

**MANAGEMENT OF VISHWACHI THROUGH AYURVEDA –A CASE STUDY**Asha<sup>1</sup>, Anand K Daddenavar<sup>2</sup>

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**ABSTRACT**

*Vishwachi* (Cervical spondylosis) is one among the *Vataja Nanatmaja Vyadhi*. It affects the neck and upper extremities with signs and symptoms like *Ruk*, *Stambha*, *Toda*, *Karm kshaya* and *Chestaharana of Bahu* as explained by different Acharyas. The clinical presentation of *Vishwachii*s similar to that of Cervical Spondylosis which is a degenerative condition of the cervical spine. Being an *Urdhwajatrugatavikara*, *Nasya karma* has been mentioned as the prime line of treatment. *Dhatukshaya* and *Margavarana* can be considered as the main factor leading to a condition like *Vishwachi*. Hence to find an effective solution in this condition, *Snehana Nasya with shad bindu taila*, *Greevabasti*, *Sthanika Valuka sweda* has been taken for the study.

**Keywords:** *Vishwachi*, *Snehana*, *ShodhanaNasya*, *Shadabindutaila*, *Greevabasti*, *Sthanikvaluksweda***INTRODUCTION**

We all know what it is like to feel pain. Its unpleasantness can take many forms, whether it's the daily ache of arthritis or a throbbing headache. In this era of fast life, man has changed his lifestyle to a great extent and created disharmony in our biological sys-

tem. The disease manifests in such conditions which will hamper the day-to-day activities of individuals. *Vishwachi* is a disease affecting the neck and upper extremities having the signs and symptoms like *Ruk*, *Stambha*, *Toda*, *Karmakshaya*<sup>[1,2]</sup> and *Chestapahara-*

na of Bahu. Dalhana opines that the disease resembles *Gridhrasi* and is of two types– *Vataja and Vatakapahaja*. In modern the condition may be compared with Cervical Spondylosis. Cervical Spondylosis is a degenerative condition of the cervical spine affecting the middle and old age groups of both sexes. It leads to pain and stiffness in the neck, radiating pain to the arm, paraesthesia, numbness, headache, giddiness etc. People can't perform day to day activities due to the severity of pain. The lifetime prevalence of the adult population in India is the incidence of 3.5 cases per 1000 population.<sup>[3]</sup> The main aim of treatment in this condition is to relieve the pain and hence analgesics are prescribed along with muscle relaxants and physiotherapy. Due to the untoward effects of pain-relieving drugs, people are approaching *Ayurveda* to find a better remedy for this condition. *Ayurveda* is one of the most ancient medical sciences in the world. It describes the basics and applies aspects of life processes, health, disease and its management. There are specific principles of approach for each condition. *Vishwachi* is a *Vataja Nanatmaja Vikara*. Here the involvement of *Vata and kapha dosha involved* in the clinical manifestation of *Vishwachi* is of prime importance. Being an *Urdhwajatrugata Vikara*, *Nasya karma* is mentioned as a treatment in this condition.<sup>[4]</sup> *Nasya karma* is one of the *Panchakarma* procedures done in the treatment of diseases about the *Urdhwajatru*. *Ashtanga Sangraha* has quoted “*Nasa hi Shirasodwaram*”, meaning nose is the gateway to the *Shiras* (head). *Shiras* is considered the most important part of the body since it is the seat of five sense organs and the abode of *Prana*. Hence it is termed the *Uttamanga*. While explaining the *Phalshruti of Taila*, *Acharyas* have said that *Taila* mitigates *Vata* and at the same time it does not increase the *Kapha*.<sup>[5]</sup> Considering this aspect and keeping in mind *Nasya*<sup>[6]</sup> *karma* has been taken for the study. Therefore, the present study was planned to evaluate the effect of *Snehana Nasya with Shadbinduntaila snehana nasya Vishwachi*.

#### CASE REPORT:

A female patient aged about 42 years came to OPD of panchakarma BVVS Ayurveda college and hospital

Bagalkot, with complaints of neck pain radiating to the left upper limb since from 2 years.

Associate complaints with heaviness in the left upper arm, nose block, repeated sneezing, backache since 2-3 years.

The patient is known to case of hypothyroidism on medications.

History of present illness- The patient was normal 2 years back gradually she started pain in the neck radiating to the left hand, along with nose block, repeated sneezing, heaviness. She approached to our hospital.

#### TREATMENT PROTOCOL:

After obtaining a written consent form. For this case planned for *Greevabasti, Katibasti, Sthanikvaluksweda* and *Shodana Snehana Nasya*.

