

## A CLINICAL STUDY TO EVALUATE THE EFFECT OF PANCHTIKT KSHEER VASTI AND KSHEERA BALA TAILA ANUVASANA VASTI IN THE TREATMENT OF GREEVA HUNDANA (CERVICAL SPONDYLOSIS)

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### ABSTRACT

**Introduction** – *Greeva hundana*, a *Vatika* disorder can be compared with Cervical Spondylosis, a degenerative disorder in modern medical science. Most of the degenerative disorders lack effective line of treatment for the prevention and cure of the condition. This research work was conducted with the aim to establish an effective therapy under *Panchkarma Chikitsa* for the treatment of this disease. **Method** – In this trial 10 patients of *Greevahundana* were selected from the O.P.D. of *Panchakarma* from RGGPG Ayurvedic college & hospital, Paprola, Dist.- Kangra, H.P. These patients were given *Panchtikta Ksheer Vasti* and *Ksheera Bala Tail Anuvasana Vasti* as per *Yogvasti* regimen for 8 days. **Results** – The drugs used in this trial were found significantly effective in all symptoms of the disease taken in this trial. **Discussion** – The disease *Greevahundnum* is completely *Vatik* in nature. The drugs *Panchatikta ksheer* and *Ksheer bala taila* both are a potent *vata* pacifier. *Vasti* is also a special procedure of *Panchkarma* to pacify *Vata*. The treatment has shown a significant reduction in the symptoms.

**Keywords:** Vasti, Greeva hundanam, Cervical Spondylosis, Vata dosha, Panchatikta

### INTRODUCTION

Due to life style changes, faulty postures while working, sleeping sitting and faulty dietary habits, Cervical Spondylosis has emerged as a disturbing disease in society which affects day to day life. *Ayurvedic* description of *Greeva hundanam*<sup>1</sup> closely resembles with cervical spondylosis of modern medicine. According to *Ayurveda* *Greeva hundanam* occurs when *Vayu* gets aggravated in Cervical region & causes severe pain, swelling, stiffness in neck, radiating pain into arm, headache, vertigo,

giddiness, paraesthesia, numbness etc. which hamper the neck movements.<sup>2</sup> In modern medicine Cervical spondylosis is described as degenerative condition (mostly age related) of cervical spine and no medicinal intervention has successfully treat the disease.<sup>3</sup> However the unique treatment modalities of *Panchkarma* provides long lasting results. According to *Acharya Charaka*, *Vasti Karma* is the best *Vaat Shamak Chikitsa* in this disease.<sup>4</sup> *Vasti Chikitsa* is considered to be the half treatment for *Vaat* domi-

nated disease and also considered as *Param Aushadh* for *Vaat*.<sup>5</sup> *Vaat Dosha* is predominantly present in *Asthi* and *Sandhi Dhatu* because its core pathogenesis which are

- (1) Degeneration of bone tissue and
- (2) Vitiating of *Vata*.

Moreover, such degenerative type of condition with clinical manifestation can also be considered under the *Vata Vyadhi*. Thus classical concept of *Asthigata Vata* can be implemented in the disease Cervical Spondylosis. *Tikta Rasa* has tendency to go towards *Asthi Dhatu* after assimilation in the body due to dominance of *Aakash* and *Vayu mahabhut*. In the present context *Ksheera* is used as *Vasti Dravya*, it is prepared with five *Tikta Rasa Dravyas* known as *Panchatikta* and *Ghrit* which is effective in *Asthigata Rogas*.

#### AIM AND OBJECTIVES

- a. To evaluate the effect of *Panchtikta Ksheer Vasti* in the management of *Greeva hundanam*.
- b. To develop cost effective *Panchkarma* treatment in the management of *Greeva hundanam*.

#### MATERIAL AND METHODS:-

##### CLINICAL STUDY-

Proposed study had been carried out in single group of 10 patients.

##### SELECTION OF PATIENTS

- Proposed work was an open clinical trial.
- Patients were selected from OPD and IPD of R.G.G.P.G. Ayu. College, Paprola
- Study was conducted in a single group of 10 patients.

Patients of *Greeva hundanam* fulfilling the criteria of diagnosis were registered irrespective of sex and religion. All the patients completed their treatment course.

#### INCLUSION CRITERIA

- Patients willing for trial.
- Age group 40 - 60 years irrespective of sex, religion and socio economic status.
- Patients with classical symptoms of *Greeva hundnam* and Cervical Spondylosis selected for the trial.

#### EXCLUSION CRITERIA

- Patients not willing for trial.
- Patient having age less than 40 years and greater than 70 years.
- Patient of RA and gouty arthritis.
- Patients of diabetes mellitus.
- Patients of IHD and other life threatening cardiac diseases.
- Patients suffering from tuberculosis.
- Patient with any neoplastic disease.
- Any allergy or discomfort during trial

#### CRITERIA FOR DIAGNOSIS:-

A special proforma was prepared, incorporating all the signs and symptoms based on both Ayurvedic and modern description. Proforma also incorporated all the points pertaining to the state of *Dosha*, *Dushya*, *Srotas* and *Agni* on Ayurvedic lines. Along with this, a detailed clinical history was taken and complete physical examination of each patient was done on the basis of proforma. X-ray examination was carried out in all the patients. In addition, routine haematological examinations and urine examinations were carried out.

