



## Case Study

### EFFECT OF VALUKA SWEDANA FOLLOWED BY GREEVA BASTI ALONG WITH PHYSIOTHERAPY AND ABHA GUGGULU IN THE MANAGEMENT OF ASTHIGATA VATA (CERVICAL SPONDYLOSIS)

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*Guggulu*.

#### ABSTRACT

Aging and degeneration are natural course of life, but in this modern era the advancement of technologies and busy life style contribute to the early degeneration process. Improper continuous postures, jerky movements while travelling, overuse of mobiles etc. will produce undue pressure and stress to the cervical disc and it will lead to inflammatory reaction and eventually degeneration. Cervical spondylosis caused by wear and tear phenomena in cervical spine. It is most frequently involved in the cartilage and bones of the cervical spine and causes loss of normal spine function. According to Ayurvedic perspectives cervical spondylosis can be correlated with *Asthigata Vata*. A female patient age 23yrs., diagnosed and non-operated case of Cervical spondylosis (19/07/2023 OPD NO.27393, IPD NO. 2150) came to *Panchakarma* OPD of ITRA, Jamnagar with complaints of pain at nape of neck radiating to right upper limb (*Greeva Shoola*) since last 5yrs along with restricted ROM of neck (*Greeva Stambha*) and difficulty in doing daily activities such as reading, etc. The pain aggravated in prolonged reading and morning. She was treated with *Valuka Swedana* for 3 days followed by *Greeva Basti* with *Ksheera Bala Taila* 14 days along with physiotherapy (isometric exercise of neck) and *Abha Guggulu*. Significant improvements were observed in various subjective and objective parameters after the treatment.

#### INTRODUCTION

A persistent degenerative disorder of the cervical spine, cervical spondylosis affects the spinal canal's contents as well as the neck's vertebral bodies and intervertebral discs. The degenerative alterations in the ligamentum flavum, longitudinal ligaments, and facet joints may also be included. As people age, spondylosis worsens and frequently appears at several interspaces.<sup>[1]</sup> According to estimates, 2% of hospital admissions are due to cervical spondylosis, which is the most common cause of spinal cord dysfunction in patients over the age of 55yr. *Asthi Dhatu* is described as an important seat of *Vata*.

In cervical spondylosis, *Vata* gets vitiated in *Asthi Dhatu* at *Kapha Sthana*. We can correlated with *Asthigata Vata*.

In Ayurvedic classics, *Asthigata Vata* is described under *Vatavyadhi* as a disease. *Acharyas* described *Asthigata Vata* under *Dhatugata Vatavyadhi*. When pure *Vayu* or *Vayu* associated with *Kapha* gets vitiated in Cervical region and exhibit the symptoms like *Shoola* (pain), *Stambha* (stiffness), restricted ROM of neck, etc then the condition is known as *Asthigata Vata*<sup>[2]</sup>. *Asthigata Vata* manifests as a pure *Vataja* disorder in most of the conditions. But in *Greeva Pradesha* there can be association of *Ama* and other *Doshas* are found in a good number of cases.

Physiotherapy (isometric exercise) is also helpful to improve range of movement of neck and strength the muscle of neck. As it is a *Asthigata Vata* which is a degenerative change in bone *Abha Guggulu*<sup>[3]</sup> can be given for bone strengthening.

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In this study, *Valuka Swedana* followed by *Greeva Basti* along with physiotherapy and *Abha Guggulu* are taken for the intervention they are act locally on the mechanism of the trans-dermal drug delivery system.

## MATERIALS AND METHODS

The following case was reported and treated in the Panchakarma, ITRA Hospital, Jamnagar.

### Demographic data:

Age – 23 years

Sex – Female

Religion – Hindu

Occupation – Study

Marital status- Unmarried

## Chief Complaints

| Complaints  | Duration |
|---|----------|
| pain at nape of neck radiating to right upper limb ( <i>Greeva Shoola</i> ) | 5 years  |
| Restricted ROM of neck ( <i>Greeva Stabhata</i> )                           | 3 years  |

## History of present illness

23 years old female patient came to the OPD of Panchakarma department of ITRA, Jamnagar with a confirmed diagnosis of cervical spondylosis. The patient was presented with pain at nape of neck radiating to right upper limb (*Greeva Shoola*) since last 5 years along with restricted ROM of neck (*Greeva Stabhata*) and difficulty in doing daily activities such as reading, etc. The pain aggravated in prolonged reading and morning. She consulted allopathic doctor and took medicines, she got symptomatic relief by that. As she

started discontinuing medicines, the symptoms started aggravating again. Therefore she consulted allopathic hospital and MRI was taken and diagnosed as cervical spondylosis where she was suggested for surgery, there after she approached to institute of teaching and research in Ayurveda hospital, Jamnagar for further management.

