

## CLINICAL STUDY TO EVALUATE THE EFFECT OF *MASHBALADI PACHANA KASHAYA NASYA* IN CERVICAL SPONDYLOSIS

Dr. Shikha Pandeyv<sup>1\*</sup>, Dr. Kartikey Tyagi<sup>1</sup> and Dr. Alok Kumar Srivastava<sup>2</sup>

<sup>1</sup>Assistant Professor, Department of Panchkarma, Uttrakhand Ayurveda University, Harrawala.

<sup>2</sup>Professor, Department of Panchkarma, Rishikul Campus, Haridwar.

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### \*Corresponding Author

**Dr. Shikha Pandeyv**

Assistant Professor,  
Department of Panchkarma,  
Uttrakhand Ayurveda  
University, Harrawala.

### ABSTRACT

Cervical Spondylosis is a common cause of chronic Neck pain. The term spondylosis refers to degenerative osteoarthritis of the joints between the cervical vertebrae. When the space between the two adjacent vertebrae narrows, the compression of a nerve root emerging from the spinal cord may result in sensory and motor disturbance such as severe pain in the neck, back, shoulder, legs and arms depends on the area where it is affected. The patients may experience shock in the hands or legs. The nerve compression leads to decrease in blood circulation in the affected area. Due to the faulty life style of people this has become a major cause of hampering peace.so the present study has been done focusing on this emerging issue. In which *Mashbaladi*

*Pachan Kashaya Nasya* was selected for the present study to see its effect on Cervical Spondylosis. 15 patients selected from the *Panchkarma* and *Kaya-Chikitsa* O.P.D. & were treated with *Maashbaladi Pachan Kashaya Nasya*. Assessment was done on the basis of chief complain & associated complain by applying appropriate statistical test. the intervention was found to be highly significant ( $p < 0.001$ ) in reducing pain, stiffness, and in restricted movement of neck as well as associated symptoms.

**KEYWORDS:** Cervical Spondylosis, Maashbaladi Pachana Kashaya 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.

With the emergence of computer technology in recent years, no doubt it resulted in huge development, but this comes with a price. Stress and long working hours in front of computers can lead to Cervical pain as well as pathological abnormalities.

Cervical Spondylosis is defined by the degenerative changes of the spine at the neck, creating pressure on nerves and spinal cord at the level of the neck. It is usually considered by many to be a natural aging phenomenon because it usually occurs in people of age 50 or older.<sup>[1]</sup> It develops as a result of the wear and tear of the cartilage and bones of the cervical spine. While it is largely due to age, it can be caused by other factors as well. Alternative names for it include cervical osteoarthritis and neck arthritis. Studies show that people can develop Cervical Spondylosis by sitting in front of the computer screen for extended period of time, tilting the neck forward, head down or with a posture leaning forward.

The commonest cause for Cervical Spondylosis or such type of diseases is the degenerative changes effected in the Cervical region. *Ayurveda* though describes much of its pathological entities with reference to that of *Dosha* vitiation of *Vata & Avarana*, where in the root expression of the *Vata* vitiation is degeneration. Cervical Spondylosis as “*Manyastambha*”. Truly, the *Manyastambha* is one of the *Vatajananatmaja Vyadhi*.<sup>[2]</sup> In earlier stage its *vaat Kafaja* but as the disease proceed to the chronicity it becomes *vataja nanatmaja vyadhi* (disease referred to the *Siras* in the neck region). Even though *Manyastambha* is a condition pertaining to the veins<sup>[3]</sup> of the neck (*grevagata siras*) with its signs and symptoms resembles the Cervical Spondylosis *Vata* is vitiated either because of *Avarana* or *Dhatu kshaya*. When *Vata* covered by *Kapha* or *Dosha* accumulation makes *Manyastambha*. Even though *Manyastambha* is told as a *vataja nanatmaja Vata Vyadhi* *Kapha* *Dosha* associations are also inscribed in the *Samprapti*. This is because the *Vata* is vitiated and lodging in the *Kapha sthana* so the *Kapha* involvement can occur. When any disease is not treated properly at the initial stage it may lead to further deterioration. Such activity is happening even in *Manyastambha* too. At the initial stage of the disease the *Kapha Anubandhatwam* is acknowledged.<sup>[4]</sup>

When it become chronic, it becomes as a total *Vata* disorder, which is degenerative condition in nature. *Bhavaparakasha* and *Yogaratnakara* indicate *Rooksha Sweda* and *Nasya*.<sup>[5]</sup> *Bhaishajyaratnavali* and also *Chakradutta* indicate *Maashabaladi yoga Nasapanam*<sup>[6]</sup> (*Nasya*) in *Manyastambha*. *Mashabaladi yoga* even can be used as *pana* i.e. internal medication, which is the present research work topic also.

