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Effective management of *Vishwachi* by *Uttarabhaktika Nasya* w.s.r. to Cervical Spondylosis - A Single Case Study

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ABSTRACT

Nasya is one among the *Panchakarma* which is mainly indicated in the *Urdhvajatrugata Vyadhi*. *Vishwachi* is a condition explained under the *Vatavyadhi*. The prevalence of cervical spondylosis was 13.76%. In this case the efficacy of *Dashamoola Bala Masha Yamaka Uttarabhaktika Nasya* in the dose of 8 *Bindu* in each nostril for 7 days has shown significant result. **Materials and Methods:** A 49yr old female patient with N/K/H/O DM & HTN, C/O loss of strength and radiating pain in Rt. upper limb and with restricted movements of neck since 6 months has been treated with *Nasya Karma*. **Results:** After the treatment patient had marked relief from pain and improvement was seen in range of movements. **Discussion:** In contemporary science it can be correlated to cervical spondylosis, a degenerative condition of the cervical spine. In treatment, administration of muscle relaxants, NSAID and corticosteroids etc. gives temporary relief from pain but at the end last option left is surgery, which has several complications and may even cause permanent disability. *Acharya Yogaratnakara* and *Chakradatta* specially mentioned *Uttarabhaktika Nasya* given after evening food in *Vishwachi* is very beneficial. **Conclusion:** *Dashamoola Bala Masha Yamaka* is the drug of choice in *Vishwachi* which has been explained by *Acharya Chakradatta* and *Yogaratanakara*, in the form of *Uttarabhaktika Nasya*, which is not widely followed. Hence, an attempt is made to understand the clinical efficacy of the same. Hence, *Dashamoola Bala Masha Yamaka Uttarabhaktika Nasya* is effective in *Vishwachi*.

Key words: *Uttarabhaktika Nasya*, *Dashamoola Bala Masha Yamaka*, *Vishwachi*, *Cervical spondylosis*.

INTRODUCTION

The suffering of the whole mankind with one or other ailment is due to improper adaptations in life style to the environmental and social order. Due to highly workaholic, target oriented and fast life style people are not able to attend the basic mental and physical healthy habits. The irregular and the non-healthy food

habits, suppression of natural urges, improper sleep associated with the stressful atmosphere from working station to home, has become the part of the life. Due to which, society has become more vulnerable for vast variety of physical and mental ailments.

Among these, the musculoskeletal and neurological conditions are common in the people who are indulging continuously and excessively in activities like travelling, household work, office job, professionals; who sit in front of the computers for hours together. These etiological factors result in varieties of *Vata Vyadhi*. Amongst these groups of people, *Vishwachi* is the common most condition with signs and symptoms of *Cheshtahani* and *Karmakshaya* of *Bahu* due to the affliction of *Khandara* of *Hastatala*, *Bahuprishtha* and *Anguli*.^[2] In contemporary science it can be correlated to cervical spondylosis, a degenerative condition of the cervical spine.^[3]

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The prevalence of cervical spondylosis was 13.76%, although it differs significantly among the urban, suburban, and rural populations (13.07%, 15.97%, and 12.25%) respectively.^[4] In Contemporary system of medicine, administration of muscle relaxants, NSAIDs, corticosteroids, etc., gives temporary relief from pain. At the end, the last option left is surgery, which has several complications and may even cause permanent disability.

Acharyas have mentioned *Nasya Karma* as the prime treatment modality in the management of *Urdhwajatrogata Rogas*. As “nose is the door to the head” so, *Nasya Karma* helps in relieving almost all diseases of the head and neck easily and also imparts strength to the *Skandha, Greeva, Mukha* and *Vaksha Pradesha*. The *Brimhana Nasya* is told for the treatment of *Urdhwajatrugata Rogas* like *Manyagata, Bahugata* and *Amsagata Roga*. *Vishwachi* is one amongst the *Urdhwajaturugata Vata Vikara* is also treated with *Sneha Nasya*. *Uttarabhaktika Nasya*^[5] is explained in our classics by *Chakradatta* and *Yogaratanakara* in the context of *Vishwachi* in *Vatavyadhichikitsa Adhyaya*, which is not widely followed. Hence, an attempt is made to understand its clinical efficacy.

CASE REPORT

The present case is about Ayurvedic management *Vishwachi*, considered as cervical spondylosis. A 49-year-old female suffering from *Vishwachi* reported to *Panchakarma* outpatient department (OPD) of SJIIM hospital, Bengaluru and got admitted on 03/07/2019 (IPD No - 1825, OPD No - 30162) with chief complaints

- Radiating pain from the nape of the neck to right upper limb and reduced strength in the right upper limb since 1 year

Associated complaints

Associated with lethargy, reduced appetite, sleep disturbance since 6months.

