



EFFECT OF NASYAKARMA IN HEADACHE ASSOCIATED WITH CERVICAL SPONDYLOSIS- A CASE STUDY

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Article Received on 23/01/2021

Article Revised on 13/02/2021

Article Accepted on 03/03/2021

INTRODUCTION

Cervical spondylosis is one of the most common degenerative, neurological conditions of the cervical spine by which a major part of population is affected. Apart from age, other risk factors for cervical spondylosis include occupations that may cause more stress on neck, certain neck injuries, incorrect posture while sitting or walking, smoking, excessive mobile use and genetic factors. Modern therapies such as analgesics, muscle relaxants, steroids, physiotherapies, and even operative procedures are not fulfilling the patients' goal of healthy life. Cervicogenic headache which may be associated with cervical spondylosis can be easily overlooked in many patients. Headache of cervical origin is one of the most controversial and difficult procedure to perform. One of the headache that is most overlooked and misdiagnosed is cervicogenic.

According to Ayurveda headache in cervical spondylosis can be co-relate with *shiroroga – Anantvata*. *Nasya chikitsa* is having good results in reducing the symptoms like headache. *Nasya* therapy results in better circulation and nourishment of the organs.

A CASE STUDY

A 37 years old, married, hindu male patient (occupation- Tailor) came to *shalakya tantra* opd of our hospital with presenting complaints follows

- 1) Daily severe headache since 2 years
- 2) Pain in the back of the neck with gradual onset which was radiating to bilateral shoulder joints and to the right arm upto hand. Since 2 years
- 3) occasionally Giddiness since 2 years
- 4) Numbness and weakness in arms, hands and fingers.

History

He is known case of hypertension since 1 year under Rx of tab. Telma20mg 1 OD with good control on BP. He is doing tailoring work since 10 years which leads to improper posture while seating and working. The aggravating factors are evening time and machine work while oil massage and hot fomentation were relieving factors in this case.

Pre- Treatment examination

- 1) Moderate pain while making movements of neck
- 2) Severe headache which comes frequently, aggravates in evening.

3) Grinding and propping sound / feeling in neck with movement.

4) Lower pressure pain threshold points towards cervicogenic headache.

Pain starts from mild, moderate severe and occurs daily.

Signs

- ❖ Sub occipital tenderness upon palpation.
- ❖ Dysfunction or chronic hypo mobility of occipitoatlanto area and the cervical spine.

According to Ayurveda

Cervicogenic headache can be correlated with *anantavata*. *Prakupit Doshas* produce severe pain in cervical spine, eyes, eyebrows and temporal part & moderate pain in bilateral part of neck

Diagnosis

MRI of Cervical spine reveals posterior disc bulging at C3-C4, C4-C5 without compressing elements with loss of lordosis.

Considering symptoms signs and MRI above patient is diagnosed as cervical spondylosis associated with severe headache.

Line of Treatment

- 1) *Stanik Snehana Swedana purvaka Nasya karma Anutaila*, once in a day, 6 drops in each nostrils, for 3 days

Followed by *nasya* with *Shadabindu Taila*, once in a day, 6 drops in each nostrils, for 4 days.

2) After 7 days of gap, same setting of *nasya karma* is repeated with same dose and duration.

3) Physiotherapy as per advice

1) Nasya Karma

Nasya: *Nasya* is a type of *Panchakarma* treatment. Administration of drugs by the route of nasal cavity is termed as *Nasya*.

Purvakarma: *Snehana* with *Tila Taila* (i.e. *Abhyanga*) and *Bashpa Swedana* will be done locally i.e. to patients face, forehead, head, ears and neck prior to *Nasya*. This will help to loosen the adhesive *Doshas*, and thus facilitates the further elimination.

Pradhan Karma: Then the patient will be asked to lie down on the bed with his hands and legs keeping straight. His head will be slightly lowered by keeping the pillow below the neck. This position will facilitate the direct passage of the drug. Placing the medicine above hot water, it will be gently warmed and then it will be made to flow into the one nostril while the other will be kept closed. The same process will be carried out in the other nostril. For the administration of drug a *Pichu* (cotton swab) or *Nadi* (tube) may be used. Dropper can be used.

Paschyat Karma: The sole, shoulder, neck, ear and palm will be gently massaged after the administration of drugs. He must spit out all the impurities and medicines that reach out his mouth. *Bashpa Sweda karma* should be repeated after the *Nasya* treatment. Warm water *Gandhusa* will be given. This process will be carried out for 7 days.

