



Research Article

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EFFECTIVENESS OF SAPTAPRASTHAMAHAMASHA TAILA AS NASYA AND UTTARABHAKTA SNEHA IN CERVICAL SPONDYLOSIS: A CASE STUDY

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ABSTRACT

Cervical Spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral discs as well as contents of spinal canal. It produces intermittent neck pain in middle aged and elderly people. Incidence rate of Cervical Spondylosis is 8.3 per 100000 population and prevalence of 3.3 cases per 1000 people. In Ayurveda, Cervical Spondylosis can be considered as Urdhwajatu Vikara (diseases above neck) and the symptoms of Cervical Spondylosis may be correlated with the Lakshanas of Apabahuka, Visvachi, Manyasthamba and Sandhigata Vata. These diseases occur due to Vataprakopa Nidanas (causative factors which aggravates one of the body humor) and leads to Dhatuksaya (depletion of body tissues). In this article, a 47 year old male presented with features of Cervical Spondylosis who is diagnosed with specific signs, symptoms and X-ray is being discussed here. He is treated with Saptaprasthamahamasha Taila which is explained in Chakradatta in the form of Nasya (errhines) and Uttarabhakta Sneha (internal oleation after food). Subjective and objective parameters were assessed and found to be improved. From this study Saptaprasthamahamasha Taila was found to be effective in Cervical Spondylosis.

Key words: Cervical Spondylosis, Urdhwajatu Vikara, Saptaprasthamahamasha Taila, Nasya, Uttarabhakta Sneha.

INTRODUCTION

Cervical Spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral discs as well as contents of spinal canal. It is also known as neck arthritis or osteoarthritis which is a common age related condition that affects the joints and discs in neck.¹ The prevailing consequences of life style appear in numerous problems like metabolic, musculoskeletal etc. Degenerative diseases which are mainly seen in elderly persons are now becoming common in early or middle aged persons also. Low back ache and neck pain are the most common spinal problems and Cervical Spondylosis is common in more than 30 years of age group.²

Disease Review

Cervical Spondylosis is characterized by degeneration of the intervertebral discs and osteophyte formation. Such 'wear and tear' is extremely common and radiological changes are frequently found in asymptomatic individuals.³ It leads to pain in joints, radiating pain in shoulders and stiffness in joints. The disease also cause headache, vertigo, giddiness, paraesthesia at the level of thumb etc.⁴ It is caused by degenerative changes in the vertebra and intervertebral discs that occur because of constant improper stress on the cervical spine due to abnormal posture, injury, ageing, rheumatoid diseases etc.⁵ In Ayurveda, Cervical Spondylosis can be considered as Urdhwajatu Vikara (diseases above neck) and the symptoms of Cervical Spondylosis may be correlated with the Lakshanas of Apabahuka⁶, Visvachi⁷,

Manyasthamba⁸ and Sandhigata Vata⁹. These diseases occur due to Vataprakopa Nidanas¹⁰ (causative factors which aggravates one of the body humor) and lead to Dhatuksaya (depletion of tissue elements) which can be interpreted in terms of degenerative changes found in cervical spine and disc. Hence the condition like Spondylosis need obviously nourishing or Brimhana therapies¹¹. In Urdhwajatu Vikara, Nasya (errhines) and Snehapana are the important treatments¹² and the internal medicines should be given as "Uttarabhakta"¹³ (internal oleation after food) and at night time¹⁴. In Apabahukam, Nasya and Uttarabhakta Sneham is indicated¹⁵. Bahya and Abhyantara Snehaprayogas are usually done in Sandhigata Vatam. Hence Brimhana Nasyam and Uttarabhaktasneham is adopted here.

Drug Review

Saptaprasthamahamasha Taila (mentioned in table 1, 2 & 3) is explained in the Vatavyadhi Prakarana of Chakradattam¹⁶ and is also mentioned in Bhaisajya Ratnavali¹⁷, Yogaratnakaram, and Vangasena Samhita. In Vangasena Samhita it is mentioned as Brhat Masha Taila. It has indication in Hastakampa, Bahushosam, Apabahukam and Visvachi. It can be administered as Pana, Abhyanga, Navana and Basti. This indication shows its special effects in Urdhwajatu Vikaras.

