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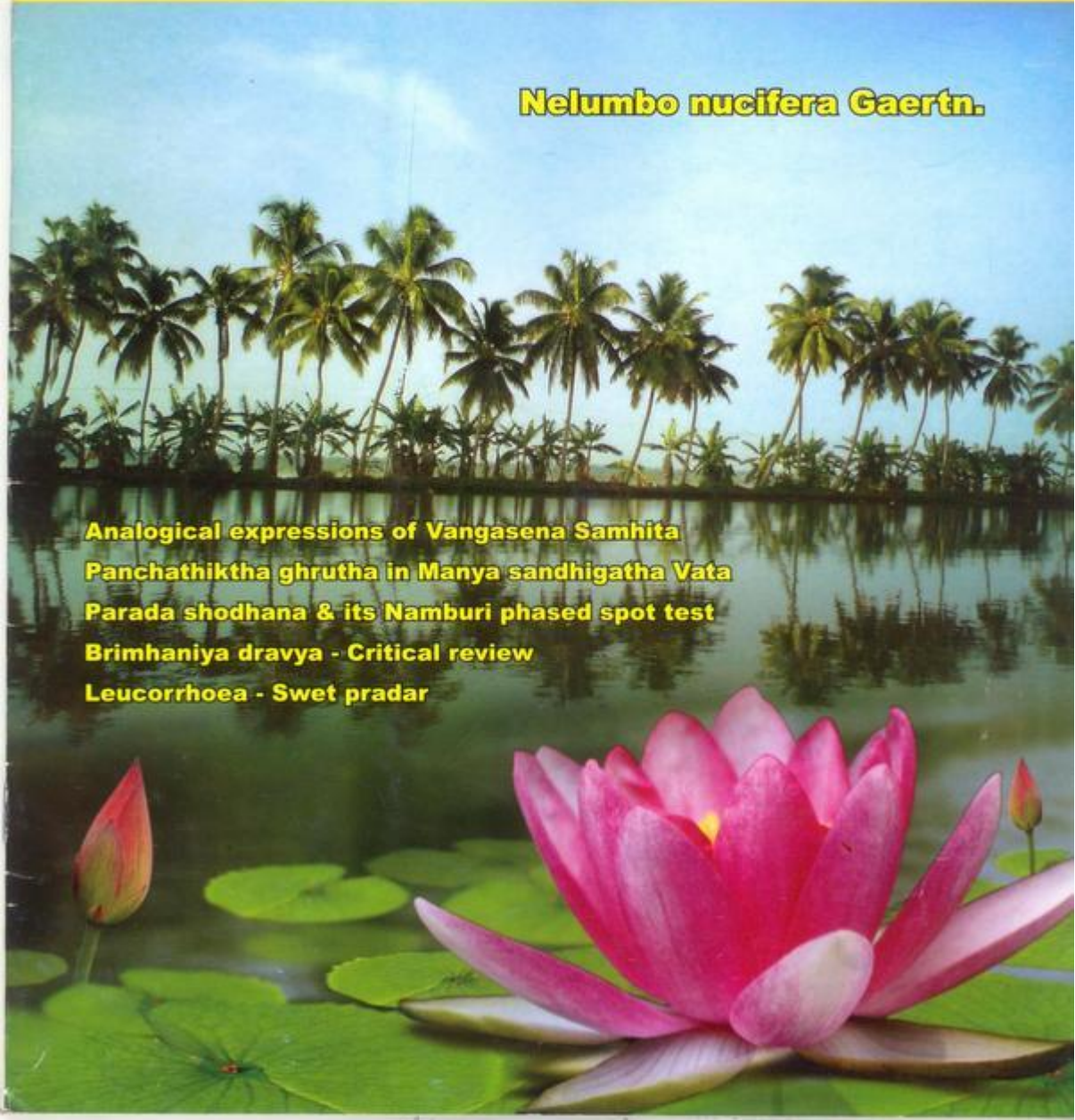
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RENAISSANCE

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Nelumbo nucifera Gaertn.

