



**A COMPARATIVE STUDY ON PRAK-BHAKTA AND URDHWA  
BHAKTA NASYA KARMA IN THE MANAGEMENT OF VISHWACHI  
W.S.R. TO CERVICAL SPONDYLOSIS**

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**ABSTRACT :**

*Vishwachi* is a condition explained under the group of *vata vyadhi*, in which *vayu* afflicts the *Kandara* extending from *Bahu Prushta* to *Hasta* presenting with *Karma Kshaya* of *Bahu*.

In modern parlance, it simulates with Cervical spondylosis, the incidence rate of which is 83 per 1, 00,000 population and its prevalence is more in elderly which is ranging up to 3.3 cases per 1000 population. *Nasya Karma* is the prime modality of treatment in diseases pertaining to the *Jatroordhwa pradesha*. Hence, *Nasya Karma* was adopted in the present clinical study for the management of *Vishwachi*. In general, *Nasya Karma* said to be performed in empty stomach. As per *Bhavaprakasha* and *Vangasena*, *Nasya Karma* is said to be performed after consumption of food in treating *Vishwachi*. In this study, *Mashadi Taila* was used for *Nasya Karma* as it is indicated in *Vishwachi*. Hence, the present study was taken up to compare the efficacy of *Nasya Karma* in *Prak-Bhakta* and *Urdhwa-Bhakta* condition in the management of *Vishwachi* w.s.r. to Cervical spondylosis. It is a comparative clinical study with pre - test and post - test design where in 40 patients of either sex diagnosed as *Vishwachi* w.s.r. to Cervical Spondylosis. The overall result in the study revealed that there is no statistically significant difference between the two groups since both the groups showed highly significant improvement after treatment in group A and at follow up in group B.

**Keywords:** *Vishwachi*, Cervical spondylosis, *Nasya Karma*, *Prak-Bhakta*, *Urdhwa-Bhakta*, *Mashadi Taila*.

**INTRODUCTION:** Human life in the present era is more stressful and strenuous leading to many diseases which may or may not be life threatening, but certainly hampering the quality of life as well as human productivity. Along with this, generalized hyper mobility associated with occupation involving heavy weight lifting, prolonged driving, continuous computer usage, etc. leads to increase in *vata dosha* which maybe leads to manifestation of *shoola pradhana vata vyadhi* – i.e. *Vishwachi*. *Vishwachi* is one among the *vata vyadhi* commonly trou-

bling the human life by affecting the *kandara* extending from *bahu prushta* to *hasta* and presenting mainly with the complaint of *karma kshaya* of *bahu*<sup>1</sup>. In modern parlance, *Vishwachi* can be correlated to cervical spondylosis<sup>2</sup>, a degenerative condition of the cervical spine. The sedentary urban life style has brought about steep increase in the prevalence of the disease amongst younger generation as well. In this era of fast and busy lifestyle where people are more prone to suffer from this disease and if it is not managed properly in early

stages, may land up in permanent disability. Hence, it is need of the hour to explore a better modality of treatment to manage this condition. *Nasya Karma* is the main modality of treatment which is in practice to overcome this condition. *Nasya Karma* is generally practiced in empty stomach. But in *Bhavaprakasha*<sup>4</sup> and *Vangasena*, there are references regarding the practice of *Nasya Karma* following *Bhojana* in the management of *Vishwachi*. For *Nasya Karma Mashadi Taila*<sup>5</sup> has been selected for the study. In the context of *Snehana*, it has been told very clearly that *Sneha* administered in moderate quantity in empty stomach brings about *Shamana effect*<sup>6</sup> whereas the same *Sneha* administered in less quantity along with the food or immediately before food or after intake of food exerts *Brihmana effect*<sup>7</sup>. The disease *Vishwachi* belongs to the category of *Vata Vyadhi* and the disease Cervical spondylosis is a degenerative condition of cervical Spine which requires *Brihmana* that can be achieved by performing *Nasya Karma* using *Mashadi Taila* after the intake of food. In this regard, a clinical study has been taken up to evaluate the therapeutic efficacy of *Prak-Bhaktā Nasya Karma* and *Urdhwa-Bhaktā Nasya Karma* with *Mashadi Taila* in the management of *Vishwachi* w.s.r. to Cervical spondylosis. And the study has revealed that the effect of *urdha-bhaktā Nasya Karma* showed better results at follow up. The patients were subjected to *sthanika abhyanga* with *murchita taila* and *nadi sweda* with *ushnajala* followed by *Nasya Karma* performed in *urdhwa-bhaktā kala* with *Mashadi Taila* in the dosage of 8 *bindu* in each nostril for a period of 7 consecutive days.

