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## CERVICAL SPONDYLITIS ACORDING TO THE VEIW OF AYURVED TREATMENT

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### **Abstract**

When the patients of cervical Spondylitis visit the Orthopaedic surgeons, they are too much worried about their condition, because they are hesitating the use of cervical belt continuously. Then, what to do?

Pain, stiffness, tingling numbness also affects the daily work of the patient.

In Ayurveda, there are references about the urdhva Kayagat and asthi-majjagat vyadhies as mentioned in the Charaka and Sushrut Samhitas, which can be used to treat the cervical Spondylitis.

**Introduction:**

Sushruta, the father of Surgery, has described the traction treatment and nasya treatment in urdhva kayagat asthi- majjagat Vyadhi. Charakacharya also says same.

**Aims of Study:**

1. To have reassessment of nasya and traction in Cervical Spondylitis
2. To provide the treatment without complications.

Discussion: Orthopaedics is a branch of preventive medicine rather than as an offshoot Surgery. Also prevention is better than cure.

Cervical Spondylitis is not mentioned in ancient Ayurveda. There is no importance about the disease if the dosha, dushya and the site involved are known.

In Cervical Spondylitis vitiated dosh is vata and vitiated dushyas are ashti and majja dhatu.

Sthan Sanshrya is in vertebral column especially cervical vertebrae.

It is already described in our ancient samhitas, that if vatavyadhi is related to urdhva kaya, karna puran, ghratpan, nasya is the treatment.

Nasya gives bala (strength) to the hanu, danta, shir, griva, bahu and vaksha, according to Sushrut.

The Cervical disease also included in urdhva kaya, so the action of siddha taila according to doshanubandha like snehan, shaman, stambhan, branhan action on the roughness, harshness, coarseness is significant.

The traction chikitsa is also easy, hospitalisation is not necessary had less complications compared to other modalities of treatment, which are maintained clinically now a days if proper method is known.

**Summary and Conclusion:**

According to the above mentioned references we can conclude that the traction and nasya gives best relief to the patients.

This treatment is quick, effective, it does not require any preparation and can be organised in home also when proper method is known; it requires minimum man power, there are very few self limiting easy complications which may occur and requires no treatment.

In future, further scientific study on this topic regarding following views is necessary.

The effect of traction is whether on painful extension, painful flexion or both with rotation and without rotation.

- Incidence of tingling numbness in right hand, left hand or both hands
- Exact role of nasya with traction
- Detail study on further complications like cervical canal stenosis, cervical spondylitic mylopathy.

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