

CASE STUDY OF *GREEVA BASTI* IN *GREEVA STHAMBHA* W.S.R. TO CERVICAL SPONDYLOSIS

¹Kumar Ajay

¹Lecturer, Department of Kayachikitsa & Panchkarma, Government Post Graduate Ayurveda College and Hospital, Varanasi, Uttar Pradesh-221002 E-Mail- drajay2000@gmail.com

ABSTRACT

Common conditions causing neck pain are cervical spondylosis, degenerative disc disease, neck strain, neck injury, a herniated disc, or a pinched nerve. To eliminating pain, excessive use of NSAIDs can cause indigestion, stomach upset, gastric ulcers including renal toxicity, hypertension, liver abnormalities. Due to harmful effects of NSAID's, there is a need of a therapy which give relief without any side effects and that is *Greeva Basti*. For evaluation of effectiveness of *Greeva Basti*, 10 patients were selected from OPD/IPD at Govt. Ayurveda College & Hospital, Varanasi, U.P. *Mahavishgarbha taila* and *Mahanarayan taila* is used as drug for *Greeva Basti*. *Dashmoola kwath* is used for sudation before *Greeva Basti*. Total duration was 45 minutes per day for 15 days.

All the patients selected for trial were routinely reviewed daily during trial. Mean, standard deviation, 't' values & 'p' values were calculated before and after treatment. After analysis of all data it is found that *Greeva Basti* can be better treatment modality in the patients of cervical spondylosis rather than NSAID's.

Keywords: *Greeva Basti*, *Dashmoola kwath*, *Mahavishgarbha taila*, *Mahanarayan taila*, cervical spondylosis

INTRODUCTION

Today, Neck pain is a most common painful condition in the world. Continuous sitting in front of computers, wrong postures while sitting, standing and sleeping, long distance travelling on bad and poor roads have contributed to increasing number of patients suffering with chronic neck pain¹. Neck pain is called by the names *Greeva Shula*², *Greeva stambha*³ and *Manya Stambha*⁴ in Ayurveda. Common conditions causing neck pain are cervical spondylosis, degenerative disc disease, neck strain, neck injury, a herniated disc, or a pinched nerve. There is no drugs except NSAID's in allopathy which could cure neck pain effectively. Excessive Use of NSAIDs can cause indigestion, stomach upset, ulcers and bleeding in the stomach and other parts of the gut. Other side effects include

renal toxicity, hypertension, liver abnormalities, and bleeding. Due to harmful effects of NSAID's, there is a need of a therapy which give relief without any side effects and that is *Greeva Basti*.

According to Ayurveda, cervical spondylosis resembles *Greeva Sthambha* or *Greeva Vata*, a disorder of *Vata*¹². *Vyana Vayu* is responsible for the movements of the body. When vitiated *Vata* affects Cervical region and causes stiffness and pain of neck it is called *Greeva Sthambha*

AIM AND OBJECTIVES

The objective of the present study was to observe the effect of *Greeva Basti* with *Mahavishgarbh Tail* and *Mahanarayan Taila* in patients of *Greeva Sthambha* i.e. cervical spondylosis.

MATERIAL & METHODS-

Greeva Basti is bathing the neck region with medicated oils. The procedure does oleation and sudation around the neck region simultaneously⁵. The word *Greeva* refers to neck and *Basti* stands for container. *Greeva Basti* gives relief from the Cervical spondylosis, Tingling, numbness of the hands, Chronic pain in neck region, and Frozen shoulder.

For evaluation of effectiveness of this therapy, 10 patients were selected from OPD at Govt. Ayurveda College & Hospital, Varanasi, U.P. *Mahavishgarbha taila*⁶ and *Mahanarayan taila*⁷ is used as drug for *Greeva Basti*. *Dashmoola kwath* is used for sudation before *Greeva Basti*⁸. Total duration was 45 minutes per day for 15 days.

Table No 1 Contents of Taila-

<i>Mahavishgarbha taila</i>	<i>Mahanarayan taila</i>
1. Tila Taila 2. Shringik Visha 3. Kupilu 4. Arkamula 5. Erandmula 6. Dhatura Panchang	As Per Bhaisajya Ratnawali

Selection Criteria: -

Patients have been selected according to following chief complaints with positive X-Ray finding for cervical spondylosis. The symptoms are -

- Pain in neck region
- Stiffness in neck after night rest
- headaches that mostly occur in the back of the head
- tingling or numbness that mainly affects shoulders and arms
- Grinding noise or sensation when the neck is turned

These symptoms are assessed before the treatment and after the treatment. The treatment schedule was 15 days. All the patients were excluded from study having any history of chronic illness such as Diabetes mellitus, Hypertension, CRF, any Cardiac Problems and respiratory problems.

