

CERVICAL SPONDYLOSIS – (AN AYURVEDIC REVIEW)**Neha Grover^{1*}, Pramod Kumar Mishra² and Indu Sharma³**

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ABSTRACT

In this era of Modernization the changing lifestyle like shift duties, lack of exercise, continuously sitting in front of computer, excessive travelling, inappropriate postures and Irregular dietary etc - All these factors generate undue pressure and stress injury to the spine and play a important role in producing disease like Cervical Spondylosis. Cervical spondylosis may be a degenerative condition of cervical spine related to pain, stiffness, and tingling sensation radiating pain from shoulder to digits along the course of the nerve indicates nerve root Compression. *Manyastambha* is one among the *Vata vyadhi* enumerated in *Nanatmaja Vata vyadhi*. According to *Sushruta Nidana Sthana* by day sleep, sitting and standing (in fixed position) and continuously gazing upward, the *vata* covered by *kapha* causes *Manyastambha*. *Manyastambha* is the condition in which the

movements of the neck are impaired and become stiffed. *Manyastambha* are often co-related with cervical spondylosis in modern prospective.

KEYWORDS: Cervical Spondylosis, *Manyastambha*, *Vata vyadhi*, *Pathya*, *Apathya*

INTRODUCTION

In this era of Modernization the changing lifestyle like shift duties, lack of exercise, continuously sitting in front of computer, excessive travelling, inappropriate postures and irregular dietary etc -All these factors create undue pressure and stress injury to the spine and

play an crucial role in producing disease like cervical spondylosis. Cervical spondylosis may be a degenerative condition of cervical spine related to pain, stiffness, and tingling sensation radiating pain from shoulder to digits along the course of the nerve indicate nerve root compression. *Manyastambha* is one among the *vata vyadhi* enumerated in *Nanatmaja vata vyadhi*. The term *Manyastambha* is originated from two different words *Manya* and *Stambha*. According to *Arunadatta*, the commentator of *Ashtang Hridaya* meaning of the word *Manya* is 2 *Nadis*, laterally to neck. Whereas Amar Singh the commentator of *Bhava Prakash* suggests that *Manya* is that *Sira* which lies on posterior side of the neck. According to Monier William '*Manya*' means the rear or nape of the neck. The word meaning of *Stambha* is *Niscalikarana*. *Stambha* means stiffness rigidity.

According to *Sushruta Nidana Sthana* by day sleep, sitting and standing (in fixed position) and continuously gazing upward, the *vata* covered by *kapha* causes *Manyastambha* during which the movements of the neck are impaired and causes stiffness, are often co-related with cervical spondylosis in modern prospective.

CERVICAL SPONDYLOSIS

- Cervical spondylosis is a general term related to degeneration of intervertebral disc, cervical spine, leading to osteophyte formation and hypertrophy of adjacent facet joints.
- The commonest symptom is pain with in the neck, which is worsening with exertion and relieved, within the early stages, by rest.
- Cervical spondylosis is very popular among adults and it is aggravated with age.
- Most of the people experience no symptoms from these problems.

EPIDEMIOLOGY

- Women are more affected than men.
- Prevalence rises with the age for men and women and is the highest in the age group 50-59 years.
- The estimated 1 year incidence of neck pain from obtainable studies ranges between 10.4% and 21.3% with a higher number of incidence noted in office and computer workers.
- X - Ray findings indicate degenerative changes in the cervical spine in the majority of men older than 50 years and women older than 60 years.
- Both genders are affected equally but problem begin earlier in males.

CAUSES

As age Progress, the bones and cartilage of the backbone and neck gradually develop wear and tear. These changes can include:

- **Dehydrated disks**

Disks function as cushions between the vertebrae of the spine. By the age of 40, in the Majority of people, spinal disks starting dehydrated and shrinking, this permits more bone-on-bone contact between the vertebrae.

- **Herniated disks**

Age also damage the external part of the spinal disks. Cracks normally appear which may lead to bulging of disks, which presses the spinal cord and nerve roots.

- **Bone spurs**

Disk degeneration often leads to the spine producing extra amounts of bone during a misguided effort to strengthen the spine. These bone spurs can sometimes pinch the cord and nerve roots, causing Stiffness of Spinal Ligaments. Spinal ligaments can stiffen with age, making neck less flexible.

