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The Role Of *Nasya* (Nasal therapy) With *Kashaya Paana* (Decoction) By *Rasna-Bala-Ashwagandha Sadhita Taila* And *Kashaya* In The Management Of Cervical Degenerative Disc Disease W.S.R To *Vishwachi*.

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ABSTRACT

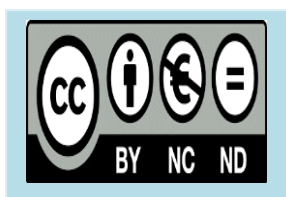
Introduction- Nowadays Degenerative disc disease is a common term in the medical science and usually found in Cervical or Lumbar region. Degenerative disc disease is not a disease; it is a process of degeneration of discs, located in spinal cord. When degeneration develops in the cervical spine, mostly at C5-C6 level, Cervical degenerative disc disease occurs. Dull ache, sharp pain, crepitus in neck movement, numbness, weakness etc. are the clinical features of this disease. In Ayurveda, it may be comparable to the disease *Vishwachi*. (cervical spondylosis). It is one of the *vataja nanatmaja* (musculoskeletal and neurological disorder) characterized by *Ruk* (pain), *Stambha* (Stiffness), *Toda* (throbbing pain), *Karmakshaya* (loss of deeds) and *daurbalya* (weakness) of the *bahu pristha* (upper limb) etc. It is mainly of two types; *Vataja* and *Vata-Kaphaja*. No such effective remedy is found in other medical science except surgery to treat this disease. Hence, to find a safe and effective remedy for this illness, *Nasya* (nasal therapy) and *Kashayam* (decoction) have been chosen.

Method- Total 18 patients of *Vishwachi* were selected from the OPD of I.P.G.A.E & R at S.V.S.P Hospital considering the inclusion and exclusion criteria. *Nasya* (Nasal therapy) with *Rasna-Bala-Ashwagandha taila* and *kashayam* (Decoction) prepared with *Rasna-Bala-Ashwagandha* were given to them for 21 days.

Observation- Very significant result was found in all signs and symptoms.

Conclusion: The both treatment regimen showed the good efficacy to treat this disease.

Keyword: *Vishwachi*, *Nasya*, *Rasna-Bala-Ashwagandha taila*, Cervical degenerative disc disease.



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INTRODUCTION:

In present days, majority of people do not follow the healthy lifestyle. Various illnesses like metabolic diseases, Musculo-skeletal diseases, cardio-vascular diseases, obesity etc. are caused by the unhealthy lifestyle.^[1] Degenerative Disc Disease is a condition, which is occurred due to the drying out of the disc over time, daily strenuous work, mental stress etc. Cervical Degenerative Disc Disease is very frequently found in healthy individuals above the age of 50.^[2] The neck is a part of long flexible column, known as the spinal column or back bone, which extends through most of the body. The cervical spine consists of 7 bones (C1 – C7 vertebrae), which are separated from one another by intervertebral discs. These discs allow the spine to move freely and act as a shock absorber during activity.^[3] Degeneration of the intervertebral discs and osteophyte formation are extremely common radiological findings of Cervical degenerative disc disease.^[4] The C5-C6, C6-C7 levels are the most commonly affected area.^[5] Population based MRI studies show nearly 100% of adults aged >40 years have severe degeneration of at least one cervical level (commonly C5-C6).^[6] It is often asymptomatic or it may be associated with various neurological dysfunction like neck pain, shoulder pain, radicular pain in arms, unsteady gait, weakness in hands, stiffness or weakness in legs, numbness in upper extremity etc.^[7] Smoking, obesity, genetic cause, advanced age, repetitive load bearing occupation, incorrect posture, previous spinal injuries, congenital spinal stenosis etc. are the risk factors of this disease.^[8] Some corrective

measures like Lifestyle modification, NSAIDS, Ice therapy, Physiotherapy or Surgical treatment like Anterior cervical discectomy and fusion, Cervical artificial disc replacement etc. are available.^[9] Due to not availability of any virtuous remedy, people are approaching towards Ayurveda to get relief from this disease.

