



Clinical & Radiological Perspective of Snigdha & Ruksha principles in the management of Cervical Spondylosis - A Case Study

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Introduction: In contemporary society, neck pain affects both young and aged individuals, posing a significant problem and ranking as the second most common musculoskeletal disorder after low back pain. Cervical spondylosis, characterized by wear and tear on the soft structures and bones of the spine, is the medical term for neck pain in older individuals, although it can also impact younger people. This condition involves a broad spectrum of degenerative changes affecting all components of the cervical spine. This case study focuses on a 30-year-old male patient presenting with severe pain and restricted movement in the cervical region, with x-ray results showing complete straightening of the cervical spine.

Methods: The patient underwent Ruksha & Snigdha line of treatment, involving: Valuka Sweda and Matra Vasti (with Brhat Saindhavadi Taila) for 7 days. Gomutra Vaitarana Vasti for 5 days. Nasya with Prasarani Taila for 14 days, with an increasing dose of 2 drops every day till 36 drops. Greeva Vasti with Tila Taila for 7 days. Dasamula Kasaya Vasti and Anuvasana Vasti in Yoga Vasti pattern

Results: Following treatment, the patient experienced significant improvements, including: Pain reduction (90%), Stiffness alleviation (90%), Increased range of movement (95%). This case study also demonstrates clinical and radiological changes evident in x-ray images post-treatment.

Discussion: Initially as the patient was presented with Ama symptoms such as stiffness and pain, Ruksha Chikitsa in the form of Valuka Sweda and Vaitarana Vasti administered. Subsequently, Vatahara treatments such as Abhyanga, Nadi Sweda, and Nasya were employed to relieve aggravated Vata.

Keywords: Nasya, Panchakarma, Cervical spondylosis, Ayurveda, Manyasthambha, Case Report

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Introduction

Manyastambha, a clinically similar to cervical spondylosis, is classified among the *Vataja Nanatmaja Vyadhis* by *Acharya Charaka*. It manifests as stiffness or rigidity in the back of the neck, accompanied by impaired neck movements. Contributing factors include day sleep, improper postures while sitting or standing, excessive upward neck movements, overstretching and lifting heavy weights, all exacerbating *Vata* aggravation.[1]

Additionally, *Kapha* involvement occurs alongside *Vata* in *Manyastambha* with vitiated elements lodging in *Manyapradesha*, thereby involving *Kapha Dosh* in its pathophysiology. *Acharya Susruta* suggests *Vata-Slesma Hara* and *Vatahara* management for *Manyastambha*, with *Ruksha Sweda* being directly indicated as a treatment modality.[2]

Nasya and *Snigdha Chikitsa* are also mentioned as principles of therapy. Considering the views of both *Charaka* and *Susrutha*, a combination of *Ruksha* and *Snigdha* management approaches were undertaken in a patient of cervical spondylosis presenting *Manyastambha* symptoms.

Cervical spondylosis, also known as arthritis of the neck, is nearly ubiquitous in elderly individuals,[3] characterised by disc degeneration, osteophyte formation and osteoarthritis of the spinal apophyseal joints.

Symptoms commonly include neck pain and restricted movement, typified by *Ruk* (pain) and *Stambha* (stiffness) in the neck region, which are cardinal features of *Manyastambha*.

Case Study

Chief Complaints: A 30-year-old male patient with complaints of:

- Pain and stiffness in the back of the neck region
- Difficulty in movement of the neck for the past 6 months.

History of Present Illness: Patient was asymptomatic before 6 months. Suddenly he developed pain in the neck region with restricted movement of neck after heavy weight lifting. He took analgesics and muscle relaxants to get relief from restricted movement but he got very minimal improvement.

So, he came and got admitted in GAH, Erragadda, Hyderabad. The patient was diagnosed as *Manyastambha* based on his symptoms and treatment given according to *Ayurvedic* line of management of *Manyastambha*. His X-ray report illustrates that there is straightening of the cervical spine.

History of Past Illness: No history of hypertension (HTN) or diabetes mellitus (DM).

Personal history:

Body build	Moderate
Weight	56kg
Appetite	Normal
Bowel	Regular
Urine	Normal
Sleep	Sound
Addiction	No addiction

Physical examination:

On Examination	Patient was conscious, well oriented.
BP	124/80 mm of Hg
Pulse	76/min
Pallor	Present
Tongue	Coated
Icterus	Absent
Cyanosis	Absent
Clubbing	Absent
Oedema	Absent
Lymph node	Not palpable
JVP	Not raised

Investigations: X-ray of Cervical spine was done on 18th April 2023: revealed that straightening of Cervical spine due to muscle spasm along with tiny developing anterior and lateral marginal osteophytes.

Treatment protocol:

SN	Principle of treatment & Dosh	Treatment	Duration
1.	Ruksha - Kapha Hara	Valuka Sweda	7 days
2.	Ruksha - Kapha Hara	Matravasti with Saindhavadi Taila	7 days
3.	Ruksha - Kapha Hara	Gomutra Vaitarana Vasti	5 days
4.	Snigdha - Vata - Kapha Hara	Nasya	14 days
5.	Snigdha - Vatahara	Greeva Vasti	7 days
6.	Snigdha - Vata Hara	Yoga Vasti - Dasamoola Kasaya Vasti	3 days
7.	Snigdha - Vata Hara	Anuvasana Vasti with Sahacharadi and Prasarini Tailam	5 days

Results

Table 1: Showing Range of Movement of cervical spine

SN	ROM	Before Treatment	After Treatment
1.	Flexion	20°	55°
2.	Extension	30°	60°
3.	Lateral flexion	20°	40°
4.	Rotation	30°	70°

