

EFFECT OF ATASI TAILA KARNAPURAN IN CERVICAL SPONDYLOSIS – A CASE SERIES

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ABSTRACT

In today's era, humankind experience various undesirable practices like continuous work in one posture, improper sitting posture for long time in offices, lack of physical exercise, over exertion, all these aspects create insane pressure and compressive injury to the spine, that play an important role in producing disease like Cervical Spondylosis. In Ayurveda through its sign and symptoms it can be correlated with Manyastambha. There is need to explore the Ayurvedic perspective of cervical spondylosis by which we can cure and prevent this disease. Cervical Spondylosis is a degenerative condition of the cervical spine. Pain and stiffness are the primary symptoms. Often, there may be referred symptoms in the upper limb. Radiation of pain from shoulder to digits along the course of the nerve indicates nerve root compression. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by it. Patient was treated with atasi taila karnapuran. There was marked improvement in pain and full range of movement was achieved. Cervical Spondylitis though is difficult to manage, but atasi taila karnapurana has significant relief in the parameters like neck pain and stiffness.

KEYWORDS: Cervical Spodylosis, Manyastambha, Atasi Tail, Karnapuran

INTRODUCTION

Cervical Spondylosis is a degenerative condition of the cervical spine.¹ 66% of adults experience neck pain in their lifetime and Cervical Spondylosis may affect males earlier than females.² In Ayurvedic science, cervical spondylosis resembles Manya Stambha which is Vata prominent disease. Vyana Vayu is responsible for the movements of the body.³ Cervical spondylosis, characterized by neck pain, neck movement with pain, headache, dizziness because of this discomfort person is unable to perform normal routine work. Ageing is the major factor that contributes to the onset of cervical spondylosis, but now days it is also encountered in young and middle age population because of undesirable practices like continuous work in one posture, improper sitting posture for long time in offices, lack of physical exercise, over exertion. The bone of the spine over grows and narrows the canal which results compression of spinal cord and nerve. Ayurveda texts have mentioned uses of karnapuran for managing Jatroordhwagata Roga, karnapuran helps to relieves diseases of karna, head and neck including Manyastambha. In this case series atasi tail is used for karnapuran. Bhavaprakasha explained nirukti (etymology) of Atasi as "Atati satatam gachayti," which destroys Vata vikara (neuromuscular anomalies).⁴ Atasi was found to be mainly indicated in vatavaha srotasa (channels carrying vata).⁵

Aim And Objectives

AIM- To study the effect of Atasi Taila Karnapuran in cervical spondylosis.

OBJECTIVES-

- To study the effect of Atasi Taila in Cervical spondylosis.
- To study the effect of karnapuran in cervical spondylosis.

MATERIAL AND METHODS

This Clinical trial was conducted on 5 subjects which are visited for the symptoms neck pain, neck movement with pain, headache and dizziness from 2-3 months without any radiological changes. These all are typical symptoms of cervical spondylosis which is similar to the Manyastambha in ayurveda.

Selection of upakrama⁶- Atasi Taila Karnapuran at night after meal

Quantity of Atasi Taila- 10 drops

Period of Study- 30 days

Sorce of data- The source of availability of the subjects will be from OPD of GACH, Nanded.

PROCEDURE- Karnapuran upkrama was done according to vagbhat acharya.

- Patient is asked to lie down on Vama Kushi (left lateral side).
- Administer 10 drops of Atasi Taila in ear and wait for 100 Matras (3 minutes)

- Put cotton in the administered ear, same procedure will be performed in another ear.
- Patient should follow this procedure daily at night after dinner and can go to sleep.

PROCEDURE FOR DATA COLLECTION-

A standard case paper regarding cervical spondylosis and informed consent letter was prepared. Observations of Atasi Taila Karnapurana were noted accordingly in respective subjects.

FOLLOW UP-

Follow up of patient was done after every 7 days of daily karnapurana upakrama. The intervention period of this karnapurana is 21 days.

INCLUSION CRITERIA-

- Subjects of either sex with presenting symptoms of cervical spondylosis which are neck pain, neck movement with pain, headache and dizziness.
- Subjects age was above 18 years and below 70 years.

EXCLUSION CRITERIA-

- Subject suffering from any infectious disease.
- Subject having chronic diseases like rheumatoid arthritis.
- Exclude the subjects who are children, old age and pregnant women.
- Subject who has congenital disease of ear.