**Analogical expressions of Vangasena Samhita
Panchathiktha ghrutha in Manya sandhigatha Vata
Parada shodhana & its Namburi phased spot test
Brimhaniya dravya - Critical review
Leucorrhoea - Swet pradar**



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*"Indra's thunderbolt, even when
fallen on head, may spare his life
and let the person survive; but the
medicine prescribed by a physician
ignorant of 'Bheshaja' will never
spare the person."*

- Charaka Samhitha

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ROLE OF 'PANCHTIKTA GHRIT' NASYA & INTERNALLY (ORAL USE) IN MANYA SANDHIGATA VATA W.S.R. TO CERVICAL SPONDYLOSIS.

*Dr. Amarprakash Dwivedi M.S. (Ay.) Ph.D. (Scholar)

Abstract

Sandhigata Vata is a common *Vata* predominant disorder found in all races. Cervical spondylosis is described as a degenerative condition of the cervical spine. It leads to pain, stiffness in the joints, pain radiating to shoulders and fore arm, headache, vertigo, giddiness, paraesthesia at the base of the thumb, etc. In modern medical science, the role of Analgesics, Corticosteroids, Surgical decompression and Traction has been credited and discredited mainly because of their draw backs and limited benefits.

In this study '*Panchatikta Ghril*' for *Nasya* (8 drops in each nostril) for 7 days (3 sittings at the interval of 1 week) and Internal use (20 ml twice a day for 2 months) was prescribed.

'*Panchatikta*' group of drugs (*Nimb*, *Amruta*, *Vrush*, *Patol*, *Nidigdika*) are the best herbs (*Rasayana*) for *Asthi dhatu*, hence control the degenerative process by promoting probably calcium binding capacity. '*Panchatikta Ghril*'-*Nasya* is *Balya* and a *Vata* pacifying procedure. Similarly, the *Nasya* procedure itself (including *Snehan*, *Swedan* around neck region) helps to relieve stiffness and pain instantly.

In this clinical research work, 30 patients of Cervical spondylosis (*Manya Sandhigata Vata*) were randomly selected and subjective parameters like *Shula* (Neck pain), *Stambha/Graha* (Neck stiffness), *Chimchimayan Hasta* (Tingling sensation), *Suptata* (Numbness & weakness in upper limb), *Bhrama* (Giddiness) and *Shira shool* (Headache) were observed. The statistics thus obtained revealed significant relief in the symptoms.

This research work will provide an effective treatment which will try to avoid the Surgery and other vulnerable consequences.

Key words: Sandhigata Vata, Cervical spondylosis, Panchatika Ghril, Nasya

Introduction

"*Hanti sandhigata sandhin shula shophakaroti cha*" (*Su. Ni.1-28*)

Sandhigata vata is a clinical condition in which structural as well as functional derangement takes place during the process of pathogenesis when the vitiated *Vayu* gets localized into the cervical joints. It leads to distress in routine work because it causes impairment of function, severe pain and swelling due to which movement of neck is restricted. When *Vyana vayu* is covered by *Kapha* (*Kaphavrita Vyana vayu*) normal circulation is obstructed and then the normal function of cervical joint is hampered.

In modern surgery, Cervical spondylosis is described as a degenerative condition of the cervical spine. Pathology starts at inter vertebral discs and degeneration of discs results in reduction of intervertebral disc spaces and peripheral osteophytes formation. It leads to pain, stiffness in the joints, pain radiates into shoulders and forearm, headache, vertigo, giddiness, paraesthesia at the base of the thumb, etc. In modern medical science, the role of analgesics, corticosteroids, surgical decompression, traction, etc. has been credited and discredited mainly because of their draw backs and limited benefits.

Joint disorders are one of the main causes of distress after the third decade of life; though modern medical science provides powerful analgesic and new surgical tools. But because of side effects of analgesic drugs and complications of surgical procedure, this disease remains a challenge for the research scholars.

