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Role of Ayurveda medicine in the management of *Vishwachi Roga vis-a-vis Cervical Spondylosis*

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ABSTRACT

Vishwachi is purely *Vataja Nanatmaja Vyadhi* explained in classical treatises. It can be correlated to Cervical spondylosis. Clinical features of Cervical spondylosis are pain and stiffness in neck region, pain in upper extremities and wasting of muscles in upper extremities. X - ray findings are decreased joint space between cervical vertebrae, subchondrial sclerosis, osteophytosis and loss of cervical curvature. The disease is usually persisting for longer time. *Ayurveda* medicines are beneficial in this disease. Avoidance of causation factors (*Nidana Parivarjana*). Use of *Vyadhi Pratyhanika Aushadhas*, *Rasayana* treatment, *Panchakarma* therapy, *Pathapathya Prayoga*, *Yoga* and *Pranayama* and diet therapy are advised in the management of this disease. Frequent weight lifting and heavy exercise should be avoided during treatment. Use of *Vatahara*, *Vedana Sthapaka*, *Balya*, *Brimhana*, *Rasayana*, *Snehana*, *Poshaka*, *Swedana*, nutritive, calcium supplementation, *Mridu Virechana* drugs are done in the management of cervical spondylosis. In this review, the role of *Ayurveda* medicine in the management *Vishwachi Roga vis a vis Cervical spondylosis* is discussed.

Key words: *Vishwachi Roga*, *Rasayana*, nutritive, cervical spondylosis.

INTRODUCTION

Cervical spondylosis is seen commonly in the Indian population. Osteoarthritic changes are seen in cervical vertebrae, pain, and stiffness are seen in the back of the neck, and pain in the upper extremities are common symptoms of this disease. Muscles of the upper extremities of the affected side get emaciated because of nerve degeneration. Non nourishing diet, hormonal imbalance, and the aging process are the

main causative factors of this disease. X-ray study and MRI of the cervical region play an important role in the diagnosis. *Ayurvedic* management includes administration of formulations having the ingredients with actions like *Vatahara*, *Vedana Sthapaka*, *Mridu Virechana*, *Malavatanulomana*, anti-inflammatory, *Poshaka*, nutritive, *Balya*, *Brimhana*, *Nadibalya* and nervine tonic actions. *Vishwachi* is *Vataja Nanatmaja Vyadhi*, can be correlated with Cervical spondylosis.

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AIM AND OBJECTIVES

To study the role of Ayurveda medicine in the management of *Vishwachi Roga vis-a-vis Cervical spondylosis*.

METHODOLOGY

Relevant subject matters are compiled from *Samhitas*, *Sangraha Granthas*, research monographs, journals and the internet and personal experience.

Single drugs used in cervical spondylosis

1) *Guggulu (Commiphora mukul)*^[1]

- 2) *Vishatinduka (Strychnos nuxvomica)*
- 3) *Shallaki (Boswellia serrata)*
- 4) *Ashwagandha (Withania somnifera)*^[2]
- 5) *Lashuna (Aleum sativum)*
- 6) *Bala (Sida cordifolia)*
- 7) *Gandha Prasarini (Pedaria foetida)*
- 8) *Nirgundi (Vitex negundo)*
- 9) *Panchakola*
- 10) *Chitraka (Plumago zelenica)*
- 11) *Eranda (Ricinus communis)*
- 12) *Rasna (Pluchea lanceolata)*
- 13) *Arka (Calotropis procera)*
- 14) *Drona Pushpi (Leucas aspera)*
- 15) *Shatavari (Asperagus rasamosus)*
- 16) *Godanthi*
- 17) *Kapardika*
- 18) *Pravala*
- 19) *Mukta*
- 20) *Shukti*

Formulations

- 1) *Yogaraja Guggulu*
- 2) *Maha Yogaraja Guggulu*
- 3) *Amritadi Guggulu*
- 4) *Shadanga Guggulu*
- 5) *Trayodashanga Guggulu*
- 6) *Visha Mushti Vati*
- 7) *Navajivana Rasa*
- 8) *Ganalha Prasarini Taila*
- 9) *Vishnu Chakra Vati (Karrup)*
- 10) *Maha Narayana Taila*
- 11) *Maha Masha Taila*
- 12) *Dhanvantara Taila*

- 13) *Prabhanjana Vimardana Taila*
- 14) *Bala Taila*
- 15) *Karpasasthyadi Taila*
- 16) *Kottamchukkadi Taila*
- 17) *Kshira Bala Taila*
- 18) *Balarishta*
- 19) *Ashwagandharishta*
- 20) *Vishagarbha Taila*
- 21) *Mahavishagarbha Taila*
- 22) *Nirgundi Taila*
- 23) *Panchaguna Taila*

Actions

- 1) *Vatahara*
- 2) *Vedana Sthapana*
- 3) *Mridu Virechana*
- 4) *Mala Vatanulomana*
- 5) *Anti inflammatory*
- 6) *Analgesic*
- 7) *Immunomodulator*
- 8) *Rasayana*
- 9) *Poshaka*
- 10) *Astivardhaka*
- 11) *Nutritive*
- 12) *Calcium supplement*
- 13) *Sudha Vargiya*
- 14) *Balya*
- 15) *Brimhana*
- 16) *Nadibalya*
- 17) *Nervine Tonic*
- 18) *Snehana*
- 19) *Swedana*