SIGNS AND SYMPTOMS

- In most of the people, cervical spondylosis causes no symptoms. The commonest symptoms are pain and stiffness in the neck. Occasionally, cervical spondylosis leads to reduction of the space needed by the spinal cord and the nerve roots that pass through the spine to the rest of your body.
- If the spinal cord or nerve roots become pinched, it may cause: Tingling, numbness and weakness in arms, hands, legs or feet, Loss of bladder or bowel control.

DIAGNOSIS

- Normal Cervical X –Ray
 1. Cervical Curve: It is also Known as Cervical Lordosis is a C Shaped Curve towards the back. It is an main feature for the mobility of Cervical spine.
 2. Space between the Vertebral bodies: In normal X ray the space is equal and the margins of vertebral bodies are smooth in appearance in an X –ray.
 3. Bony Spurs: It is caused by wear and tear of the cervical spine and degeneration process, also known as Osteophytes.

If any degeneration starts, Space decreases, or osteophytes are formed it signifies the hallmark of Cervical Spondylosis.

- **CT Scan**

It Provides more detailed imaging, particularly of bones.

- **MRI**

It can help to identify the area where nerve might be pinched.

- **Myelography**

A tracer dye is injected into the Spinal Canal to provide more detailed X ray or CT imaging.

TREATMENT

The Symptoms of cervical Spondylosis undergo spontaneously decrease or disappear and aggravate.

- **Self-Therapy:** Remedial measures of the acute neck pain are fortunately simple. To overcome the acute pain and muscle spasm patients should be advised to take complete rest.
- **Conservative treatment:** Treatment for cervical spondylosis depends on the severity of signs and symptoms. The Main goal of treatment is to relieve pain, help to maintain usual activities, and prevent permanent injury to the spinal cord and nerves. NSAIDs Corticosteroids, muscle relaxants, and antidepressants help a lot. Vitamin E helps to relieve the painful muscular spasm. Epidural steroid injection (ESI): It is a long acting steroid with local anaesthesia injected into the epidural space.
- **Collars:** It immobilises the neck and provides rest to painful muscles.
- **Cervical Traction:** It helps to distract the neck bones and recreate the lost intervertebral space.
- **Cryo Therapy:** During the first 24 – 48 hours, Cryo therapy with ice is ideally used to relieve pain and spasm.
- **Physiotherapy Measures:** It plays important role in both acute and chronic cases of cervical spondylosis.
- **Exercise:** Neck exercise should be preferably done. Isometric exercises are done to keep the neck muscles from atrophying.
- Forward isometric strengthening

- Backward isometric strengthening
- Sideward isometric strengthening

Concept of Cervical Spondylosis In Ayurveda

According to Monier William's 'Manya' means the rear or the nape of the neck. The word meaning of 'stambha' is *Nischalikarana* (stiffness /rigidity).

Cervical spondylosis is defined as the affliction of middle age where degeneration of *dhatu*s starts. According to *Acharya Sushruta* the *Nidana* of *Manyastambha* are *Diwaswapna* which increases *kapha Dosh*, *Upaveshanam* (inappropriate position of neck during sleep), *Urdhwaneerikshna* (Continuously gazing upward), *Ratrijagaran* leads to *vata prakopa*. Thus *kapha avrutta vata* causes *Manyastambha*.

In *Gadanighraha* and *Harita Samhita*, The same *nidan*, *lakshan* and *samprapati* is described. *Dalhan* explained that by continuously looking upward in improper position of *Manya* leads to minor trauma and precipitates the symptoms. *Acharya Charak* mentioned, *Shirobhighata*, as one of the reason for *Manyastambha*.

Factors causes vitiation of vata is described as follows

- *Swaprakopaka*
- *Margavrodhaka*
- *Marmaghatkara*
- *Dhatukshyakara Nidan*.

Differential Diagnosis of Manyastambha

<i>Parikshavidhi</i>	<i>Manyastambha</i>	<i>Avabahuka</i>	<i>Vishwachi</i>
<i>Nidana</i>	<i>Diwaswapna, Asamasthan, Urdhwa Neerikshan</i>	<i>Vata Doshaprakopaka</i>	<i>Vata Doshaprakopaka</i>
<i>Purva Roop</i>	<i>Alpashula in Manya</i>	<i>Shool in Manya Karna,</i>	<i>Shool in Talam Prutyanguli,</i>
<i>Roop</i>	<i>Shool&Stamba in Manya</i>	<i>Shool&Stamba in Prusta, Bahu Manya</i>	<i>Kandara, Bahuprista</i>
<i>Dosha</i>	<i>Vata kapha</i>	<i>Vata kapha</i>	<i>Vata</i>
<i>Adishthana</i>	<i>Manya pradesha</i>	<i>Bahupradesha</i>	<i>Hastatalam</i>