Drugs Used

1) Anutaila

Equal quantities of following are to be taken: *Agaru*, *patra*, *darvitvak*, *madhuka*, two varieties of *bala*, *bilva*, *utpala*, *padmakeshara*, *patrapaundarika*, *vidanga*, *ushira*, *hribera*, *vanya*, *tvak*, *musta*, *sariva*, two varieties of *brihati*, two *amsumati*, *jivanti*, *devdaru* & *surbhi shatavari*, all these together making one measure are to be added with one hundred measures of water & boiled to be reduced to one-tenth part; then oil equal to one-tenth part of this is to be added and boiled to reduced to one-tenth part; in this equal quantity of goat milk is to be added; this is *Anutaila* & is more effective than the earlier & specially it gives strength to the sensory organs and is beneficial to hair, skin, throat, and is nutritious, satisfying, nourishing and alleviates the three *doshas*.

2) Shadabindu Taila

Equal quantities of Goat milk, *Bhrigaraja*, Sesame oil are taken. *Aranda*, *tagara*, *jivanti*, *rasna*, cinnamon, *yashtimadhu*, ginger, rocksalt each in ¼ th part are taken. Prepare herbal paste using *Bhringraj* (*Eclipta Alba*)

Juice. Now, mix all ingredients including sesame oil, goat's milk, *Bhringraj* (*Eclipta Alba*) Juice and herbal paste. Simmer the sesame oil with other ingredients until only oil remains. Separate all residues present in the oil using fine strainer.

Post Treatment Examination

1) After 2 settings of *nasyakarma* with *anutaila* and *shadabindu taila nasya karma*, severe daily headache is relieved. Now he has mild occasional headache.

2) Giddiness is totally relieved.

3) Neckpain is reduced. His work efficiency is increased and he can work for more time than before *nasya karma*.

4) Sub occipital tenderness is reduced.

RESULT

Patient is totally free of giddiness and got relief from severe headache. Neck pain is reduced and occurs less frequently.

DISCUSSION

It's a case of cervical spondylosis associated with headache. In the spine arthritis can result as the disk degeneration and loss of water content. Disks have high water content & as we get older, our disks begin to dry out and weaken.

This problem causes settling or collapse of the disc spaces and loss of disc space height. If the cartilage wears away completely, it can result in bone rubbing on bone over time. This bone over growth called spurs may narrow the space for nerves to pass through (stenosis).

The most important cause of this headache is mechanical dysfunction or hypo mobility (Fixation) of the occipito-atlanto area and rest of the cervical spine. Since the vertebral arteries pass through the transverse foramina of the cervical vertebrae, any dysfunction would irritate these arteries and possibly decrease the blood supply to head and cause headache.

According to Ayurveda, this cervicogenic headache can be correlated with *Anantavata*. *Prakupit Tridoshas* settled in *manya* region are the main cause of *Anantvata*.

Nasya karma is strongly indicated in *urdhvajatrugata vata vyadhi*. *Nasya tail* acts by reaching "*shringata karm*" a main vital point situated on the surface of the brain corresponding to the nerve centers from where it spreads to various strotasas and brings out vitiated *doshas* from the bread. Drugs which are used in *nasya karma* acts by blood circulation, after absorption through mucous membrane. Direct pooling into venous sinuses of brain. Absorption directly into cerebrospinal fluid.

This results in better circulation and nourishment of the organs and diseases will subside. *Nasya dravya* have got *Katu* (bitter), *Ushna* (hot) and *Teekshna* (sharpness) properties. So they produce *Draveekarnam* and

Cheedanam (Expulsion) of vitiated *doshas*. *Kashaya* rasa (astringent taste) drugs produce astringent effect while *madhura rasa* produce cooling and nourishing effect.

CONCLUSION

Nose is the doorway to the brain and to consciousness.

Nasal administration of medication helps to correct the disorder's to *prana* affecting the higher cerebral sensory and motor function. *Nasahi shirasodwaram* it is a pharmacological passage into the head.

Headache associated with cervical spondylosis can be effectively relieved by *shamana* and *shodhana nasya karma*. *Anutaila nasya* and *shadabindu taila nasya* is useful in *anantavata* or cervicogenic headache conditions. Justified and timely use of *nasya karma* is effective in this case of headache associated with cervical spondylosis.

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