In Ayurvedic literature several methods of treatment like *Snehana*, *Upanaha*, *Agnikarma*,

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Raktamokshana, Panchakarma, etc. are advised for *Vatika* disorders. Among this '*Panchatikta*' group of drugs (*Nimb, Amruta, Vrush, Patol, Nidigdika*) are the best herbs (*Rasayana*) for *Asthi dhatu*, hence control the degenerative process by promoting calcium binding capacity. '*Panchatikta Ghrit-Nasya*' is a *Balya* and *Vata* pacifying procedure. Similarly, the *Nasya* procedure itself (including *Snehan, Swedan* around Neck region) helps to relieve stiffness and pain instantly.

Keeping all these points in mind the study has been conducted to evaluate role of '*Panchatikta Ghrit*' as *Nasya* and Internally (Oral use) in *Manya Sandhigata vata* w.s.r. to Cervical Spondylosis.

Aims and objectives

1. To study the influence of modern life style on *Sandhigata vata* (Cervical spondylosis) in the light of both Ayurveda and Modern medicine along with its etio-pathogenesis.

2. To observe the efficacy & safety of '*Panchatikta Ghrit-Nasya* and Internal use' in the management of Cervical Spondylosis.

Material and methods

Source of data: Patients with *Manya Sandhigata vata*- Cervical spondylosis fulfilling the inclusion criteria as mentioned below and attending O. P. D. of Shalya Dept. of Dr. D. Y. Patil Ayurvedic Hospital. A detailed proforma was prepared incorporating Ayurvedic and modern points.

Inclusion criteria: Patients presenting with classical features of *Sandhigata vata*- Cervical spondylosis confirmed on X-ray examination were selected for the study.

Exclusion criteria: The patients having uncontrolled Diabetes mellitus, T. B. Spine, Carcinoma of Cervical vertebra and history of injury to cervical spine were excluded from the study.

The study was cleared by the ethical committee of the Institute. Written consent was taken from each patient willing to participate before the start of the study. For those patients who were unable to read or write consent of their relatives was taken. Patients were free to withdraw their name from the study at any time without giving any reason.

The study was conducted on 30 diagnosed cases of *Manya Sandhigata vata*- Cervical spondylosis.

An assessment was made on changes in clinical features before and after treatment. The scoring was given to each symptom ranging from 0-4. The criteria were made to assess the effect of therapy i.e. **Cured:** 100% relief of the complaint, no recurrence during the follow up, **Markedly improved:** More than 75% and less than 100% relief in the complaint, **Moderately improved:** More than 50% and less than 75% relief in the complaint, **Mild improved:** More than 25% and less than 50% relief in the complaint and **Unchanged:** 0 - 25% relief in the complaints.

Investigations:

To rule out other pathology before treatment, Routine Blood, Urine, Stool analysis was carried out. 'X'Ray of Cervical vertebrae (A. P./Lateral view).

Total 30 patients were registered on the basis of clinical presentation irrespective of age, sex and religion in this study, out of them 30 patients successfully completed their treatment schedule. Every patient was assessed after the completion of therapy.

Drug and dosage

1. *Panchatikta Ghrit - Nasya* (8 drops in each nostril) for 7 days (3 sittings at the interval of 1 week)

2. *Panchatikta Ghrit* for Internal use (20 ml twice a day for 2 months) with luke warm water.

The obtained data on the basis of observations was subjected to statistical analysis in terms of mean, standard deviation, standard error and unpaired 't' test were conceded at the level of $p < 0.001$ as highly significant, $p < 0.05$ or $p < 0.01$ as significant, and $p < 0.10$ or $p > 0.01$ as insignificant to carry out the results.

Observations & results

Maximum patients 48.14% were found in age groups of 41 to 60 years, 51.85% patients were male. The disease Cervical spondylosis is most common in women (Thomson *et al*, 1996).