LAKSHANA OF MANYASTAMBHA

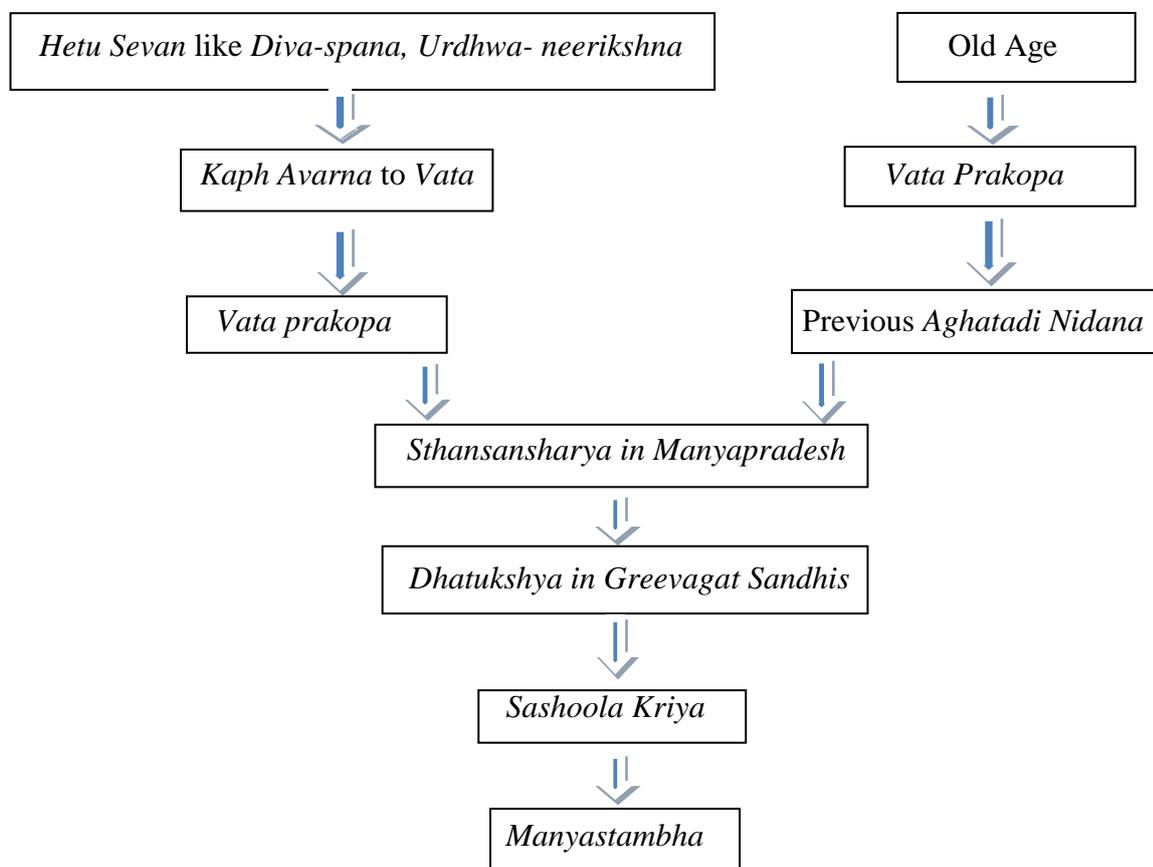
- *Ruka*

- *Bhrama*
- *Shirashoola*
- *Hasta chimchimayan*
- *Stambha*.

SAMPRAPTI

After the age of about 60 years almost all the individuals are likely to present some evidences of spondylotic changes and also indicates towards the involvement of *vata*.

All these *Nidana* indicates the provocation of *Vyana Vata* in the cervical region which may lead to contraction of some cervical muscles as well as *Asthi Kshaya* in the cervical vertebrae.



TREATMENT MODALITIES IN AYURVEDA

Chikitsa

According to *Acharya Sushrut* the first line of treatment is *Nidana Parivarjana*. But *Acharya Charaka* has further inflated the scope of *Chikitsa* by saying; *Chikitsa* purpose not only the less exposure to the causative factors of the disease, but also at the recovery of *Doshas* balance.