## OBJECTIVES OF THE STUDY:

- To evaluate the therapeutic efficacy of *Prak-Bhaktā Nasya Karma* with *Mashadi Taila* in the management of *Vishwachi* w.s.r. to cervical spondylosis.
- To evaluate the therapeutic efficacy of *Urdhwa-Bhaktā Nasya Karma* with *Mashadi Taila* in the management of *Vishwachi* w.s.r. to cervical spondylosis.
- To compare the therapeutic efficacy of both the groups.

## MATERIALS AND METHODS:

**Source of data:** 40 patients of *Vishwachi* w.s.r. to cervical spondylosis coming under the inclusion criteria approaching the OPD and IPD of SKAMCH & RC, Bangalore were selected for the study.

**Method of collection of data:** This was a comparative clinical study with pre-test and post-test design where in 40 patients of either sex diagnosed as *Vishwachi* w.s.r. to Cervical spondylosis were randomly assigned into two groups comprising of 20 patients in each. A special case proforma containing all the necessary details pertaining to the study was prepared. The data obtained in both the groups recorded, tabulated and statistically analysed using Paired *t*-test within the group and Unpaired *t*-test between the groups methods.

## Diagnostic Criteria:

- Patients presenting with *lakshanas* of *Vishwachi* such as *Karma kshaya of Bahu*.
- Patients with signs & symptoms of Cervical spondylosis.
- Patients presenting with radiological evidence of Cervical spondylosis.

## INCLUSION CRITERIA:

- Patients of either sex between the age group of 16 - 60years.

- Patients presenting with *lakshanas* of *Vishwachi*.
- Patients with signs & symptoms of Cervical spondylosis.
- Patients suitable for *Nasya Karma*.

#### EXCLUSION CRITERIA:

- Patients having fracture or dislocation of cervical region or upper limb.
- Patients with systemic diseases that may interfere with the course of treatment.

#### ASSESSMENT CRITERIA:

- The assessment was done before treatment, after treatment, at first follow up and based on the grading and scoring given to subjective and objective parameters of *Vishwachi w.s.r. to Cervical spondylosis*.
- The subjective and objective parameters involve Neck pain, Neck stiffness, Radiation of pain, Tenderness, Painful / Restricted neck movements.
- The effect of *Nasya Karma* was assessed based on *Samyak yoga*<sup>8</sup>, *Ayoga*<sup>9</sup> and *Atiyoga lakshanas*<sup>10</sup> of *Nasya Karma*.

#### INVESTIGATION:

- Blood for Hb %, TC, DC, ESR and RBS.
- X-ray of the Cervical Spine - Antero-Posterior and Lateral view.

**STUDY DESIGN:** It was a comparative clinical study of *Nasya Karma* in the management of *Vishwachi w.s.r. to Cervical spondylosis* where in pre-test and post-test design was done.

- 40 patients of *Vishwachi w.s.r. to Cervical spondylosis* who fulfil the inclusion criteria were selected.
- Total duration of the study -7days, follow up-after one week of the *Nasya Karma*.

#### INTERVENTION:

**Group - A :** *Purva Karma - Sthanika Abhyanga with Murchita Tila Taila and Nadi Swedana with Ushna Jala* was done to *Mukha, Skanadha, Hastha, Pada, Karna, Greeva, Kantha and Lalata*.

- **Pradhana Karma - Nasya Karma** was performed with *Mashadi Taila* in the dosage of 8 *bindu* in each nostril for a period of 7 consecutive days.

- **Paschat Karma - Kavalagraha** with *Sukoshna jala* and *Dhoomapana* with *Khanda of Haridra* was done.

- **Time of Administration - Prak-Bhakta** (Morning before Breakfast)

- **Duration of Procedure - 7** consecutive days.

Pre test – 1<sup>st</sup> day, Post test - 7<sup>th</sup> day, Follow up - 14<sup>th</sup> day.

**Group - B :** *Purva Karma - Sthanika Abhyanga with Murchita Tila Taila and Nadi Swedana* was done with *Ushna Jala* to *Mukha, Skanadha, Hastha, Pada, Karna, Greeva, Kantha and Lalata*.