Vatahara

- 1) *Kshira Bala Taila*
- 2) *Ashwagandharista*
- 3) *Balarishta*
- 4) *Maha Narayana Taila*

Vedana Sthapana

- 1) *Yogaraja Guggulu*
- 2) *Kaishora Guggulu*
- 3) *Shallaki Tablets*
- 4) *Gandha Prasarini Taila*

Mridu Virechana

- 1) *Triphala Tablets*
- 2) *Shatsakara Choorna*
- 3) *Trivrit Leha*
- 4) *Avipattikara Choorna*

Malavatanulomana

- 1) *Trivrit Leha*
- 2) *Triphala Kwatha*
- 3) *Haritaki Tablets*
- 4) *Aragwadha Kashaya*

Anti-inflammatory

- 1) *Chitraka Haritaki Leha*
- 2) *Nirgundi Patra Choorna*
- 3) *Shallaki Tablets*
- 4) *Rasnadi Guggulu*

Analgesic

- 1) *Trayodashanga Guggulu*
- 2) *Rasnadi Guggulu*
- 3) *Shadanga Guggulu*

Immunomodulator

- 1) *Guduchi Kwatha*
- 2) *Ashwagandha Choorna*

- 3) *Ashwagandhavaleha*

Rasayana

- 1) *Goksheera*
- 2) *Ashwagandhavaleha*
- 3) *Aja Mamsa*
- 4) *Shatavari Capsules*

Poshaka

- 1) *Ksheera Bala Taila*
- 2) *Mamsa Rasa*
- 3) *Godughdha*

Asthivardhaka

- 1) *Kukkutanda Twak Bhasma*
- 2) *Mrigashruna Bhasma*
- 3) *Godanti Bhasma*
- 4) *Pravala Bhasma*

Nutritive

- 1) *Ashwagandhavaleha*
- 2) *Kooshmandavaleha*
- 3) *Ajamamsa Rasayana*
- 4) *Mamsa Rasa*

Calcium supplement

- 1) *Pravala Bhasma*
- 2) *Mukta Bhasma*
- 3) *Pravala Pishti*
- 4) *Mukta Pishti*

Sudha Vargiya

- 1) *Godanti Bhasma*
- 2) *Varatika Bhasma*
- 3) *Choornodaka*

Balya

- 1) *Mamsa Rasa*
- 2) *Mahisha Drava*

3) *Aja Mamsa Rasayana***Brimhana**

- 1) *Goksheera*
- 2) *Kushmandavaleha*

Nadi Balya

- 1) *Visha Tinduka Vati*
- 2) *Nava Jivana Rasa*
- 3) *Ksheera*

Nervine tonic

- 1) *Ksheera*
- 2) *Visha Mushti Vati*
- 3) *Brihat Vata Chinta Mani*

Snehana

- 1) *Ksheera Bala Taila*
- 2) *Maha Narayana Taila*
- 3) *Bala Taila*
- 4) *Brihad Saindhavadi Taila*

Swedana

- 1) *Griva Basti*
- 2) *Nadi Sweda*
- 3) *Sarvanga Sweda*

Pathyas

- 1) *Shashtika Shali Anna, Mudga*
- 2) *Ksheera*
- 3) *Balya, Brimhana, Ahara*
- 4) *Mamsa Matsya*
- 5) *Adequate rest*
- 6) *Poshaka Ahara*
- 7) *Vatahara Ahara Vihara*
- 8) *Madhura Rasa, Snigdha Ahara*
- 9) *Snehana Swedana*

Apathyas

- 1) *Rooksha Laghu*, non nourishing diet
- 2) Excessive exercise
- 3) Weight lifting
- 4) *Ati Chankramana*
- 5) Travelling
- 6) *Vata Karaka Ahara Vihara*
- 7) *Kaphahara Ahara Vihara*

DISCUSSION

Cervical spondylosis is a degenerative joint disease where there is osteoarthritis seen in cervical vertebral joints. Due to non-nourishing diet, faulty lifestyle and endocrinal hormone derangement, the incidence cervical spondylosis has risen.^[4] Alteration in activities of testosterone and estrogen in the middle age, osteoporosis and osteoarthritis are common. Symptoms like pain in back of the neck, restriction of movement, pain in upper extremities and wasting of muscles are seen in this disease. As nerves are also involved due to nerve root compression, the disease usually become chronic. Ayurveda medicine has a positive role in the management of cervical spondylosis. However, prolonged treatment is necessary. *Panchakarma* therapies like *Griva Basti*, *Matra Basti*, *Nadisweda*, *Brimhana Nasya* and *Kashaya Bastis* are useful.^[5,6] Formulations for internal use have ingredients with actions like *Vedana Sthapana*, *Vatahara*, *Nadi Balya*, *Malavatanulomana* and *Rasayana* actions.^[7] Least adverse drug reactions are seen during *Ayurveda* treatment. Sometimes itching all over the body, constipation, echymosis and petechiae are seen during treatment.^[8]

CONCLUSION

Cervical spondylosis is a degenerative joint disease where osteoarthritis changes are seen in cervical spines. It persists for longer period and becomes chronic. *Ayurveda* medicines are *Rasayana*, *Vatahara* and *Vedana Sthapana*, hence effective. These medications along with *Panchakarma* procedures like *Griva Basti*, *Matra Basti*, *Brimhana Nasya*, *Nadi Sweda*

and *Kashaya Basti* are found effective. Usually, prolonged treatment is necessary. Most of the cases were completely relieved from signs and symptoms. There are least side effects during treatment.

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