

AYURVEDA MANAGEMENT OF VISHWACHI ROGA (CERVICAL SPONDYLOSIS)

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ABSTRACT:

Vishwachi (Cervical spondylosis) is a Vataja nanatmaja vyadhi seen in Indian population. Due to malnourishment, vata vardhaka ahara vihara and degenerative changes, cervical spondylosis occurs. There will be neck pain, inability to move hand freely in shoulder joint, emaciation of muscles of the affected hand and loss of strength in the hand are seen in this disease. By X-ray of the cervical spine, there will be degeneration changes like decreased joint space and sclerotic changes in the joint surfaces are seen in this disease. Ayurveda has a better role in the management of this disease. Greeva Basti, Vyadhi Pratyhanika Aushadhi Prayoga, Vatahara Ahara- Vihara, Pathyapathya Prayoga are effective in the management of Vishwachi roga.

The present paper highlights about the role of Ayurveda management in Vishwachi roga (Cervical spondylosis)

Key words: *Vishwachi roga, Ayurveda, Vatavyadhi*

INTRODUCTION:

Vishwachi is a vataja nanatmaja roga characterized by pain in upper extremities along with difficulty in raising the hand and emaciation of muscles of the hand. Cervical spondylosis is a degenerative joint disorder which affects cervical vertebrae. There will be nerve root compression of cervical nerves and followed by pain in wasting of muscles of the upper extremity. Ayurveda medicine has a positive role in the management of Vishwachi roga patients.

Following are the actions of Ayurveda formulations used in the management of Vishwachi roga:

- ❖ Vatahara
- ❖ Mala vatanulomaka
- ❖ Rasayana
- ❖ Analgesics
- ❖ Anti-inflammatory

- ❖ Virechana
- ❖ Nadi-Balya
- ❖ Balya
- ❖ Brihmana
- ❖ Anti-Stress
- ❖ Adaptogenic
- ❖ Medhya
- ❖ Sedative
- ❖ Anxiolytic
- ❖ CNS depressants
- ❖ CNS Stimulants
- ❖ Nervine Tonic
- ❖ Poshaka
- ❖ Nutritive
- ❖ Madhura Rasayukta
- ❖ Snigdha
- ❖ Jeevaniya
- ❖ Ojaskara
- ❖ Immuno-modulator

- ❖ Anti-Oxidant
- ❖ Hypnotic

Vatahara:

- ✓ Eranda taila ksheerapaka
- ✓ Kaishora guggulu
- ✓ Yogaraja guggulu
- ✓ Trayodashanga guggulu
- ✓ Ekonavimshati guggulu
- ✓ Simhanada guggulu
- ✓ Maharasnadi Kashaya
- ✓ Balarista
- ✓ Ashwagandharista
- ✓ Rasnadi guggulu
- ✓ Rasnasaptaka Kwatha
- ✓ Rasnapanchaka Kashaya

Malavatanulomaka:

- ✓ Haritaki Tablet
- ✓ Triphala Tablet
- ✓ Pancha Sakara Choorna
- ✓ Shat Sakara Choorna
- ✓ Triphala Kwatha

Rasayana:

- ✓ Bhallataka Vati
- ✓ Chitrakadi Vati
- ✓ Lashuna ksheerapaka
- ✓ Shunti Ksheerapaka
- ✓ Yogaraja guggulu
- ✓ Kaishora guggulu
- ✓ Ksheerabala taila

Analgesic:

- ✓ Yogaraja guggulu
- ✓ Mahayogaraja guggulu
- ✓ Kaishora guggulu
- ✓ Simhanada guggulu
- ✓ Trayodashanga guggulu
- ✓ Rasnadi guggulu
- ✓ Maharasnadi Kashaya And guggulu
- ✓ Shallaki tablet
- ✓ Rasna panchaka Kashaya
- ✓ Rasna saptaka Kashaya

Anti-inflammatory: -Do-**Virechana:**

- ✓ Triphala Choorna
- ✓ Haritaki Tablet
- ✓ Triphala kasaya
- ✓ Pancha Sakara choorna
- ✓ Trivritadi leha

Nadibalya:

- ✓ Vishatinduka vati
- ✓ Ksheerabala taila
- ✓ Ernada ksheerapaka
- ✓ Bhallataka rasayana
- ✓ Balarista
- ✓ Shatavari guda

Balya:

- ✓ Mamsa rasa
- ✓ Ajamamsa rasayana
- ✓ Narikela khanda
- ✓ Ashwagandhadi leha
- ✓ Kushmanda rasayana
- ✓ Chyavanaprasha rasayana

Brihmana: -Do-**Anti-stress:**

- ✓ Ashwagandha choorna
- ✓ Ashwagandharista
- ✓ Ashwagandhavaleha
- ✓ Jatamamsi choorna
- ✓ Tagara tablet
- ✓ Manasa mitra vati
- ✓ Sarpagandha vati
- ✓ Saraswatarista

Adaptogenic:

- ✓ Shatavari guda
- ✓ Guduchi Kashaya
- ✓ Ashwagandha choorna

Medhya:

- ✓ Yastimadhu choorna
- ✓ Guduchi Kashaya
- ✓ Shankhapushpi Syrup
- ✓ Saraswatarisa
- ✓ Swarna bhasma

- ✓ Swarna malini vasanta
- ✓ Brahmi ghrita

Sedative:

- ✓ Sarpagandha vati
- ✓ Jatamamsi choorna
- ✓ Medhya vati
- ✓ Tagara tablet

Anxiolytic: -Do-**CNS Depressant: -Do-****CNS Stimulant:**

- ✓ Pooga khanda
- ✓ Pooga choorna
- ✓ Shunti ksheerapaka
- ✓ Tea
- ✓ Coffee

Nervine Tonic:

- ✓ Ksheerabala taila
- ✓ Vishatinduka vati
- ✓ Balarista
- ✓ Bala choorna
- ✓ Swarna bhasma
- ✓ Swarna malini vasanta
- ✓ Yogendra rasa
- ✓ Ekangaveera rasa
- ✓ Brihat vata chintamanai rasa

Poshaka:

- ✓ Mamsa rasa
- ✓ Ajamamsa rasa
- ✓ Paneer
- ✓ Goksheera
- ✓ Sneha
- ✓ Ksheerabala taila

Nutritive: -Do-**Madhura rasayukta:**

- ✓ Shatavari guda
- ✓ Kushmanda rasayana
- ✓ Goksheera
- ✓ Ashwagandha rasayana
- ✓ Ashwagandharista

Snigdha:

- ✓ Ksheerabala taila
- ✓ Brahmi ghrita
- ✓ Purana ghrita
- ✓ Accha sneha

Jeevaniya:

- ✓ Ashwagandharista
- ✓ Ashwagandha Leha
- ✓ Ksheerabala taila
- ✓ Goksheera
- ✓ Goghrita
- ✓ Vidari choorna

Ojaskara: -Do-**Immuno-modulator:**

- ✓ Guduchi Kashaya
- ✓ Shatavari guda
- ✓ Ashwagandha avaleha
- ✓ Ksheerabala taila

Anti-oxidant:

- ✓ Ashwagandha avaleha
- ✓ Kaishora guggulu
- ✓ Kanchanara guggulu
- ✓ Balarista

Hypnotic:

- ✓ Sarpagandha vati
- ✓ Jatamamsi choorna
- ✓ Tagara tablet
- ✓ Saraswatarista

DISCUSSION:

Vishwachi is a vataja nanatmaja vyadhi. Ayurvedic analgesics and anti-inflammatory formulations are widely used in this disease. Some patients having psychological stress and conflicts in the mind are benefitted by the use of Ayurvedic hypnotics, CNS Depressants, Sedatives, Anxiolytics, Tranquilizers, Immuno-modulators, Jeevaniya and Ojaskara formulations. Rasayanas, Poshaka, and nutritive formulations reduce the degenerative changes in the joints.

CONCLUSION:

- 1) Vishwachi roga can be best treated by Ayurveda medicine.
- 2) Prolong treatment is necessary for Vishwachi roga.
- 3) There is minimum drug reaction during the course of the disease.
- 4) Complications of Vishwachi can be minimized by Ayurveda treatment.

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