#### MANAGEMENT PLAN OF THE PATIENTS:-

After the diagnosis of the patients following treatment plan was given –

**Table 1:**

<i>Panchtikta Ksheer Vasti</i>	Total of 3 <i>vastis</i> were given as per <i>Yogvasti</i> regimen.
<i>Anuvasana vasti</i>	<i>Anuvasana Vasti</i> with <i>Ksheer bala taila</i> in the dose of 100ml was given according to <i>Yogvasti regieme</i> .

Duration of study - 8 days  
 Follow up - 10 days

**CRITERIA FOR ASSESSMENT:**

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 of the treatment objectively.

CRITERIA	GRADE
<b>PAIN</b>	
• No pain	0
• Pain in neck, mild aggravates with movement	1
• Pain in neck, severe aggravates with movement	2
• Pain mild or severe with radiation to arm	3
• Pain in neck, radiation and disturbed the speech	4
<b>STIFFNESS</b>	
• No stiffness	0
• Stiffness relieved without medication	1
• Stiffness relieved by external application	2
• Stiffness relieved by medication	3
• Stiffness is not responded by medicine	4
<b>RADIATION OF PAIN</b>	
• No radiation of pain	0
• Pain at shoulder joint	1
• Pain radiate upto elbow joint	2
• Pain radiate upto forearm	3
• Pain radiate upto hand and fingers	4
<b>LOSS OF SENSATION</b>	
• No loss	0
• Ocassionally	1
• Partial loss	2
• Complete loss	3

**OBSERVATION & RESULTS –**

**Table 2:** Symptoms wise distribution

Sr. No.	Cardinal Symptoms	No of patients	Percentage(%)
1.	Pain	10	100
2.	Radiation of pain	8	80
3.	Stiffness	10	100
4.	Numbness	10	100

**Table 3:** Effect of Therapy on Diagnostic Criteria

Symptom	Mean Score		Diff. of Mean	% Relief	SD	SE	t value	p value
	BT	AT						
Pain (N=10)	2.0	0.8	1.2	60%	0.422	0.133	9	<0.001
Radiation of Pain (N=8)	2.62	0.75	1.87	71.4%	1.08	0.342	4.39	=0.002
Stiffness (N=10)	2.2	0.3	1.9	86.3%	0.568	0.18	10.58	<0.001
Numbness (N=10)	1.5	0.3	1.2	80%	0.422	0.133	9	<0.001

Mean B.T score of pain was 2 which got reduced to 0.8 after trial with 't' value 9 (p<0.001) which is highly significant. Mean B.T score of radiation of pain was 2.62 which got reduced to 0.75 after trial with 't' value 4.392 (p<0.002) which is significant. Mean B.T score of stiffness was 2.2 which got reduced to 0.3 after trial, with 't' value 10.585 (p<0.001) which is highly significant. Mean B.T score of numbness was 1.5 which got reduced to 0.3 after trial, with 't' value 9 (p<0.001) which is highly significant.

## DISCUSSION

### Effect of therapy on pain (table no.3):

Mean B.T score of pain was 2 which reduced to 0.8 after study, with the mean difference of 1.2 showing the result of 60%, SD  $\pm 0.422$ , SE  $\pm 0.133$  with 't' value 9 (p<0.001) which is highly significant. This relief in pain may be due to *Vatahara* properties of *Ksheerbala Taila*.

### Effect of therapy on radiation of pain (table no.3):

Mean B.T score of radiation of pain was 2.62 which got reduced to 0.75 after trial, with the mean difference of 1.87 showing the result of 71.4%, SD  $\pm 1.08$ , SE  $\pm 0.342$  with 't' value 4.392 (p<0.01) which is significant. The relief in Radiation of pain may be attributed to *Vatahara* action & *Vedanasthapana* properties of *Vasti* itself and drugs used in *Vasti* i.e. *Ksheerbala taila* & *Panchtikta Ksheer Vasti*.

### Effect of therapy on stiffness (table no.3):

Mean B.T score of stiffness was 2.2 which reduced to 0.3 after trial, with the mean difference of 1.9 showing the result of 86.3%, SD  $\pm 0.568$ , SE  $\pm 0.180$  with 't' value 10.585 (p<0.001) which is highly sig-

nificant. This relief in Stiffness may be attributed to *Shodhana* properties of *Niruha Vasti* and *Kaphashamak* actions of *Panchtikta*.

### Effect of therapy on numbness (table no.3):

Mean B.T score of numbness was 1.5 which got reduced to 0.3 after trial, with the mean difference of 1.2 showing the result of 80%, the relief in numbness may be due to *Vatahara* actions of *Vasti*.