**MATERIAL AND METHODS****Objective**

-To evaluate the efficacy of *Mashbaladi pachan kashaya Nasya* in cervical spondylosis.

**Plan of study**

**(A). Details of procedure and methods used in the study:** Patients with clinical symptoms of Cervical Spondylosis was selected from the O.P.D. / I.P.D. department of *Panchkarma & Kaya-chikitsa*, Rishikul campus and Hospital, uttrakhand university, Dehradun. 15 patients were selected and administered with *Nasyakarma* by *Maashabaladi Pachan Kashaya Yoga*.

<b>Type of Study:</b>	<b>Open</b>
<b>Level of Study:</b>	O.P.D. & I.P.D. level.
<b>Period of Study:</b>	35 Days.

**a. inclusion criteria**

- i. Age: 20 to 70 yrs.
- ii. Clinical Features suggesting Cervical Spondylosis
- iii. X-ray examination.

**b. exclusion criteria**

- i. History of trauma to Cervical spine
- i. Patient with uncontrolled D.M
- ii. T.B Spine, CA Cervical Vertebra

**c. criteria for withdrawl**

- |                          |                             |
|--------------------------|-----------------------------|
| (1) Personal matters     | (3) Aggravation of symptoms |
| (2) Intercurrent illness | (4) Any other difficulties  |

**d. Criteria for examination and assessment**

Parameters were employed for assessment of the impact of the treatment produced in respective groups. sign and symptoms of Cervical Spondylosis was looked into for assessment.

- i. Pain in neck region
- ii. Restricted neck movement
- iii. Numbness in shoulders & arm
- iv. X-Ray suggestive of Cervical Spondylosis.

**Drug preparation**

*Mashbaladi Pachana Kashaya* was prepared in pharmacy of Rishikul campus as per mentioned in *chakradutta* (23/23).

- a) *Poorva Karma*: Local Snehana with *Saindhavadi Taila* and local *Nadi Sveda*.  
 b) *Pradhana Karma*: *Nasya* with *MashBaladi pachan kashaya* with the dose of 8 Bindu i.e. 5 ml in each nostril at for consecutive 7 days.  
 c) *Paschat karma*: *Dhoomapaana* with *Haridra Varti* and *Kavala* with *Ushnambu*.

**Assesment Criteria**

The improvement in the patients was assessed on the basis of relief in signs and symptoms of the disease. All the signs and symptoms were given scoring depending upon their severity to assess the effect.

<b>Criteria for Assessment</b>	
<b><i>Sign &amp; Symptoms</i></b>	<b><i>Score</i></b>
<b>1. Pain in Neck</b>	
No pain	<b>0</b>
Pain in neck mild aggravates with movement but no radiation	<b>1</b>
Severe pain aggravate with movement but no radiation to arm	<b>2</b>
Pain in neck with radiation	<b>3</b>
<b>2. Restricted Neck Movements</b>	
<b>A. Flexion</b>	
No restriction	<b>0</b>
Up to 2 cms difference b/w chin and intra clavicular line	<b>1</b>
2-4 cms difference b/w chin and intra clavicular line	<b>2</b>
more than 4 cms difference	<b>3</b>
<b>B. Extension</b>	
Normal i.e flexion to extension 130 °	<b>0</b>
Moving up to 120 °	<b>1</b>
Movement up to 110-120 °	<b>2</b>
Movement less than 110 °	<b>3</b>
<b>C. Lateral Rotation</b>	
Normal	<b>0</b>
Rotation with little difficulty	<b>1</b>
Rotation side to side	<b>2</b>
Rotation on one side only	<b>3</b>
<b>D. Lateral flexion</b>	
Normal	<b>0</b>
Up to 3 cms difference b/w ear and shoulder	<b>1</b>
3-5 cms difference	<b>2</b>
More than 5 cms	<b>3</b>
<b>3. Stiffness</b>	

no stiffness	0
stiffness requires no medication(mild)	1
Stiffness responded to medication (Moderate)	2
Stiffness, is not responded by medication (severe)	3
<b>4. Tingling Sensation</b>	
Not Present	0
Occasionally	1
Up to 1 hr	2
Up to 2 hr	3
More than 3 hr	4
<b>5. Headache</b>	
no headache	0
mild pain occasionally	1
once in a week	2
more than 5 times in a day	3
Daily headache	4
<b>6. Vertigo</b>	
No vertigo	0
Vertigo upto 1 hr	1
Vertigo upto 2 hr	2
Vertigo upto 3 hr	3
Vertigo more than 3 hr	4
<b>7. Radiological findings</b>	
Normal Cervical spssine	0
Early Cervical spine changes with slight reduced disc space	1
Cervical Spondylosis	2
Cervical Spondylosis with marked osteophytic changes and loss of curvature	3

### Criteria for the Assessment of the Total Effect of the Therapy

Total effect of the therapy was assessed considering overall and separately on every symptom and sign. After the treatment the total effect was recorded in following categories.