- **Pradhana Karma - Nasya Karma** was performed with *Mashadi Taila* in the dosage of 8 *bindu* in each nostril for a period of 7 consecutive days.

- **Paschat Karma - Kavalagraha** with *Sukoshna jala* and *Dhoomapana* with *Khanda of Haridra* was done.

- **Time of Administration - Urdhwa-Bhakta** (Morning after Breakfast).

- **Duration of Procedure - 7** consecutive days. Pre test – 1<sup>st</sup> day, Post test - 7<sup>th</sup> day, Follow up - 14<sup>th</sup> day.

**ASSESEMENT CRITIRIA:**

<b>Table No. 1 Subjective Parameter of Cervical Spondylosis</b>	
1)	<b>Neck pain</b>
2)	<b>Neck stiffness</b>
3)	<b>Radiation of pain</b>
4)	<b>Weakness of upper limb</b>
5)	<b>Giddiness</b>

<b>Table No. 2 Objective Parameter of Cervical Spondylosis</b>	
1)	<b>Tenderness</b>
2)	<b>Restricted neck movements</b>
	a) <b>Flexion</b>
	b) <b>Extension</b>
	c) <b>Right lateral flexion</b>
	d) <b>Left lateral flexion</b>
	e) <b>Right lateral rotation</b>
	f) <b>Left lateral rotation</b>
3)	<b>Power</b>
4)	<b>Reflex</b>
	a) <b>Biceps</b>
	b) <b>Triceps</b>
	c) <b>Supinator</b>
5)	<b>Sensory loss of upper limb</b>

**SCORING PATTERN FOR CERVICAL SPONDYLOSIS:**

<b>Table No. 3 Scoring Pattern for Cervical Spondylosis</b>	
<b>Neck pain</b>	
No neck pain	<b>0</b>
Mild neck pain	<b>1</b>
Moderate neck pain	<b>2</b>
Severe neck pain	<b>3</b>
<b>Neck stiffness</b>	
No neck stiffness	<b>0</b>
Mild neck stiffness	<b>1</b>
Moderate neck stiffness	<b>2</b>
Severe neck stiffness	<b>3</b>
<b>Radiation of pain</b>	
No Radiation	<b>0</b>
Radiation to one arm occasionally	<b>1</b>
Radiation to one arm continuously	<b>2</b>
Radiation to both arm occasionally	<b>3</b>
Radiation to both arm continuously	<b>4</b>
<b>Weakness of upper limb</b>	

No Weakness of upper limb	0
Mild Weakness of upper limb	1
Moderate Weakness of upper limb	2
Severe Weakness of upper limb	3
<b>Giddiness</b>	
No Giddiness	0
Mild Giddiness	1
Moderate Giddiness	2
Severe Giddiness	3
<b>Tenderness</b>	
No tenderness	0
Mild tenderness on touch	1
Moderate tenderness and winces	2
Severe tenderness, winces and withdraws	3
Extreme tenderness and not allow to touch	4
<b>Restricted / Painful Flexion of Neck</b>	
No restriction i.e. able to touch the interclavicular line	0
Up to 2 cms difference between the chin and interclavicular line	1
2.1 – 4 cms difference between the chin and interclavicular line	2
More than 4 cms difference between the chin and interclavicular line	3
<b>Restricted / Painful Extension of Neck</b>	
No restriction i.e. patient is able to look up to the ceiling	0
Up to 4 cms difference between the chin and interclavicular line	1
3.9 – 2 cms difference between the chin and interclavicular line	2
< 2 cms difference between the chin and interclavicular line	3
<b>Restricted / Painful Right Lateral Flexion of Neck</b>	
No restriction i.e. the ear touches the shoulder tip	0
Up to 3 cms diff between the ear and shoulder tip	1
3.1 --- 5 cms diff between the ear and shoulder tip	2
> than 5 cms diff between the ear and shoulder tip	3
<b>Restricted / Painful Left Lateral Flexion of Neck</b>	
No restriction i.e. the ear touches the shoulder tip	0
Up to 3 cms diff between the ear and shoulder tip	1
3.1 --- 5 cms diff between the ear and shoulder tip	2
> than 5 cms diff between the ear and shoulder tip	3
<b>Restricted / Painful Right Lateral Rotation of Neck</b>	
Normal i.e. able to make complete Right lateral rotation	0
Rotation with mild difficulty	1
Rotation with moderate difficulty	2
No rotation	3
<b>Restricted / Painful Left Lateral Rotation of Neck</b>	
Normal i.e. able to make complete Left lateral rotation	0
Rotation with mild difficulty	1
Rotation with moderate difficulty	2
No rotation	3