Table 1: Showing personal history of the patient

Name- XYZ	Bala - Madhyama
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Age - 49 years	Sleep - Disturbed
Sex - Female	Addiction - None
Marital status - Married	Bowel habit - Regular
Occupation - House maker	Appetite - Reduced
Weight - 60kg	Diet - Mixed

History of Present Illness

Patient was said to be apparently healthy 1 year before, then she developed pain first at the nape of the neck which gradually got radiating to the Rt Interphalangeal joints, forearm and arm. The disease was said to be progressive in nature later got associated with weakness of Rt upper limb, stiffness in the neck movements, disturbed sleep and generalized weakness in the body. For all these complaints she consulted many hospitals and treated with NSAIDs and muscle relaxants, from which she found relief for time being. On stopping medications the condition got aggravated. Gradually the intensity of disease increased and affected her daily routine activities. So she got admitted in SJIIM hospital, Bengaluru for further management.

- History of past illness: No H/O thyroid disease/HTN/ DM
- Family history: All the other family members are said to be healthy.
- Menstrual history: Had her menopause 1year back , G3 P3 A0 D0 L3

Examination

General Examination

Vitals

BP - 110/70 mm of Hg

RR - 18/min

PR - 74/min

Temp - 38.5 degrees cent.

Pallor/Icterus/Cyanosis/Lymphadenopathy/Clubing - Absent

Systemic

CVS- S1, S2 heard

Resp- B/L symmetrical NVBS

P/A - soft and non tender

CNS Examination

Higher mental functions - Intact

cranial nerve examination- normal

Sensory examination: Normal**Motor examination****Table 2: Showing motor system examination**

Motor System	Right upper limb	Left upper limb
Tone	Normotonic	Normotonic
Power	5/5	5/5
Bulk	B/L equal	B/L equal
Reflex		
Triceps	++	++
Biceps	++	+

Musculoskeletal examination**Table 3: Showing Musculo-skeletal system examination**

Joints	Bilateral Upper limb	
Examination	Right upper Limb	Left upper limb
Range of movements	Painful	Normal
Radiating Pain	Present	Absent
Cervical joint		
Swelling	Absent	
Redness	Absent	
Temperature	Warmth	

Range of movements	Painful and restricted
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Clinical Findings - Physical Examination**Ashta Vidha Pareeksha****Table 4: Showing Ashtha Vidha Pareeksha**

Nadi: Pittaja Nadi / 74/min	Shabdha: Prakrita
Mutra: 4-5/day	Sparsha: Eeshat Ushna Sparsha in the nape of the neck
Mala: Once/day, Prakrita	Druk: Prakrita
Jiwha: Lipta	Akriti: Madhyama

Dashavidha Pareeksha**Table 4: Showing Dashavidha Pareeksha**

Prakruti - Vata Pittaja	Sara - Madyama
Samhana - Madhyama	Satva - Madhyama
Saatmya - Shad Rasa Saatmya	Vyayama Shakti - Madhyama
Ahara Shakti Abhyavarana Shakti - Madyama Jarana Shakti - Madhyama	Vayah - 49yrs (Madhyama)
Pramana - Madhyama	

Samprapti Ghataka**Table 7: Showing Samprapti Ghataka of Vishwachi**

Dosha	Vata Pradhana Tridoshaja
Dushya	Mamsa, Asthi, Snayu, Sandhi And Kandara
Agni	Jataragni, Dhatwagni
Ama	Jataragni Janya, Dhatwagni Janya
Srotas	Asthivaha And Majjavaha
Srotodushti Prakara	Sanga

Udhhava Sthana	Amashayaotatha
Vyakta Sthana	Kandara and Snayu of Bahu, Hastatala and Anguli
Marga	Madhyam
Sadhyaasadyata	Sadhya

Treatment Schedule

Patient got admitted on 03/07/2019, initially she was given, *Hingwashtaka Churna* internally and *Rooksha Pinda Sweda* to cervical region for 3 days, followed by *Sthanika Abhyanga* with *Ksheerabala Taila* followed by *Bashpa Sweda* and *Nasya* with *Dashamoola Bala Masha Yamaka* in the evening time at 4pm after food for 7 days has been given. During the treatment and follow up the patient was completely on cessation of Coffee and tea. Throughout the treatment as a part of *Pathya* the patient was advised to avoid spicy, oily, salty and heavy food. Along with this she was instructed to stay in warm room, not to expose to the sun and cold breeze directly.