Manyastambha is described as *Vatajavyadhi*, Treatment of *Vatavyadhi* are often adopted. To propitiate *Vata* & *Kapha*, *Snehana*, *Nasya*, *Rukshaswedana* and *Kwatha* Prepared out of *Dashamoola*, *Panchamoola* are indicated. *Abhyanga* with *Taila* & *Ghritha*, *Abhyanga* with *kukkutanda drava Sweda*. In *Bhava prakasha Kukkutanda dravdi yoga* is described which has *Kukkutanda* with its contents is heated with *Saindhava* & *Aajya (Ghritha)* & applied to the *Greeva pradasha* and the *Mardana* is done to calming the *Manyastambha*.

According to *Charaka*, if the disease caused by the obstruction of *Vata* by *kapha* then the patient should be given barley and meat of the animals as well as the birds inhibiting dry zone as food. He should be given strong fomentation *Niruha basti*, *vamana* and *virechana*.

Snehana and *Swedana* are considering as a primary treatment of *VataVyadhi*. The *Abhyanga* which is one among of the *Bahya Snehana* will serve the aim of *Snehana*.

In *Charaka samhita Vatahara Rasona Tail* is described which can be used for it.

In *Baishjya Ratnavali Ashwagandha Lepa* is mentioned for *Greeva Stambha*.

Nasya yogas indicated in Manyastambha

- *Gudadi Nasya*
- *Mashabaladi Nasya*
- *Ksheerabala Taila*

Gutika Yogas indicated in Manyastambha

- *Yogaraja Guggulu*

Kashaya Kalpanas indicated in Manyastambha:

- *Dashamoola Kashaya*
- *Panchamooli Kwatha*
- *Mashabaladi Kwatha*

Rasakalpas indicated in Manyastambha

- *Vata Gajankusha Rasa*
- *Vata vidhwamsa Rasa*
- *Vata Kulanatak Rasa*

Taila Kalpanas indicated in Manyastambha

- *Narayana Taila*
- *Prasarini Taila*
- *Mashabaladi Taila*
- *Mahamasha Taila*
- *Gandha Taila*

PATHYA/APATHYA

	Pathya(Do's)	Apathya(Don't)
Cereals	Rice, Wheat	Special kind of rice (<i>Kodrava</i> , <i>Sanvaka</i>)
Pulses	<i>Kulattha</i> , <i>Udada</i> (Black Gram)	Peas (<i>Matar</i>), Pigeon Pea (<i>Arhara</i>), Chick Pea (<i>Chana</i>), Green Gram (<i>Mudga</i>)
Fruits & Vegetables	Garlic, Mango, Brinjal, Pomegranate, Praval, Shigru, Phalsa, Lemon, Bera, Grapes	Cauliflower, Ladyfinger, Bitter Gourd (<i>Karavellaka</i>), Date, Leafy Vegetables (<i>Patrashaka</i>), <i>Udumbara</i> , Lotus Stem
Other	Clarified Butter, Oil, <i>Gokshura</i> , Milk, Coconut Water or Milk, Sour Vinegar (<i>Kaanji</i>), Cow's Urine, Tamarind (<i>Imli</i>), Meat Juice	<i>Jambu</i> , Betel Nut
Life style	Dry Sudation (<i>Ruksha Swedana</i>), Snuffing, Exercise, Water Exercises (<i>Jalkrida</i>), Gentle Pressing (<i>Samvahna</i>), Sleeping on the bottom, Bathing, Saturatio (<i>Santarpana</i>), Sunlight Exposure.	Day Sleeping, Sleeping in Improper Posture (<i>Vishama Shayana</i>), Upward looking with backward bending of neck (<i>urdhwa Drishti</i>), Night Awakening, Suppression of natural urges, Physical Exercise, Fasting, Excessive Walking (<i>Atyadhik Chankramna</i>)

CONCLUSION

Manyastambha (cervical spondylosis), is a kind of degenerative disorder by which a bigger population get affected in present era. The disease *Manyastambha* and cervical Spondylitis are similar in their etiology, sign and symptoms. The *Doshas* entities included in this disease are *Vyanavata* and *Sleshmaka Kapha*. This disorder influences the socio economic condition of person and family and also hampers the quality of life. *Margavrodhjanya Vata Prakopa* causes *Kshaya* (degeneration) of *Asthi*, *Snayu*, resulting in anatomical changes in *Manya* (cervical region) region. In generally *Snehan* and *Swedana* are primarily used as a treatment of *Vata Vyadhi*. *Nasya*, *Abhyanga*, *Ruksha sweda* and Local application of *lepa* has effective results in the management of *Manyastambha*.

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