Case Presentation

The study was conducted in Pankajakasthuri Ayurveda Medical College and Post Graduate Centre with the registration number:

17/47144. Before conducting this study informed consent was taken from the patient. A 47yr old male, native of Kerala state, working as a manual labour and tailor had visited OPD on 29-12-17. He presented with complaints of pain in neck which is radiating to both upper limbs especially to right side since 2 years which got aggravated since 3 months. The pain got worsened on carrying heavy loads and in cold climate. He found difficulty in doing his day to day activities. The pain got slight relief on rest. He had not taken any proper treatment and was using topical analgesics locally for pain. He does not have any history of D.M, HTN and Dyslipidemia. Haematological parameters like Haemoglobin, ESR, L.F.T, K.F.T, Lipid profile, Thyroid profile

were within normal limits. X-ray shows degenerative changes in C2, C3, C4 and C5 vertebrae. On examination, all other systems like Respiratory, Cardiovascular, CNS, Integumentary, Urogenital and GIT seemed to be normal. There was a positive Spurling's Test and Lhermitte Sign on neck examination. There was no abnormal bone alignment, redness and swelling on inspection. Palpation revealed Grade 2 tenderness. After thorough examination, a diagnosis of Cervical Spondylosis had been established and the patient was advised for Brimhana Nasyam and Uttarabhakta Sneham.

MATERIALS & METHODS

Following materials were required in this study:

Table 1: Materials required for study

Sl.No:	For Nasyam	For Uttarabhakta Sneham
1	Saptaprasthamahamasha Taila in Madhyamam and Khara Pakam	Sapthaprasthamahamasha Taila in Madhyama Pakam
2	Rasnadi Chooram	Ounce glass
3	Dropper	
4	Gokarnam	
5	Steel plates	
6	Haridravarti for Dhoomapanam	
7	Lukewarm water for gargling	
8	Cora cloth	

INGREDIENTS OF SAPTAPRASTHAMAHAMASHA TAILA

Table 2: Ingredients of Kashayam and Kalkam

Drugs for kashayam	Botanical/Scientific Name	Drugs for Kalkam	Botanical Name
Masha	<i>Vigna mungo</i>	Rasna	<i>Alpinia galanga</i>
Bala	<i>Sida cordifolia</i>	Kapikachu	<i>Mucuna pruriens</i>
Rasna	<i>Alpinia galanga</i>	Saindavam	<i>Sodii chloridum</i>
Bilwa	<i>Aegle marmelos</i>	Satahva	<i>Anethum sowa</i>
Shaliparni	<i>Desmodium gangeticum</i>	Erاندam	<i>Ricinus communis</i>
Prishniparni	<i>Uraria picta</i>	Musta	<i>Cyperus rotundus</i>
Gambari	<i>Gmelina arborea</i>	Bala	<i>Sida cordifolia</i>
Shyonaka	<i>Oroxylum indicum</i>	Sunthi	<i>Zingiber officinale</i>
Agnimantha	<i>Clerodendrum phlomidis</i>	Maricham	<i>Piper nigrum</i>
Brihati	<i>Solanum indicum</i>	Pippali	<i>Piper longum</i>
Kantakari	<i>Solanum xanthocarpum</i>	Vidarikandha	<i>Pueraria tuberosa</i>
Patala	<i>Stereospermum suaveolens</i>	Satavari	<i>Asparagus ramosus</i>
Gokshura	<i>Tribulus terrestris</i>	Aswagandha	<i>Withania somnifera</i>
Yavam	<i>Hordeum Vulgare</i>	Mudhga parni	<i>Phaseolus trilobus</i>
Kolam	<i>Ziziphus jujube</i>	Masaparni	<i>Teramnus labialis</i>
Kulatham	<i>Dolichos biflorus</i>	Jeevanti	<i>Leptadenia reticulata</i>
Ajamamsa kashayam	<i>Capra aegagrus hircus</i> (Domestic goat)	Madhuka	<i>Glycyrrhiza glabra</i>

Table 3: Other Ingredients

Sl. No:	Other Ingredients	Scientific/Botanical Name
1	Tila tailam	<i>Sesamum indicum</i>
2	Goksheeram	<i>Bos taurus</i> (Cow's milk)

Table 4: Treatment

No	Procedure	Medicine	Dosage	Duration
1	For Agnideepanam	Shaddharana Chooram ¹⁸	1 tsp twice daily before food with warm water ¹⁹	For 3 days before Nasyam.
2	Brimhana Nasyam ²⁰	Saptaprasthamahamasha Taila (Madhyama pakam)	2 ml ²¹ in each nostrill.	For first 7 days.
3	Uttarabhakta Sneha	Saptaprasthamahamasha Taila (Madhyama pakam)	15ml at night after food with Yusham	For 30 days after Nasyam.