OBSERVATIONS & RESULTS

All the patients selected for trial were routinely reviewed daily during trial. On every follow up, BP was measured & all clinical parameters were assessed and recorded. All the findings have been subjected to scientific analysis by statistical methods. Mean, standard deviation, 't' values & 'p' values were calculated. [Table-1]

The Scoring of severity of Headache is done based on Table-2. The Scoring of severity of Neck Pain is done based on Table-3. The Scoring of severity of Neck Stiffness is done based on Table-4. The Scoring of severity of Dizziness is done based on Table-5. The Scoring of severity of Tingling & Numbness is done based on Table-6.

Table 2- Scoring of severity of Headache:-

0	No	No Headache
1	Mild	Feeling of Headache without hampering routine work
2	Moderate	Loss of 50% daily routine works due to Headache

3	Severe	No routine works due to Headache
---	--------	----------------------------------

Table 3- Scoring of severity of Neck Pain:-

0	No	No Neck Pain
1	Mild	feeling of Neck Pain without hampering routine work
2	Moderate	Feeling of Neck Pain on movement
3	Severe	Feeling of Neck Pain even on rest

Table 4- Scoring of severity of Neck Stiffness:-

0	No	No Neck Stiffness
1	Mild	feeling of Neck Stiffness in morning
2	Moderate	Recurrent Neck Stiffness in the day
3	Severe	Neck Stiffness all the time

Table 5- Scoring of severity of Dizziness:-

0	No	No Dizziness/Vertigo
1	Mild	feeling of Dizziness/Vertigo without hampering routine work
2	Moderate	Feeling of Dizziness/Vertigo on movement
3	Severe	Feeling of Dizziness/Vertigo even on rest

Table 6- Scoring of severity of Tingling:-

0	No	No Tingling
1	Mild	feeling of Tingling occasionally
2	Moderate	Feeling of Tingling on most of the time
3	Severe	Feeling of Tingling whole day even on rest

Ten patients of Neck Pain have a mean score of Mean+SD = 2.30+0.82. There was very significant reduction in Neck Pain from beginning to last. It became very significant & after 15 days and it was 0.60+ 0.70. The treatment was highly significant from first to the third months (t = 6.53 with the p < 0.001).

Neck Stiffness have a mean score of Mean+SD = 2.4+0.69. It became very significant & after 15 days and it was 0.30+0.48. The treatment was highly significant from first to the third months (t = 9.0 with the p < 0.001).

Headache have a mean score of Mean+SD = 2.40+0.69. It became very significant & after 15 days and it was 0.20 + 0.42. The treatment was highly significant from first to the third months (t = 11.0 with the p < 0.001).

Dizziness have a mean score of Mean+SD = 2.50+0.70. It became very

significant & after 15 days and it was 0.40+0.51. The treatment was highly significant from first to the third months (t = 9.0 with the p < 0.001).

Tingling & Numbness have a mean score of Mean+SD = 2.70+0.48. It became very significant & after 15 days and it was 0.40+0.51. The treatment was highly significant from first to the third months (t = 8.83 with the p < 0.001).

DISCUSSION

Greeva Basti refers to an ayurvedic treatment which is basically a hot oil therapy especially for the neck. It is said to be beneficial for the spine, muscles and the skeletal tissues of the neck and shoulder. *Greeva Basti* is said to alleviate the pain, stress, and congestion around the nerves, bones and muscles of the neck. It provides relaxation and rejuvenation to the said areas. In addition, it facilitates flexibility and smooth movement in addition to

improving the blood circulation around the neck and shoulder areas⁹.

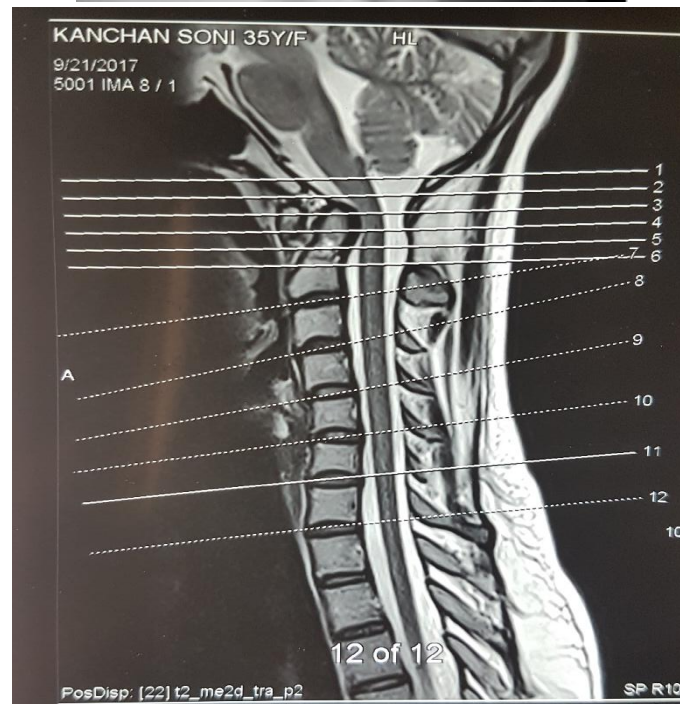
Mahavishgarbha Taila¹⁰ & Mahanarayan taila¹¹ used in this procedure have Vatanashak property. These tailas causes relaxation, smoothness in body, analgesia, diminishes bad odour of body, relaxes constipation, cures toothache and cure schizophrenic conditions.