Ayurveda is one of the most ancient medical sciences in the world. It has described how to maintain healthy life, disease process, signs and symptoms and the principle of management. *Vishwachi* (Cervical Degenerative Disc) is one of the 80 types of *nanatmaja vatavyadhi* (musculoskeletal and neurological disorder) There are several common factors like *ruksha* (dry), *sheeta* (cool), *alpa* (low), *laghu* (light), *katu* (pungent), *kashaya rasa atisevan* (astringent), *vegधारana*, (Suppression of urges) *ratrijagarana* (not sleeping at night), *chinta* (thought), *shoka* (grief), *abhighat*, (injury) *abhojon* (no intake of food), *rogatkarshan* (emaciation due to disease) etc are responsible for *Vata prokopa*, which leads to *dhatukshaya* (depletion of blood tissue) and produce *Vatavyadhi*.^[10] When this *prokopito vayu* (aggravated vata) again excessively aggravates due to *dhatukshaya* (depletion of blood tissue) and enters into the *kandara* (Tendons) of the palm, fingers, arms and shoulder, causes impairment or loss of sensory and motor function of the upper limb,^[11] it is known as *Vishwach*.^[12] *Dhatukshaya* (depletion of blood tissue) can be considered as the prime factor to produce this disease. It may affect any one or both upper limbs,^[13] Acharya Dalhana commented on

Shusruta Samhita that, *Vishwachi* is homologues to *Gridhrasi* (Sciatica). *Vishwachi* affects upper limb and *Gridhrasi* (Sciatica) affects lower limb. As it is homologues to *Gridhrasi* (Sciatica), *Vishwachi* is also two types; *Vataja* and *Vata- Kaphaja* and characterized by *Ruk*^[14] (Pain), *Stambha* (stiffness), *Toda* (Pin pricking pain), *Karmakshaya* (loss of deeds) and *daurbalya* (weakness) of the *bahu pristha* (upper limb) and *Bahu Chestapaharan* (loss

of function of upper limb)^[17] etc. *Vishwachi* is a *urdhajatrugata* (disorders of upper limb) disease. So, to combat this illness *Nasya* (Nasal therapy) is the best and the most specific treatment choice along with *Kashaya pana* (decoction). *Nasya* (Nasal therapy) was given by *taila* prepared with *Rasna-Bala-Ashwagandha* and *Kahayam* (decoction). also prepared by same drugs were given to 18 patients of *Vishwachi* for 21 days.

AIMS AND OBJECTIVES:

- To find out a safe, effective, easily available, curative regimen against Cervical Degenerative Disc Disease or *Vishwachi*.
- To evaluate the effect of *Nasya karma* (Nasal therapy) and *Kashaya paana* (decoction). in the management of Cervical Degenerative Disc Disease or *Vishwachi*.
- To review the literatures pertaining to the etiopathogenesis and management of Cervical Degenerative Disc Disease or *Vishwachi*.
- To correlate Cervical Degenerative Disc Disease with *Vishwachi*.
- Study the Complication during course of the Treatment.

MATERIALS AND METHODS:

The study was carried out in two parts – Literal part and Clinical part. For literal part, different Ayurvedic texts, Western texts, Physiology, Pathology, and Radiology were consulted. Some journals and papers from internet were also studied. For clinical part, patients were selected from OPD of Institute of Post Graduate Ayurvedic Education and Research at Shyamadas Vaidya Sastra Pith Hospital by considering the inclusion criteria and exclusion criteria, proper history taking, clinical examination and judicial use of laboratory and radiology investigations.

• Study Design:

Total 21 patients of *Vishwachi* or Cervical degenerative disc disease were selected from the OPD of Institute of Post Graduate Ayurvedic Education & Research at Shyamadas Vaidya Sastra Pith Hospitals.

- **Study area:** Surrounding areas of Rajabazar.
- **Trial period:** 3 weeks for each patient.
- **Sample size:** 18 patients.

- **LAMA:** 3 patients
- **Sample design:** All selected patients were treated with *Nasya* (Nasal therapy) with *Rasna-Bala-Aswagandha sadhita taila*- 16 drops in each nostrils and *Rasna-Bala-Aswagandha Kashayam*- 30 ml twice daily with luke warm water for 21 consecutive days.

➤ Inclusion criteria:

- Age group - (40-70) years irrespective of any sex religion.
- Patients having neck pain, shoulder pain, radicular pain in arms, weakness in hands, stiffness or weakness in legs, numbness in upper extremity, Malaise, Headache etc.
- X-ray/MRI of Cervical spine with degeneration.

➤ Exclusion criteria:

- Below 40 yrs and above 70 yrs of age.
- The patients having severe illness as Malignancy, CKD, Cardio-vascular disease, DM, Tuberculosis,

Rheumatoid arthritis, Ankylosing spondylitis, Mental impairment were excluded from this study.