**Past history:** NO H/O HTN, DM, Trauma or any other medical illness. Medical history: 1) Tab. Aceclofenac (1-0-1).

## On examination

| Personal History                    |                                     |
|-------------------------------------|-------------------------------------|
| <i>Kshudha</i> (Appetite)           | <i>Samyak</i> (Average)             |
| <i>Nidra</i> (Sleep)                | <i>Alpa</i> (Disturbed due to pain) |
| <i>MalaPravruti</i> (Bowel)         | <i>Samyak</i> (1-2 times per day)   |
| <i>Mutra Pravruti</i> (Micturition) | <i>Samyak</i> (4-5 times per day)   |
| Local examination of cervical spine |                                     |
| Pain                                | Present (grade 6 vas scale) on      |
| Swelling                            | Mild present                        |
| Temperature                         | Absent                              |
| Crepitus                            | Present                             |
| Discolouration                      | Absent                              |
| Restricted rom                      | Present                             |
| Tenderness                          | Present                             |

## MRI of cervical spine (13/05/23)

- C5-C6 disc shows desiccation, reduced disc space, mild posterior bulge indenting thecal sac.
- Mildly compressing bilateral exiting nerve root.
- Spondylotic changes in cervical spine.

## Therapeutic intervention

- 1) *Valuka Swedana* done for 3 days followed by
- 2) *Greeva Basti* for-14 days with *Ksheera Bala Taila*<sup>[4]</sup>, *Abha Guggulu*<sup>[5]</sup> 2TDS (500mg-1tab.) and isometric exercise of neck (twice a day)

## RESULT

### 1) Effect on Range of movement of neck

| Movements             | Degree |              |               |
|-----------------------|--------|--------------|---------------|
|                       | BT     | After days 8 | After 17 days |
| Flexion               | 50     | 60           | 80            |
| Extension             | 40     | 45           | 60            |
| Rightlateral rotation | 70     | 80           | 80            |
| Left lateral rotation | 80     | 85           | 85            |
| Right lateral flexion | 30     | 35           | 35            |
| Leftlateral flexion   | 40     | 40           | 45            |

2) **Effect on neck disability index:** Neck disability index (NDI) is a questionnaire used to find out the level of disability of the neck before and after treatment. It consists of 10 questions such as pain intensity, personal care (like washing dressing), lifting, reading, headache, concentration, work, driving, sleeping, recreation, etc., each having 6 questions (0-5 points).

| NDI before treatment | NDI After 8 days of treatment | NDI After 17 days of treatment |
|----------------------|-------------------------------|--------------------------------|
| 26%                  | 20%                           | 6%                             |

3) **Effect on subjective parameters:** Patient got gradually relief in pain along with ROM of neck and NDI score. Swelling absent within 3days of *Valuka Swedana*.

## DISCUSSION

Aging and degeneration are natural course of life, but in this modern era the advancement of technologies and busy lifestyle contribute to the early degeneration process. Improper continuous postures, jerky movements while travelling, overuse of mobiles etc. will produce undue pressure and stress to the cervical disc and it will lead to inflammatory reaction and eventually degeneration. Age related changes of vertebral column are termed as spondylosis, so cervical spondylosis is the degenerative disorder of cervical vertebrae. *Chakradatta* mentioned the *Swedana* according to *Dosha* site. In *Asthigata Vata*, *Vata* get vitiated in *Kapha Sthana*. So *Ruksha* (dry) *Swedana* has the potential to balance the *Kapha Dosha* and alleviate symptoms of pain (*Shoola*) and stiffness (*Stambha*). It also has the power to produce effects such as *Twak Prasada*, *Srotoshodhana* (channel cleansing), and *Sthiratva* (joint stability) in *Sandhi* (joints), which restores normal function to the upper body. In addition to acting as both a *Snehana* (oleation) and *Swedana* at the same time, warm sand with *Laghu* and *Ruksha* properties has the potential to worsen *Kapha Dosha* during treatment and interfere with the transdermal medication delivery system. *Valuka Swedana* followed by *Griva Basti* pacify *Vata Dosha* and normalize the direction of *Vata* flow, reversing the effects of *Anubandha Kapha*, which is primarily responsible for the pathophysiology of *Asthigata Vata* at *Kapha Sthana*.<sup>[6]</sup> We are first clearing the dermal

pore by the *Valuka Swedan* after pacifying the stiffness we go to *Griva Basti* therapy for the nourishment of the ligament's nerves, and bones and to relieve pain and neck isometric exercise improves the strength of neck muscles and the tension of surrounding soft tissues through slight or no movement of the cones and enhances the stability of the core muscles and the whole neck and help in relieving muscle spasm. *Abha Guggulu* also help in bone strengthening. Hence it is the proper way to approach treatment. In the present study pain in the neck (at morning and reading) and pain at right upper limb along with restricted ROM of neck observed symptoms in the patients. Most of the symptoms were due to muscle spasm and nerve compression.

## CONCLUSION

After observation over 17 days, we have concluded *Valuka Swedan* followed by *Griva Basti* along with physiotherapy and *Abha Guggulu* is effective as treatment modalities in cervical spondylosis. But a larger sample size study has to be done to get more precise conclusion.

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