Assessment Criteria-

The following symptoms of the disease were observed in the subjects:

- Neck Pain
- Neck Movement with Pain
- Headache
- Dizziness

The results were assessed before and after treatment on the basis of visual analog scale for neck pain, neck movement with pain, headache. For instance, for the symptom of pain, the one end of VAS was marked with 0 which represented “no pain” and the other end marked with 10 representing “worst possible pain”.⁷ The symptoms of dizziness, were assessed according to the severity grades as- mild, moderate and severe.

Mild indicates symptoms while performing an activity but with no obstacle in the work, moderate indicates symptoms that create obstacle in the work and severe indicates inability to perform any work due to symptoms.

METHODS

Table 1: Shows symptoms of observation at the time of examination of subjects

Subjects	Sex	Neck Pain	Neck movement with pain	Headache	Dizziness
Subject 1	Male	6	5	4	Mild
Subject 2	Female	5	5	6	Mild
Subject 3	Male	7	6	5	Moderate
Subject 4	Female	6	6	4	Mild
Subject 5	Female	7	5	3	Moderate

Atasi Taila Karnapurana was done as per Ashtanga Hridaya procedure i.e. Koshna Taila was poured 10 drops with dropper in each ear for 100 Matras (3 minutes), Atasi Taila was autoclaved to avoid the fungal infection.

Period of study- 21 days

OBSERVATION AND RESULT-

Table 2: Shows symptoms of observation at 21th day Follow- up when intervention is completed.

Subjects	Sex	Neck Pain	Neck movement with pain	Headache	Dizziness
Subject 1	Male	1	1	0	No
Subject 2	Female	0	0	0	No
Subject 3	Male	1	1	1	Mild
Subject 4	Female	0	0	0	No
Subject 5	Female	1	0	0	No

In both sex, relief is noted in all symptoms after Atasi Tail Karnapurana in 15 days intervention period.

DISCUSSION

cervical spondylosis is surfacing as a widespread dilemma in the society. Keeping under guard the increasing incidence of this problem, a case series was conducted on 5 subjects of cervical spondylosis. The results were assessed on the basis of symptomatic improvement using VAS scale mark. In the present case series, Atasi karnapurana has been planned to

manage cervical spondylosis with a prime focus to alleviate Vata and Kapha Dosha. Atasi dravya has ushna veerya, katu vipaka, tikta rasa which reduces vata, kapha. Koshna Atasi Tail was poured into ear, so that tail is sneha which lubricates the strotas (microcirculatory channels) displaces exudates and koshna tail work as swedan thus may relieve pain. Karna is particularly important Jnanendriya in body. Due to improper sitting posture for long time in offices, lack of physical exercise, over exertion, stress all these factors are important for cervical spondylosis. 21 days Atasi Taila karnapuran reduces the symptoms of cervical spondylosis from moderate to mild pain and then no pain in neck and while neck movement.

Atasi Tail karnapuran reaches Shringataka marma of Shira and calm aggravated doshas like Sleshmaka Kapha and Vyanavata. karnapuran reduces major symptoms of manyastambha which is neck pain, headache, dizziness. It increases vasodilatation and enhances vital circulatory process of body especially in cervical region thus removes spasm, pain and rigidity of the muscles. The Atasitail used in karnapuran acts as vata-kapha nashak and analgesic properties thus not only cure disease pathogenesis but also symptoms. The anti-inflammatory property of Atasi relieves pain and movement restriction. It also strengthens neck muscles.

CONCLUSION

Cervical spondylosis which related to manyastambha in ayurveda and included in vata vyadhi in which vyana vayu and shleshmaka kapha aggravated with trigger factors and produces asthigata vata. Vitiated vayu get localized in manya pradesh which result symptoms of cervical spondylosis which is neck pain, neck movement with pain, headache and dizziness. In ayurveda various dincharya upkrama is described by vagbhat and other acharyas. Karnapuran is one of the miraculous upakrama which was used in manyastambha in this case series, the media used to reduce pain and all symptoms was Atasi Tail and the positive result seen in all subjects without any side effects. The Atasi Tail karnapuran provides symptomatic relief in addition to suppress pathogenesis of disease since it acts on root causes of disease.

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