ETHICAL CONSIDERATION

Ethical clearance has been obtained from the ethical committee (PKAMC/PG004/EC/2015 – 2016) constituted by Pankajakasthuri Ayurveda Medical College & Post Graduate Centre, Kattakada, Thiruvananthapuram. The study is carried out as per International Conference of Harmonization – Good Clinical Practices Guidelines. (ICH – GCP).

RESULTS & DISCUSSION**Table 5: Assessment- VAS & NDI scale**

VAS SCALE		NDI SCALE	
PRE	POST	PRE	POST
8	0	58%	2%

Table 6: Assessment - CROM in Degrees: (Goniometer)

Flexion		Extension		Lateral bending(RT)		Lateral bending(LT)		Rotation (RT)		Rotation (LT)	
Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
30	70	10	70	20	25	20	25	20	80	25	90

In Ayurveda, Vata Vyadhi is mainly caused due to Dhatukshayam and Margasyavarana²⁵(metabolic stagnation of passages). Here Dhatukshayam can be interpreted as degeneration and can be considered as the cause of Cervical Spondylosis. Cervical Spondylosis occurs due to Nidanasevana like Ativyayama (heavy work), Sirasabharaharana (carrying heavy loads in head), Vegasandharana (suppression of urges) and Katu Rukshaahara Sevana (over intaking of spicy foods). Due to adoption of routine activities similar to properties of Vata (Rukshadi gunas), Vata Kopam occurs. The drugs mentioned in Saptaprasthamamahasha Taila are having Ushna (hot), Snigdha (unctuous), Guru (heavy), Vatahara (pacifies body humor Vata) and Brimhana (nourishing) properties which are opposite to the properties of Vata. As Cervical Spondylosis is a Urdhwajatru Vikara, it can be managed with Nasya and Uttarabhakta Sneha as advised by our Acharyas. As the condition is Dhatukshaya, Brimhana must be the treatment. Nasya Karma is one of the major Panchakarma specially indicated for vitiated Dosha and the diseases situated in Jatru Urdhwa Pradesh, as Nasa is told as Dwara (opening) for Shiras which is the Uttamanga and considered as Moola of human body. Snehana (internal & external) is the measure adopted to bring about Snigdha in the body. Acharya Charaka defines Snehana as the procedure by which Snigdha(unctuousness), Visyandana (fluidity), Mardavata (softness) and Kledana (moistness) are produced in the body.²⁶ The administration of Sneha along with Mamsarasa, Kshira etc are known as Brimhana Snehana. If it is given before food, will cure Adhobhaga Rogas (diseases of lower parts of body); given in the middle (diseases of middle area of body), it cures Madhyamabhaga Rogas and; given after food, cures Urdhwabhaga Rogas (diseases of upper parts of body) and strengthens the body. So Brimhana in the form of Nasya and Uttarabhakta Sneha is done here. For Shareerajadoshas, Taila, Ghrita and Madhu are respectively main treatment in Vata, Pitta and Kapha Vyadhi. Hence Taila is selected here. Main drug Masha is having Ushna, Snigdha Gunas (qualities) and Madhura Vipaka (state of food after digestion) which has Vata Shamaka(pacifies) properties.²⁷ By virtue of these properties, Saptaprasthamamahasha Taila helps in relieving the symptoms of Cervical Spondylosis.

Note: Third line mentioning about Tailam and Milk is missing and also the last line mentioning as “Padevatra” should be read as “Shadevatra” for the correct interpretation of the sloka. ²⁸.

ASSESSMENT PARAMETERS

Changes in following variables like Visual Analogue (VAS) Scale²², Goniometer²³ and Neck Disability Index (NDI) Scale²⁴ were done before and at the end of 37 days.

CONCLUSION

The patient underwent for this 37 days of treatment shows marked relief in his symptoms and the quality of life got improved. Hence it can be concluded that Ayurvedic treatments like Brimhana Nasyam and Uttarabhakta Sneham with Saptaprasthamamahasha Taila has a significant role in the management of Cervical Spondylosis.

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