Maximum 40% patient were having chronicity of 0-1 year followed by 30% patient having more than 2yrs and 30% patients were coming under 1-2 year chronicity.

Amongst *Aharajanya Nidanas*, *Guna* wise distribution of *Ahara* showed that max. 78%

patients were taking *Ahara of Ruksha Guna* followed by *Sheeta Guna Ahara* by 44%.

The 62% patients were taking *Tikta rasa ahara* followed by *Katu rasa ahara* by 56%. All patients were complaining pain in neck and 80% patients were complaining restricted neck movement.

Overall effect of therapy

Out of 30 patients 9 patients (30%) were cured without recurrence within 2 months, 15 patients (50%) were improved and marked improvement was observed in 6 cases (20%). No patients remain unchanged.

Table no. 1: Effect of therapy

Cardinal Symptoms	n	Mean Score		%	SD ±	SE ±	t	p
		B.T	A.T					
<i>Shula</i>	30	3	0.8	73.33	0.91	0.29	7.57	<0.001
<i>Stambha</i>	12	3	1	66.66	1.28	0.64	3.53	<0.001
<i>Graha</i>	24	2.5	0.87	65	0.78	0.27	5.32	<0.02
<i>Bhrama</i>	9	2.33	1	57	0.69	0.40	3.30	>0.05
<i>Shina shool</i>	12	2.75	1	63.63	1.05	0.61	3.30	<0.001
<i>Chimchimayan hasta</i>	21	2	1	50	0.48	0.18	5.74	>0.10
<i>Supata</i>	9	2	1	50	0.48	0.27	3.58	>0.10

Table no. 2: Overall effect of therapy

Effect of Therapy	No. of Patients	Percentage
Cured	9	30%
Markedly improved	6	20%
Improved	15	50%
Unchanged	0	0%

Discussion

Manya Sandhigata vata (Cervical Spondylosis) seems to be a difficult disorder from the days of Acharya Sushruta and appears to have remained a challenge for physician. Though the disease is not fatal instantly but it causes more severe complications in the later stage. It cripples the patient, makes him burden to others, he can't perform the day to day work properly due to severity of pain and it does not cut the years of life but life of the years.

Modern medical science provides various types of medical and surgical therapy but none of therapy is available to cure cervical spondylosis completely. *Vata vyadhis* are diseases mainly of old age. In this age group patients cannot bear

pain. The contents of selected drug i.e. '*Panchatikta Ghrit*' have rejuvenating property (*Rasayan*) with special reference to *Asthi dhatu*.

Probably it helps in *samprapti vighatana* of *Sandhigata vata* - Cervical Spondylosis by pacifying *Vata* and inhibiting degeneration of vertebrae. Similarly, *Nasya* (including *Snehan*, *Swedan* around Neck region) is a simple effective *Panchakarma* procedure for *Vata Kaphaja* disorders. It relieves stiffness and pain around neck instantly.

Neck pain is a chief complaint of the cervical spondylosis & it was observed in all the patients of this series. Restricted movement of neck is also commonly found in 80% cases of cervical spondylosis and Stiffness was observed in 40 % patients.

In addition to these symptoms, 75% patients complained about tingling sensation in hand and headache was noted in 40% patients, while Head reeling was observed by 25% patients, 25% complained of occasional loss of sensation at dorsal surface of palm.

Conclusion

Out of 30 patients 9 patients (30%) were cured without recurrence within 2 months, 15 patients (50%) were improved and marked improvement was observed in 6 cases (20%). No patients remain unchanged.

'*Panchatikta Ghrit*' *Nasya* and internal use in '*Manya sandhigata vata*' gives symptomatic relief to the patient. Hence, it is a reliable line of treatment for the management of *Manya Sandhigata vata* (Cervical Spondylosis). This combination proves to be a cost effective therapy which is free from any untoward adverse or side effect and it also improves the quality of life.

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