Table 2: Showing Before and after treatment VAS Score of cervical Spine

SN	BT	AT
1.	6	0

Figure 1: Showing X-ray of Cervical spine before and After Treatment



Before Treatment



After Treatment

Discussion

Management of *Manyastambha* includes both *Kapha* and *Vata Hara* principles. The same is taken up as *Ruksha* and *Snigdha Chikitsa* and treatment was planned accordingly. *Valuka Sweda* is a *Ruksha Sweda*. It can be done in whole body or locally on a specific part. It helps to relief pain and stiffness. *Sweda* is said to be the best form of treatment in expelling morbid *Vata Kapha* and destroying the diseases manifested due to morbid *Vata Kapha*.^[4]

Matra Vasti with *Prasarini Tailam* helps to relieve pain and stiffness by its *Kapha-Vata Hara* properties. *Prasarini Tailam* contains ingredient likes *Prasarini, Tila Tailam, Dadhi, Kanjika, Ksheera, Madhuka, Pippalimoola, Chitraka, Vacha, Devadaru, Rasna, Gajapippali, Bhallataka, Satapuspa, Mamsi, Saindhava Lavana*^[5] etc.

Due to its *Sukshma* and *Tikshna* properties of *Saindhava Lavana*, it helps to pass the drug molecule in systemic circulation through mucosa. Thus, it helps *Vasti Dravya* to reach up to the molecular level. It is also helpful for the elimination of waste due to its irritant Properties.^[6] *Guda* helps in the drugs to carry up to micro-cellular level. *Tila Taila* is guru, promotes stability, strength and complexion and pacifies *Vata Kapha Doshas, Deepana, Pachana*^[7] etc. *Deepana* and *Pachana* properties help to relieve the *Ama Dosh* or *Kapha Avarana*. It helps in stabilising the *Mamsa Dhatu* as a result reduces the stiffness of Muscle also; it helps to counter some of the irritating properties of both *Saindhava Lavana* and *Guda*. *Chincha* has properties like *Vata-Kapha Samaka, Ushna, Rukshya, Deepana*.^[8] *Rukshya* properties of *Chincha* help to counteract the *Ama*, which is the chief pathogenesis factor of many diseases. *Gomutra* is the chief ingredients, which is having *Katu Rasa, Katu Vipaka, Ushna Virya, Laghu, Ruksha, Tikshna Guna* helps to pacify the *Vata Kapha Dosh* and help to cure diseases cured by *Vata Dosh* and *Ama*.^[9] It has extra properties like *Tridoshas, Agni Dipana, Pachana, Srota Shodhana* and *Vatanulomana*. *Vaitarana Vasti* has properties like *Laghu, Rukshya, Ushna, Tikshna* and mainly having *Vata Kapha Hara* Properties.^[10] *Nasya* with *Prasarini Tailam*, which instilled medicine moves up the channels to the *Sringataka*, spreads all over the head, channels of eyes, ears and throat there by removing *Dosh*.^[11]

Thus cures the diseases affecting the *Urdhva Jatru*. [12] Dehydration of intervertebral discs causes neck stiffness. *Nasya* with a nourishing drug can induce some nourishment to tissues and helps to reduce stiffness and pain. *Brmhana Nasya* helps to reduce the dehydration and helps to cure degenerations.

Greeva Vasti is a type of local *Sweda*. *Greeva Vasti* helps to break the pathogenesis of *Manyasthamba*. *Tilatailam* helps to reduce the *Sita Guna* of *Vata* and *Kapha* which are the main aggravated *Doshas* in *Manyastambha*. *Greeva Vasti* may help to increase blood circulation to the affected area which helps to release toxins and reduce Inflammation.[13]

Long duration of contact enhances absorption of active principles helps in reducing pain and promotes strength of the muscles. Specific temperature, longer duration of contact surface and covering more contact surfaces are the factors making it more suitable to cure diseases.

Dasamoola Kasaya Vasti acts as *Sothahara*, *Tridosha Hara*, *Ama Pachana*, [14] *Vedanahara*, *Sthambahara* etc. Some other *Acharya* like *Vriddha Vagbhata* opined that *Vasti* is acting on 5 types of *Vayu* in chronological order like *Apana*, *Samana*, *Vyana*, *Udana*, *Prana*, later helps to maintenance of normalcy of *Pitta* and *Kapha* and lastly *Poshana* of *Sarvasharira*. [15]

ENS of the gut brain is an independent integrative system with structural and functional properties that are similar to those CNS. System biology also plays an important role in the mode of action of *Vasti*. *Vasti* also helps in detoxification of colon and whole body before the auto-intoxication process.

Anuvasana Vasti is absorbed through the diffusion process. In this procedure molecules move from an area of higher concentration to the lower concentration. When *Vasti Dravya* enters the colon, the ANS also often operates by means of Visceral reflexes.

The gut sends signals to the spinal cord, brainstem and hypothalamus and cerebral cortex. Which in turn does Parasympathetic stimulation. As long as the *Basti* is retained in the body Parasympathetic tone remains dominant and the body feels relaxed and resting. *Basti* increases the Parasympathetic tone which nullifies the effect of increased sympathetic tone and brings it in homeostatic condition. [16]

Conclusion

Implementation of both *Ruksha* & *Snigdha* line of management is found to be more helpful for patients of *Manyastabha*, as they present with both *Kapha / Ama* and *Vata* symptomatology. In the present case, the patient got very good improvement in a short time due to the intervention which helped to relieve both his stiffness and pain. There is a radiological improvement which was visible in the form of normal lordotic position of cervical spine from loss of lordosis within a very limited time period 1 and ½ month along with symptomatic improvement. This case report represents efficacy of *Ruksha* and *Snigdha* line of management of *Manyasthamba* with its clinical and radiological aspects.

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