma in Cervical spondylosis.

Material & Methods :

- Karpasasthyadi tail.
- Hot water pot
- Cotton swab
- Anu Taila Dashmulakwath
- Towel
- Kidney tray / Spitting vessel

Samprapti of Manya Stambha :

Vata, Kapha, Prakupit Aahar Vihar



Investigations :

- Complete Blood Count
- Urine investigation
- Lever Function test
- Blood Sugar Level
- Renal Function test
- X-ray spine

Clinical Assessment :**1) Subjective Criteria**

- Pain
- Giddiness
- Headache
- Stiffness
- Numbness
- Tingling Sensation

2) Objective criteria

- Range of movement
- Neck disability index
- Visual analog scale

Nasya Karma :**Purva Karma**

- ❖ Local abhyanga
Face and neck of the patient were anointed with lukewarm vishgarbha tail.
- ❖ MriduSweda with dashmulakwath.
- ❖ Position of the patient - Supine position by bending the head for about 45Degree down position

Pradhan Karma :

Administration of medicine Lukewarm oil was poured with instrument Vishgarbha tail in each nostril one by one by closing the other nostril and patient was asked to sniff the medicine so that it reaches deep inside the nose.

Duration :

7 days - Anutaila for first 3 days
And next 4 Day Karpasasthyadi tail.

Dose : 6 Drops (1 drops = 0.05ml) in each nostril

Pashchat Karma :

The patient was asked to spit out medicine that reaches the throat in beside kidney tray. Kavala with lukewarm water wad advised just after the procedure.
Follow up - After 7 days .

Observation :

To 30 yr or Above age of patient given treatment, relief in numbness, stiffness, pain, giddiness, tingling sensation and headache.

The range of movements were also improved Relief in neck flexion and lateral rotation was 90% improvement and extension was 70% improvement

Discussion :

Mod of action on Nasya Karma
According to Madhav Nidan

- 1) Abhyanga and NadiSweda these two procedures mainly help in reduction of Pain And stiffness.
- 2) Snehanand Swedan both are effective Management in Vata vitiated condition And Anulomgati to masaga.
- 3) The Medicatet oil used in Nourishment of the Degenerative Tissues, Thus Working On the pathology of the disease.

According to Vrudda Vagbhata

- 1) Drug administered through nose to shira
- 2) The Shringatakamarna of head then siras by going nose, Eyes kantha and shrotra .

- 3) Drug works on vata and kaphadoshas Than Doshasspreadly out by Urdhwajatuga Marga .

Probable Mode of Action of Nasya

- 1) Druge is given NasikaMarga .
- 2) Than, circulation started Nasal Venous Blood .
- 3) TherbyPuss in Facial Vein And Ophthelmic Vein .
- 4) Communicates With Lowered Position due to gravity.
- 5) Druge principle gets absorbed And controls Neurological And circulatory Functions .

Conclusion :

Cervical spondylosis is a degenerative disease of spine causing pain, stiffness and associated radiculopathy affecting the quality of life of the patient .The panchakarma procedures like – local Abhyang , NadiSwedan ,and Nasya Karma along with Shaman Awshadi can help in the successful management of cervical spondylosis.

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