<b>Sensory loss</b>	
No sensory loss	<b>0</b>
Mild sensory loss	<b>1</b>
Moderate sensory loss	<b>2</b>
Severe sensory loss	<b>3</b>
<b>Reflex (Biceps, Triceps and Supinator)</b>	
Absent	<b>0</b>
Present	<b>1</b>
Brisk	<b>2</b>
Very brisk	<b>3</b>
Clonus	<b>4</b>
<b>Power</b>	
No power	<b>0</b>
Flicker of contraction only	<b>1</b>
Movement with gravity eliminated	<b>2</b>
Movement against resistance	<b>3</b>
Movement against gravity and some resistance	<b>4</b>
Normal Power	<b>5</b>

**Table No:4 showing the observations as per Parameters**

Age in years	41-50	37.5%
Sex	Male	52.5%
Religion	Hindu	80%
Marital status	Married	90%
Educational status	H.S & Graduate	27.5%
Socio economic status	Middle	80%
Occupation	House wife	45%
Diet	Mixed	67.5%
Addictions	No	62.5%
Sleep	Sound	82.5%
Built	Moderately	100%
Chronicity	<1 year	52.5%
Desha	Sadharana	95%
Vishwachi Lakshana	Present	100%
Samayak Lakshanas of Nasya Karma	Present	100%

**TABLE NO 5 SHOWING THE RESULTS ON ASSESSMENT PARAMETERS IN BETWEEN GROUP A AND GROUP B**

Parameter	Criteria	Group	Mean	S.D.	S.E.	P.S.E.	T value	p value	Remark
Neck pain	BT	A	2	0.00	0.00	0.04	1.25	>0.05	NS

		B	1.95	0.22	0.05				
	AT	A	0.95	0.51	0.11	0.14	1.07	>0.05	NS
		B	0.8	0.41	0.09				
	AT1	A	0.5	0.51	0.11	0.13	2.69	<0.05	S
		B	0.15	0.36	0.08				
Neck Stiffness	BT	A	2	0	0	0.04	1.25	>0.05	NS
		B	1.95	0.22	0.05				
	AT	A	0.9	0.30	0.06	0.12	2.08	<0.05	S
		B	0.65	0.48	0.10				
	AT1	A	0.4	0.50	0.11	0.13	2.30	<0.05	S
B		0.1	0.30	0.06					
Radiation of Pain	BT	A	1.35	0.87	0.19	0.22	1.59	>0.05	NS
		B	1.7	0.47	0.10				
	AT	A	0.55	0.94	0.21	0.26	0.96	>0.05	NS
		B	0.8	0.69	0.15				
	AT1	A	0.4	0.94	0.21	0.27	3.70	<0.001	HS
B		1.4	0.75	0.16					
Giddiness	BT	A	0.45	0.68	0.15	0.20	1.25	>0.05	NS
		B	0.2	0.61	0.13				
	AT	A	0.1	0.30	0.06	0.42	0	>0.05	NS
		B	0.1	0.30	0.06				
	AT1	A	0.05	0.22	0.05	0.3	0	>0.05	NS
B		0.05	0.22	0.05					
Tenderness	BT	A	0.4	0.82	0.18	0.25	5.4	<0.001	HS
		B	1.75	0.78	0.17				
	AT	A	0.15	0.36	0.08	0.23	2.60	<0.05	S
		B	0.75	0.63	0.14				
	AT1	A	0.05	0.22	0.05	0.08	0.62	>0.05	NS
B		0.1	0.30	0.06					
B		0.1	0.30	0.06					
Painful flexion of neck	BT	A	0.95	0.88	0.19	0.25	2.00	>0.05	NS
		B	1.45	0.75	0.16				
	AT	A	0.35	0.48	0.10	0.20	2.00	>0.05	NS
		B	0.75	0.78	0.17				
	AT1	A	0.15	0.36	0.08	0.13	1.53	>0.05	NS
B		0.35	0.48	0.10					
Painful left lateral flexion of neck	BT	A	1.15	0.93	0.20	0.28	0.17	>0.05	NS
		B	1.2	0.89	0.20				
	AT	A	0.5	0.51	0.11	0.19	0.52	>0.05	NS
		B	0.6	0.68	0.15				
	AT1	A	0.25	0.44	0.09	0.15	1	>0.05	NS
B		0.4	0.50	0.11					
Painful right lateral rota-	BT	A	1.45	0.88	0.19	0.28	1.07	>0.05	NS
		B	1.15	0.93	0.20				