- 1) *Greeva Basti* and *Kati basti* with *Kottamchukkaditaila, Mahanarayan taila, Chinchataiala*, 8days.
- 2) *Valukasveda* to the left upper arm neck for 8 days
- 3) *Nasya karma with Shadbindu taila* for 8 days in *Arohana karma*

#### TREATMENT:

*Greeva Basti- Masha pisti* rim tied around the neck region where there is more pain, warm oil is poured on the inner wall of rim taking care not to spill out of the rim. When oil becomes cool, remove it with cotton and again refill with warm oil uniform temperature should be maintained throughout the procedure. Duration 30 min<sup>[7]</sup>,

*Valukasveda-* Clear, free from the thorn, not too fine, not too big sand partials are taken & heated over iron pan & tied in a cloth. This *Potali* applied to the affected part. duration 30 min.

*Nasya karma*<sup>[8]</sup>- *As purva karma, Mukhabhyangam* has done with *majistaditaila, Bashpa sweda*, after this warm *Shadabindutaila* is instilled in both nostrils in *arohanarthmatra i.e. increasing dose, 4, 6, 8, 10, 10, 8,6,4* for 8 days. As *Pashchat karma kavala with Ushnodaka and Haridra Dhumapana* is done.

#### OUTCOME AND FOLLOW UP:

After 8 days of treatments, the patient has got about 80% of relief from stiffness, Backache, Nose block, dragging pain in the left upper arm.

## PROCEDURE CHART:

Symp-toms	1 day	Day2	Day 3	Day4	Day5	Day6	Day7	Day8
Valukasveda	Vaukapotalisweda	Valuk-potali Sweda	Valukpotalisweda	Valuk-potali sweda	Valuk-potali sweda	Valuk-potali sweda	Valuk-potali Sweda	Valukpotalisweda
Greeva Basti	KCT+MNT+Chinch ataila	KCT+MNT+CT	KCT+ MNT+ C	KCT+MNT+ C	KCT+MNT+ C	KCT+MNT+ C	KCT+MNT+ C	KCT+ MNT+ C
Nasya	4 drops	6 drops	8 drops	10 drops	10 drops	8 drops	6 drops	4 drops

## TREATMENT RESULTS:

Symptoms	Before treatment	After treatment
Greevashoola	Severe pain	Reduced up to 70%
Stambha,	Severe stiffness	Reduced by 80%
Karmakshyaya	Moderate	Reduced 80%
Nose block	Mild block on the right side, complete block on left side	Block clear in a right, mild block in the left side

Advised *Shamanoushadi* for 15 days *i.e.* *Rasnaerandakashaya*, - 10ml with water BD *Cap. cervilon*, - 1 tab BD

## DISCUSSION

Vishwachi is most common nowadays because of lifestyle and occupation. In *samhita* *vishwachi* explained in *vataavyadhi*. A disease affecting the neck and upper extremities having the signs and symptoms like *Ruk*, *Stambha*, *Toda*, *Karmakshaya* and *Chestapaharana of Bahu* and is of two types– *Vataja* and *Vatakaphaja*. In this case, *Vatakaphapradanawith* symptoms like, *stambh*, *rukvedana*, *Karmakshaya etc* here treatment planned are *Greevabasti* with *Kottamchukkaditaila*, *chinch tail*, *Mahanarayan tail* all are *kapha- vatahara*, *Valukasveda* its mainly *kaphahara*, *stambhigna*, and *Shodhana snehana nasya* with *shad Bindu tail*, *shodana nasya in Arohana krama*. *kaphavilayana*, *sosamprati vighatana* takes place.

## CONCLUSION

*Vishwachi* is a pain predominant disease. Pain in *vishwachi* is caused by partial damage of nerve membranes which become sensitive to mechanical and chemical stimuli. Such deafferentation pain may either be burning superficial (synaesthetic) type or of

stabbing character. So, evolving a potent *Vedanahar Yoga* and nerve nourishing drugs are very needful in the management of *Vishwachi*. All *Ayurvedic* classics included *Abyanga*, *Swedan*, *Nasya*, and *Niruha basti*, *matrabasti* in the management of *Vatavyadhis*. *Bahu* having its *moolam in greeva* gets affected in *vishwachi*. Thus *Nasya*, *Abyanga*, *Swedana*, *Nasya* and *Niruha*, *Matrabasti* becomes the line of treatment. It is *vatakaphapradhanavyadhi* and *kapha hara and vata shaman* can be done *Shodhana sneha nasya with Shadabindu tailanasya karma* not only acts *Sthanika* also at the nervous system level and helps in strengthen nerves of neck, shoulder and upper arm. *Valukasveda* will reduce the *Sthanika ama* which causes stiffness, and *Greevabasti* will help to relax the muscles and strengthen muscles. By this treatment, protocol the patient got 80% results from all symptoms.

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