Table 5: Showing treatment schedule

Date	Medicine	Dose
4-6/7/2019	<i>Rooksha Pinda Sweda</i> to <i>Manya Pradesha</i> <i>Hingwashtaka Churna</i>	1/2tsp - 1/2tsp – 1/2tsp (B/F) with Food
7-13/7/2019	Nasya Karma Poorva Karma <i>Sthanika Abhyanga</i> to <i>Jatrurdhwa Pradesha</i> with <i>Ksheerabala Taila</i> followed by <i>Bashpa Sweda</i> Pradhana Karma <i>Nasya</i> with <i>Dashamoola Bala Masha Yamaka</i> after food in the evening at 4pm Pashchat Karma <i>Dhoomapana</i> with <i>Haridra Varti</i> and <i>Kavala</i> with <i>Ushna Jala</i>	For 7 days For 7 days 8 Bindu in each nostril For 7 days

7-14/7/2019	<i>Draksharishtha</i> <i>Ekanga Veera Rasa</i> <i>Trayodashanga Guggulu</i>	15ml - 0 - 15ml (A/F) (<i>Ushna Jala Anupana</i>) 1 - 1 - 1 (A/F) (<i>Ushna Jala Anupana</i>) 2 - 2 - 2 (A/F) (<i>Ushna Jala Anupana</i>)
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RESULTS

Table 6: Showing the results

SN	Symptoms	Before Treatment	After Treatment
1.	Radiating pain from the nape of the neck	Present	Absent
2.	Tenderness in the nape of the neck	Present	Absent
3.	Reflexes in right upper limb	Sluggish	Normal reflexes
4.	Appetite	Reduced	Improved
5.	Generalized weakness	Present	Absent

DISCUSSION

The disease *Vishwachi* is a *Vatavyadhi* and one among the 80 *Nanatmaja Vikara* of *Vatadosha*. The *Lakshana's* of *Vishwachi* includes impairment in the *Karmakshaya* and *Karmahani* of *Baahu* which includes impairment in the function such as *Utkshepana* and *Apakshepana* of *Baahu*. *Dalhana* opines that *Vishwachi* resembles the *Gridhrasi* but difference between these two is *Vishwachi* occurs in the upper limb and *Gridhrasi* in the lower limbs.

Amongst *Panchakarma Nasya Karma* carries importance in the aspects of *Urdhwajatru Vikaras*. And we can directly find the indication of the *Nasya Karma* in the disease *Vishwachi* in our classics both in *Brihat Trayees* and *Laghu Trayees*. There are certain

references which gives the idea behind the relevance of *Nasya Karma* in *Vishwachi* (cervical spondylosis) as '*Greeva Skandorasam Cha Bala Jananartham*'.

In the present case study initially *Rookshana Chikitsa* along with *Deeepana-Pachana* has adopted, because patient had symptoms of Stiffness and difficulty in neck movement which indeed indicates *Kaphadosha* association as *Avarana*. So, in order to remove localized *Avarana*, *Rooksha Pinda Sweda* has helped because of its properties.

Brimhana and *Tarpana* qualities of *Marsha Nasya* are helpful in managing degenerative condition caused due to *Vatadosha*, as *Dashamoola Bala Masha Yamaka*^[6] is *Snigdha* and *Brimhana* in nature so, it is the drug of the choice in the present case. *Dashamoola Bala Masha Yamaka* as name itself says *Yamaka* means having two *Snehas* i.e., *Ghritha* and *Taila* in the preparation is best in tackling *Vata Dosha*. *Acharaya Charaka* in *Sutrasthana Snehadyaya* has told that *Yamaka Sneha* is best in *Vatavyadhi* and *Vangasena* also mentioned that *Yamaka* means formulation having both *Ghritha* and *Taila*.^[7] So, *Marsha Nasya* with *Dashamoola Bala Masha Yamaka* has helped here to treat the *Vishwachi* in present case.

Why Uttarabhaktika Nasya

Administration of *Nasya Karma* after food in the evening time with the *Dashamoola Bala Masha* is done in the present study, as evening time^[8] is considered as the *Vata Kala* and *Vishwachi* is being a *Vatavyadhi* so, it helped to tackle the condition very effectively.

- *Uttarabhaktika Nasya* is mainly explained by the *Acharya Yogaratnakara*, *Chakradatta* and in the context of *Vishwachi* in *Vatavyadhi Chikitsadhyaya*.
- *Acharya Vagbhata* has also explained about the administration of evening time *Nasya Dravya* in *Vataja* conditions in *Nasyavidhimadhyayam* of *Sutrasthana*.

CONCLUSION

Vishwachi is mainly *Shoola Pradhana Vata Vyadhi* which is commonly associated with the *Karmakshaya*

of *Bahu*. Cervical Spondylosis is a degenerative condition of the cervical spine, which affects the old age and middle age. Based on the age factor *Dhatu Kshaya* is a prominent feature involved in the manifestation of the disease. As it is a *Vata* dominated *Urdhwajatrugata Vikara* the *Chikitsa* included is *Snehana* and *Swedana* followed by *Nasyakarma*. Hence, *Brimhana* type of *Uttarabhaktika Nasya Karma* has given better result in the present study.

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