

TITLE : A COMPARATIVE CLINICAL TRIAL TO EVALUATE THE EFFICACY OF NASYA AND AUTTARABHAKTHIKA SNEHAPANA IN CERVICAL SPONDYLOSIS

Introduction:

Cervical Spondylosis is the most frequent musculoskeletal degenerative condition of the cervical spine. About 10% of the adult population has neck pain at any time, with symptoms often associated with specific occupations or sporting activities. Considering the etiology, signs and symptoms the cervical Spondylosis can be compared to Greevagraha in ayurveda.

Nasya is the treatment of choice for Urdhwajathrugata vikaras. Auttarabhakthika sneha, given orally, after food has its own qualities in curing Urdhwajathrugata vikaras. Sneha Nasya and Auttarabhakthika Sneha are effective in the management of inflammatory and degenerative condition by strengthening the cervical musculature, due to its brumhana quality.

Methodology:

A comparative study was conducted in subjects fulfilling the inclusion and exclusion criteria, divided into two groups. Group A patients, Nasya with Mashadi taila was administered for seven days. Group B patients were administered Auttarabhakthika snehepana with Mashadi taila for seven days. Follow up taken after 15 days.

Result:

It was observed that after the whole course of treatment in nasya group patients got marked and moderate improvement, Where as in Auttarabhakthika snehapana group got marked, moderate and mild improvement.

Discussion:

Both Nasya and Auttarabhakthika snehapana are the treatment modality of Urdhwajatrugata vikaras. Cervical Spondylosis is a degenerative disease producing various signs and symptoms which is badly affecting the day to day activities. Both Nasya and Auttarabhakthika Snehapana are equally effective in reducing the signs and symptoms of cervical Sponylosis

Key words:

Nasyam, Auttarabhakthika sneha, Cervical spondylosis