1. Complete remission – 100% relief in signs and symptoms.
2. Markedly improved – Patients showing improvement up to 50% to 99% in the signs and symptoms was taken as markedly improved.
3. Improved – Improvement below 50% up to 25% was taken as improved.
4. Unchanged – Less than 25% relief was considered as unchanged.

**RESULT****Table. 1: Effect of Therapy on Sign and Symptoms of 15 Patients.**

Symptoms	Mean Score		% Relief	Mean	S.D.±	S.E.±	't'	'P'
	B.T.	A.T.						
<b>Pain in neck</b>	2.47	1.33	48.64	1.20	0.56	0.14	8.29	<0.001
<b>Flexion of neck</b>	1.69	0.85	50	0.85	0.55	0.15	5.5	<0.001
<b>Extension of neck</b>	1.77	0.77	56.52	1.00	0.70	0.19	5.09	<0.001
<b>Lat rotation</b>	1.4	1	45	0.64	0.63	0.17	3.79	<0.001
<b>Stiffness</b>	1.43	0.86	45	0.64	0.63	0.17	3.79	<0.001
<b>Tingling sensation</b>	2	1	53.84	1.07	0.49	0.13	7.8	<0.001
<b>Headache</b>	3	1	50	1.33	0.48	0.12	10.58	<0.001
<b>Vertigo</b>	1.75	1.13	28	0.50	0.53	0.18	2.64	<0.01

- Relief in pain in neck 48.64 %,
- flexion of neck 50 %,
- extension of neck 56.52 %,
- lateral rotation 45% was observed,
- Relief observed in stiffness was 45 %,
- tingling sensation 53.84 %,
- headache 50 % and in vertigo 28% result was observed.

All these result were statistically highly significant ( $P < 0.001$ ) except.

**Table. 2: Over all response of therapy.**

Response	patient	%
Complete remission	0	0%
Markedly improved	10	66%
Improved	4	26%
No Response	1	8%

**DISCUSSION**

*Nasya* is the main line of treatment for *urdhva jatru gata vikara* as told by *Acharya vagabhatta* as nose is considered to be the entry to the brain.

‘नासा ही शिरसो द्वारम्’

The absorption of the drugs is carried out in three media they are by.

- a) Absorption through mucous membrane.
- b) General blood circulation, the direct pooling into Venus sinus of brain via inferior ophthalmic veins.
- c) Absorption directly in to the cerebral spinal fluid.

Apart from the small emissary veins entering cavernous sinus vein of the brain, a pair of venous branch emerging from alliance will drain into facial vein. Just almost in the opposite direction inferior ophthalmic in other hand also drain into cavernous sinus of the meninges.

And in addition neither the facial veins nor the ophthalmic veins have any venial valves so there are more chances of blood draining from facial vein into the cavernous sinus in the lowered head position.

The drug administered enters the para nasal sinus especially frontal and sphenoid sinus i.e., *shringataka* where the ophthalmic veins and the other veins spread in the sphenoid sinus are in close relation with intra-cranial structures. Thus there may be a so far undetected route between air sinuses and cavernous sinuses enabling the transudation of fluids.

Cervical Spondylosis is seen in the middle age or after that. It is the degenerative stage. Because of the increasing age it leads to vitiation of vaat which further leads to *dhatu kshaya*, vitiated *Vata* gets *Avarana* by *Kapha*. *Avarana* in the *sleshmasthana* especially in neck contributes towards the symptoms. So *srotho sodhana*, *brumhana* and *Kaphahara* is the line of treatment for it.

Most of the drugs of *Maashabaladi yoga* drugs are *Sheet virya* is rich in *Madhura rasa* and *Snigdha Guna* that nourishes the Cervical spine and helps in improving general condition and drugs like *Hingu* and *Saindhava lavana* act for *kapha vilayan* and *Shroto Shodhan*.

## CONCLUSION

*Acharyas* has already mentioned *Nasya* as a treatment modality for *Urdhvajatrugata Vikaras* and by the present study we can support this fact.

- *Mashbaladi Pachana Kashaya Nasya* can be used in cervical spondylosis.
- Reduction of cardinal symptoms of cervical spondylosis can be managed effectively.

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