➤ **Diagnosis of the patients:**

- On the basis of scoring of some clinical symptoms like localized neck pain, radicular pain in arms, weakness in hands, stiffness in upper extremity, numbness in upper extremity, Malaise, Headache etc..
- Routine hematological and radiological investigations were carried out whenever found necessary.
- The effectiveness of the therapy assessed before and after treatment and analyzed by using appropriate statistical methods and conclusion drawn.

➤ **Preparation of Medicine:**

Kashaya Preparation:^[18]

One *pala* (48mg) of coarsely powdered drug

was boiled with 16 parts of water in an earthen pot, over a mild fire until the liquid is reduced to 1/8 of the original quantity. In this study, patients were advised to boil 15 gm *yavakut* (Coarse powder) of *Rasna-Bala-Aswagandha* (equal amount) with 240 ml of water and to reduce up to 30ml. This is for oral intake.

Taila Preparation: The oil was prepared as per *sneha paka vidhi* (ghrit-tail preparation) According to *Charaka*^[19] and *Sharangadhara*,^[20] the *Sneha (taila)* was taken four times of *kalka* of the afore mentioned drugs (*Rasna-Bala-Ashwagandha*), then it was boiled with 16 times of *kwatha* (decoction) made of *Rasna-Bala-Ashwagandha*. For *kwatha* (decoction) preparation, the drugs and water were taken as per rule as mentioned in *kwatha* (decoction) preparation.

RESULT:

A keen observation was done and evaluate the effectiveness of therapy through the scoring method. Statistical analysis was done to establish the efficacy of the therapies. The scores for different criteria are as follows:

Table no-1

| SYMPTOMS | FINDINGS | SCORING |
|-----------------------------|----------|---------|
| 1. Localised pain | ABSENT | 0 |
| | MILD | 1 |
| | MODERATE | 2 |
| | SEVERE | 3 |
| 2. Radicular pain | ABSENT | 0 |
| | MILD | 1 |
| | MODERATE | 2 |
| | SEVERE | 3 |
| 3. Weakness in hands | ABSENT | 0 |
| | MILD | 1 |
| | MODERATE | 2 |
| | SEVERE | 3 |
| 4. Stiffness | ABSENT | 0 |
| | MILD | 1 |
| | MODERATE | 2 |
| | SEVERE | 3 |

| | | |
|-------------------|----------|---|
| | | |
| 5.Numbness | ABSENT | 0 |
| | MILD | 1 |
| | MODERATE | 2 |
| | SEVERE | 3 |
| 6.Malaise | ABSENT | 0 |
| | MILD | 1 |
| | MODERATE | 2 |
| | SEVERE | 3 |

Table no-2-Effect of Therapy

| SMS | BT BB | AT AT | % SD | SE SE | % of relief | t | P |
|----------------------|----------|----------|---------|----------|-------------------|------|-------|
| 1. Localised pain | 1.44 | 1 | .51 | .12 | 30.55% | 3.6 | 0.001 |
| 2. Radiation of pain | 1.2 | .78 | .51 | .12 | 35% | 3.5 | 0.001 |
| 3. Weakness in hands | 1.33 | 1 | .51 | .12 | 24.8% | 2.75 | 0.01 |
| 4. Stiffness | 1.5 | 1 | .78 | .18 | 33.33% | 2.78 | 0.01 |
| 5. Numbness | 1.33 | 1 | .49 | .12 | 24.8% | 2.75 | 0.01 |
| 6. Malaise | 1.2 | .83 | .46 | .12 | 30.8% | 3 | 0.001 |

DISCUSSION

In this present study total 12 patients out of 18 patients are having *ruksha(dry)*, *shita(cold)*, *alpo(low)*, *laghu* (light) food habit. Almost all consumes *vata prokopoka ahara* and *vihara* (food and life style). So aggravated *vayu* enters into the *vata vaha nadi* of the anterior and posterior portion of both or one arm.^[21] Patient feel *Ruk* (mild to severe pain), *Toda* (Pin pricking pain), *Stambha* (stiffness), difficulty in moving arm and shoulder, *Supti* (numbness), *Karmakshaya* (Muscle weakness, unable to hold or lift anything).^[22] Pain may be localized or radiating from neck to finger of the hands (*Sanchari vedana*), *Gourava* (heaviness in the limbs) and *Arochaka* (tastelessness) may arise in *vata-kaphaja* type.