CONCLUSION

After analysis of all data, it is found that *Greeva Basti* can be better

treatment modality in the patients of cervical spondylosis rather than NSAID's. Cervical Spondylosis is emerging as one of the most common diseases especially in urban population. The prevalence of this disease has been expected to increase due to improper lifestyle, poor working, sleeping and sitting postures. So it can be said that *Greeva Basti* can be a better treatment aspect for the patients of cervical spondylosis.

X-Rays/MRI of some patients



REFERENCES

1. Allen A, Domr L, editors. Physical therapy principles and methods. 3rd ed. Lippincot Williams and Wilkins; 1996. Management of common musculoskeletal disorders; p. 528.
2. Chaturvedi G, editor. 12th ed. Varansi: Chaukhambha Bharti Academy; 1984. Charak Samhita, Chikitsa Sthana, Adhyay-28, Shloka-9 Hindi Commentary; p. 777.
3. Chaturvedi G, editor. 12th ed. Varansi: Chaukhambha Bharti Academy; 1984. Charak Samhita, Chikitsa Sthana Adhyay-28, Shloka-19, Hindi Commentary; p. 780.
4. Chaturvedi G, editor. 12th ed. Varansi: Chaukhambha Bharti Academy; 1984. Charak Samhita, Chikitsa Sthana Adhyay-28, Shloka-80, Hindi Commentary; p. 791.
5. Chaturvedi G, editor. 12th ed. Varansi: Chaukhambha Bharti Academy; 1984. Charak Samhita, Chikitsa Sthana Adhyay-28, Shloka-81, Hindi Commentary; pp. 791-2.
6. 1st ed. New Delhi: Government of India; 2000. The Ayurvedic Formulary of India. Part -2. Department of AYUSH, Ministry of Health and Family Welfare; p. 145.
7. 1st ed. New Delhi: Government of India; 1978. The Ayurvedic Formulary of India. Part -1. Department of AYUSH, Ministry of Health and Family Welfare; p. 58.
8. Chaturvedi G, editor. 12th ed. Varansi: Chaukhambha Bharti Academy; 1984. Charak Samhita, Chikitsa Sthana Adhyay-28, Shloka-242, Hindi Commentary; p. 817.
9. Benefits of Greeva Basti, Available from: <https://www.quicksearch.in/answers/What-are-the-benefits-of-Greeva-Basti>
10. Sidhinandan Mishra, Commentary on Bhaisajya Ratnawali, 1st Edition 2005, Chaukhambha surbharti, Chapter-26, pp. 569.
11. Sidhinandan Mishra, Commentary on Bhaisajya Ratnawali, 1st Edition 2005, Chaukhambha surbharti, Chapter-26, pp. 548.
12. Bharti, Katyal, S., Kumar, A., Makhija, R., & Devalla, R. B. (2010). Clinical observation on Greeva Stambha (cervical spondylosis) Chikitsa. Ayu, 31(2), 218-222.
13. Saurabh Purwar and Dr. Kavita Sharma, (2017) , Approach Of Ayurveda To Cervical Spondylosis W.S.R To Greevastambha: A Clinical Study, World Journal Of Pharmacy And Pharmaceutical Sciences, Volume 6, Issue 6, 1569-1577

Corresponding Author:

Dr. Ajay Kumar ,Lecturer, Department of Kayachikitsa & Panchkarma, Government Post Graduate Ayurveda College and Hospital, Varanasi, Uttar Pradesh-221002
E-Mail- drajay2000@gmail.com

Source of support: Nil

Conflict of interest: None

Declared

Cite this Article as : [Kumar Ajay : Case Study of Greeva Basti in Greeva Sthambha w.s.r. to Cervical Spondylosis] www.ijaar.in : IJAAR VOLUME III ISSUE IX JUL – AUG 2018 Page No:1365-1369