tion of neck	AT	A	0.6	0.50	0.11	0.21	0.23	>0.05	NS
		B	0.65	0.81	0.18				
	AT1	A	0.4	0.50	0.11	0.13	1.92	>0.05	NS
		B	0.15	0.36	0.08				
Painful left lateral flexion of neck	BT	A	1.25	0.96	0.21	0.30	0.16	>0.05	NS
		B	1.2	0.95	0.21				
	AT	A	0.5	0.51	0.11	0.19	0	>0.05	NS
		B	0.5	0.68	0.15				
	AT1	A	0.15	0.36	0.08	0.14	0.35	>0.05	NS
		B	0.2	0.52	0.11				

**DISCUSSION:** In the present clinical study, the parameters viz Neck Pain, Neck Stiffness, Radiation of Pain, Tenderness, Painful Flexion, Painful Extension, Painful right lateral flexion, Painful left lateral flexion, Painful right lateral rotation and Painful left lateral rotation were assessed in 40 patients who were diagnosed to be suffering from *Vishwachi W.S.R* to Cervical spondylosis. The study revealed that both *Prak-Bhaktā Nasya Karma* and *Urdhwa-Bhaktā Nasya Karma* provided highly significant results in the parameters like Neck Pain, Neck stiffness, Radiation of pain, Painful flexion, Painful extension, Painful right lateral Flexion, Painful left lateral flexion, Painful right lateral rotation and Painful left lateral rotation.

*Urdhwa-Bhaktā Nasya Karma* revealed Highly Significant result in Tenderness. *Prak Bhaktā Nasya Karma* showed significant result in Tenderness, while *Urdhwa Bhaktā Nasya Karma* was showed significant result in Painful right lateral rotation of neck. Though, both the groups revealed statistically significant result in almost all the parameters, the group A treated with *Prak-Bhaktā Nasya Karma* showed comparatively better results after treatment highlighting the Shamana effect of the procedure whereas the

group B treated with *Urdhwa-Bhaktā Nasya Karma* showed comparatively better result at follow up reveals the *Brihmana* effect of the procedure which can be appreciated after due course of time.

**CONCLUSION:** *Vishwachi w.s.r.* to cervical spondylosis is a degenerative condition of the cervical spine mainly causing *Karma Kshaya* of *Bahu* and *Shoola Pradhana Vata Vyadhi* commonly affects the old age and middle age. The line of treatment of *Vishwachi* includes *snehana* and *swedana* followed by *Nasya Karma* as it is said to be the best to manage this condition as it is *Vataja* and *Vata-Kaphaja* dominated *Urdhwa Jatrugata Vikara*. In the context of *Snehavidhi*, it is told that *Sneha* administered before food exerts *Shamana* effect and if administered after food produces *Brimhana* effect. The same principles holds good even for *Nasya Karma* when administered in *Prak Bhaktā* and *Urdhwa Bhaktā Avastha* and the present study was a comparative clinical study with pre-test and post-test design where in 40 patients of either sex diagnosed as *Vishwachi w.s.r.* to Cervical spondylosis were randomly assigned into two groups viz., Group A and Group B comprising of 20 patients in each. The patients in Group A were treated with



*Nasya Karma* before food intake and Group B were treated with *Nasya Karma* after intake of food using *Mashadi Taila*, 8 *Bindu* in each nostril for 7 consecutive days. The overall observation in the study revealed that the maximum number of patients were males in the age group of 41-50 years belonging to middle class, Hindu religion, married, who were educated up to high school or graduates and having mixed diet presented with the symptoms of *Vishwachi w.s.r. to Cervical spondylosis*. The overall result in the study revealed that there is no statistically significant difference between the two groups since both the groups showed statistically highly significant improvement after treatment and at follow up in almost all the parameters. All the patients in both the groups presented with *Samyak Nasya Lakshanas*. Hence, the present study reveals that there is no significant difference between *Prak- Bhakta Nasya Karma* and *Urdhwa-Bhakta Nasya Karma* in *Vishwachi w.s.r. to cervical spondylosis*.

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