### PROBABLE MODE OF ACTION OF DRUGS & PANCHTIKTA KSHEER VASTI:

The pharmaco-dynamics of the drug is dependent on its physio-chemical properties, which include *rasa*, *guna*, *virya*, *vipaka* and *prabhava*. The mode of action of the therapy can be inferred through the bestowed by the therapy on the exhibited symptomatology. *Greeva Hundanam* is a *Madhyama roga marga*,<sup>6</sup> *Vatavyadhi* in which vitiated *Vatadosha* settles in *Asthi* and *Sandhis* of *Greeva Pradesh* as a result of *Khavaigunya* in *Asthivaha* and *Majjavah* srotas, thereby leading to *Asthikshaya*, *vataprkop* and *Sleshmaka kapha kshaya*. *Greeva Hundanam* is considered as the structural and functional deformity of the cervical spine.

The drugs selected for the present study are predominantly of *Katu*, *Tikta Rasa*, *Ushna Virya*, *Katu* & *Madhura Vipaka* and *Tridosha shamaka* properties. *Tikta Rasa* has *Vayu* and *Aakash Mahabhuta* in dominance.<sup>7</sup> Hence it has got affinity towards the body elements like *Asthi* having *Vayu* and *Aakasha Mahabhuta* in dominance. Though, *Tikta Rasa* aggravates *Vayu* which may enhance the pathogenic process of *Greeva Hundanam* but, as main principle of *Ayurvedic* treatment is "*Sthanam Jayate Purvam*". The main site of *Greeva Hundana* is *Asthi*

and *Sandhi* which is the site of *Shleshmaka Kapha*. So, by decreasing the *Kapha Dosha Tikta Rasa* fulfills the principle. The *Tikta Rasa*, due to its *Deepana Pachana* and *Rochana* properties<sup>8</sup> increased the *Dhatvagni* as result of which nutrition of all *Dhatus* will be increased. Increase in *Dhatvagni* causes proper formation of *Asthi* and *Majja Dhatu* thereby decreasing the *Kshaya*. By virtue of their *Tridoshahara* properties they improve the *Vata* vitiation, improve the *Kapha Dosha* and hence improve the physical and mental debility of a person.

*Vasti* has been considered as best treatment for *Vata Vyadhi* as mentioned by *Acharya Charaka* “*Vasti Vataharanaam*”<sup>9</sup> The drugs selected for the *Vasti* are *Ksheerbala Taila* as *Sneha dravya*, *Panchtikta* as *Kwatha dravya* and *Ksheera* as *Prakshepa dravya*. *Murchhit Tila Taila* is used for the preparation of *Ksheerbala Taila*. It has got *Vatahara* and *Vedana Prashama* properties, hence used in *Vata Vyadhis*. *Til Taila* has been mentioned as prime *Sneha* of vegetable origin and *Taila* has *Vatashamaka* properties.<sup>10</sup> *Taila* has got *Ushna*, *Snigdha*, *Sukshma*, *Snigdha* properties<sup>11</sup> by which it reaches deeper *Dhatus* like *Asthi* and *Majja* by penetrating through minute channels. *Taila* is *Vedanasthapaka*, *Snehana*, *Sandhaniya*, *Deepana*, *Balya* and *Rasayana*.<sup>12</sup> As a result of these properties it is used in *Vatika* degenerative disorders. *Ksheer* is used as *Prakshepa dravya* in *Vasti*, as *Goksheera* possesses *Madhura Rasa* and *Madhura Vipaka*.<sup>13</sup> Due to *Madhura Rasa* & *Madhura Vipaka* it acts as *Vata shamaka*. According to modern medicine administration of enemas has many benefits over oral route. Newly emerged theories explain the effect of *Vasti* on Central nervous system via ENS-Enteric nervous system. Moreover *Panchtikta Ksheera Vasti* is specially indicated in Bony disorders. It might be responsible for arresting further degenerating process of bony tissue by increasing tensile strength of bone. In nutshell, *Vasti* exerts its therapeutic actions by following mechanisms

- Helps to retard & arrest dehydration of the inter-vertebral disc
- Strengthens para vertebral muscles
- Helps repair damaged myelins health
- Increase nutrition of bony tissue and strengthens.
- Improves overall nutrition status of body.
- Improves intestinal health and absorption.

Local *Svedana* relieves the stiffness, heaviness and coldness of the body and produce sweating.<sup>14</sup> By the process of *Svedana* the blood vessels of skin become dilated and local circulation of blood will be increased. The medicine applied locally is also absorbed by skin and exerts its effects locally

## CONCLUSION

In this trial 10 patients of Greeva hundanum were taken for the trial of 8 days. The patients were given *Panchtikta ksheera vasti* and *Anuvasana vasti* with *ksheera bala taila* as per *yogvasthi* regime and followed up after 10 days. The drugs taken for the treatment of *Greeva hundnum* in this trial were found significantly effective in reducing all the four symptoms viz. pain, radiation of pain, stiffness and numbness.

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