The clinical presentation of *Vishwachi* is similar to

Cervical Degenerative Disc Disease of spine, which may occur due to Age, Strenuous work, Stress, Load bearing occupation etc. and characterized by neck pain, shoulder pain, stiffness, numbness, weakness of arms etc. It is mainly found in middle age to older. Here drugs were selected keeping *samprapti* (Pathogenesis) in mind. *Vishwachi* is a *urdhajatrugata roga* (disease of upper limb) where *Shira* (vein), *Snayu* (ligament), *Kandara* (tendon) of upper limb are affected along with vitiation of *asthivaha srota* (channels carry nutrients to the bones) *Nasya* (nasal therapy) is the best therapy for *Urdha jatrugata rogas* (disease above the neck region). *Taila* mitigates *vata* and the same time it does not increase *kapha*^[23]. *Kashayam* has *deepaniya*,^[24] *pachaniya* (appetizer and

digestive),^[25] *Amapachaka* (digestive) properties and it pacify *vata* and *kapha*. In *Vishwachi*, *kshaya* (decoction) of vertebral disc is the main culprit for the production of this disease. In this study, three drugs *Rasna*, (*Pluchea lanceolata*) *Bala* (*Sida cordifolia*) and *Ashwagandha* (*Withania somnifera*) are selected assuming their *vyadhi pratyanka* (combats the disease) as well as *dosha pratyanka* (specific to the dosha) properties.^[26] *Rasna* (*Pluchea lanceolata*) is *Vatahara*, *Kaphashamaka*, *Amapachaka*, *Shothohara* (anti inflammatory), *Shulahara* (pain killer) in nature. Moreover it is praised as it can cure 80 types of *Vatavyadhi*. It is having *Tikta Rasa*, *Guru Guna* (heavy) and *Ushna Virya*. (hot potency)^[27] *Bala* (*Sida cordifolia*) is *Vata-Pitta Shamaka* (according to different *Nighantus*, it is *Tridosha shamaka*), *Bala bardhaka* (tonic for strength), *Oja bardhaka* (improves immunity), *Virya -prada*, (aphrodisiac) *Pushti karaka* (improves strength) *Kapharoga vishodhona* (Purification), *Dhatu bardhak* (nourishment of tissue), *Brimhana* (Nourishing) *Sukra bardhaka* (aphrodisiacs) *Kshaya nashaka* (nourisher) and *Bala* (tonic) in nature. It is having *Madhur* (sweet), *Tikta rasa* (bitter), *Snigdha guna* (unctuousness) *Madhura Vipaka* (sweet taste) and *Shita Virya* (cold potency). According to *Charaka*, it has been considered as the best drug to mitigate *Vatavyadhi*.^[28] *Ashwagandha* is *Vata-Kapha shamaka*, *Kshaya nashaka* (nourisher), *Virya prada* (aphrodisiacs) *Rasayan* (Rejuvenation), *Pushtikaraka* (improves

strength) , *Shothahara* (anti-inflammatory) in nature. Though it is having *Katu* (pungent), *Tikta rasa* (bitter) and *ishat Ushna Guna* (hot), it alleviates *Vayu* and *Kapha* by its *Ushna Virya* (hot potency) and *Rasayan* (Rejuvenation) effect. Moreover, it is one of the most potent drugs to mitigate *Dhatukshaya* (depletion of tissues). These three drugs are popularly used to combat various types of *Vatavyadhi*.

Considering this aspect and keeping in mind the beneficial effects of *Kashaya* (decoction) and *Nasya karma* (Nasal therapy), this therapy regimen has been taken for the study. Total 21 patients were selected from OPD of I.P.G.A.E & R at S.V.S.P Hospital but 18 patients have completed their clinical trial and was treated with *Nasya* (Nasal therapy), with oil prepared by *Rasna-Bala-Ashwagandha*- 8 drops twice daily in each nostrils and oral medicine *Rasna-Bala-Ashwagandha kwath* – 30 ml twice daily before food with water. Both the therapies were continued for 21 days.

They showed very relieving percentage of their parameters like Localized pain, Radiation of pain, Weakness, stiffness and numbness of hands and Malaise as 30.55%, 35%, 24.8%, 33.33%, 24.8%, 30.8% respectively. The statistical analysis showed significant improvement on Weakness, stiffness and numbness of hands i.e. 0.01, 0.01, 0.01 respectively and very significant improvement showed on Localized pain, Radiation of pain and Malaise i.e. 0.001, 0.001, 0.001 respectively.

CONCLUSION:

The both treatment regimen showed the good efficacy to treat this disease. *Vishwachi* is a *Kshayaja urdhajatrugata vatavyadhi*. (disease above the neck region) Hence *Nasya karma* (Nasal therapy) with *Vatahara kashaya pana* (*Vatahara* Decoction) are the good alternative to treat the Cervical Degenerative Disc Disease (*Vishwachi*).

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