

Effect of Naturopathy and Yogic Management on Cervical Spondylosis: A Case Study

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ABSTRACT

Cervical spondylosis is popularly referred to as cervical osteoarthritis. It is a degenerative disorder and this is often a condition that involves changes to the bones, discs and joints of the neck caused by the conventional wear-and-tear of aging. Cervical spondylosis normally happens in middle aged and elder individuals. But nowadays it's unremarkably seen in young age individuals i.e. after 20 years of age, this is because of faulty dietary intake, wrong lifestyle, bad posture and long time sitting habits. With age the discs of the cervical spine gradually break down, lose fluid and become stiffer. In this research study, a diagnosed case of cervical spondylosis has been associated for its naturopathic and yogic treatment. The chief complaints found were pain and stiffness over the neck for 2 years and pain over the neck radiating towards the left hand and back side of head, headache, and numbness in both the arms. Degenerative changes with osteophytes at C₄-C₅ vertebrae with nerve compression were reported in her X-ray & MRI report. Effect of hot spinal bath, Alternate hot and cold compress over neck, hot spinal spray, partial hot mud application over neck, massage with hot oil application, acupuncture, and Diet therapy along with yoga for a period of one month help in improving the situation of the patient and decrease the symptoms. Various parameters have been evaluated during and after the treatment catalog. There is a whole relief in the parameters like neck stiffness, pain in hands, neck pain and also the parameters like headache, vertigo and nausea has conjointly shown significant improvement.

Keywords: Cervical spondylosis, Hydrotherapy, acupuncture, diet therapy, Yoga asana

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INTRODUCTION

Occupational factors like continuous sitting or continuous standing posture, repetitive movements of hands and fingers including prolonged working on laptop and computers, cell phone texting, wrong dietary habits and lack of exercises are some of the heinous components of present lifestyle. Bad posture can also play a important role in the development of spinal cord changes that result in cervical spondylosis[1]. Degenerative diseases which are mainly found in elder individuals are now become common in early aged or middle aged individuals also. Lumbar spondylosis and cervical spondylosis are most commonly finding spinal problems seen in present time. Cervical spondylosis is common disorder in >30 age group[2].

Disease Review

Cervical spondylosis or cervical osteoarthritis causes neck pain which may spread over to both sides of the shoulders and hands, back side of the neck, head side especially on posterior occipital region. In some cases, Pain can occur on both the hands and fingers. Narrowing of the spinal cord by osteophytes, ossification of posterior longitudinal ligament or a large central disk may compress the cervical spinal cord[3]. Faulty posture, wrong dietary intake of nutrition, lack of exercises and improper lifting of weight are the main risk factors for cervical spondylosis[1]. Bad posture results from soft chairs and couches which ease crouch down and sitting. Sleeping on too soft mattress which result in an improper back and neck posture may cause headache and pain in upper and lower back, using pillows and cushions inappropriately during sleeping and continue gazing in upward direction, these condition can stimulate the acute stage of cervical spondylosis to chronic stage[4].

MATERIALS AND METHODS

Case study

A 25 years old female, medical intern has visited OPD on January 24, 2021 with major complaints of pain and stiffness on the neck since 2 years. Pain over the neck radiated towards the left hand and towards the temporal side of head. She also had numbness and tingling sensation over back of neck and hands, especially after long sitting and during travelling. After sitting for a long time, she experienced nausea and vertigo. After consulting an allopathic physician for the same problem she did her X-ray & M.R.I. which reported degenerative changes with osteophytes at C₃ -C₄ vertebrae with presence of nerve compression. She was examined as a case of cervical spondylosis.

The allopathic physician had advised her to take Analgesics and Anti-inflammatory medicine regularly. She took that treatment for 3 months but there was no relief in her condition, after this she had also undergone Physiotherapy session for about 20 days and got mild relief in symptoms.

As a known case of Migraine, patient was taking tablet- Neprosyn 250mg and Almotriptan 6.25mg since 6 months. She had also the high B.M.I. rate and needed to reduce 5-6 kg of her weight. Other laboratory tests like ESR, LFT, KFT, Lipid profile, Thyroid profile are within normal range.

On examination, patient did not have inflammation over the neck or shoulder region but neck pain is increasing with forward bending but relieves on abduction.

After complete examination, a diagnosis of cervical spondylosis has been found and patient was advised for taking Naturopathic and yogic treatment.

These materials were needed in this case report:

- Acupuncture needles
- Spinal spray equipment-1
- Spinal bath tub-1
- Water bag for hot and cold fomentation-2
- Black Mud as per requirement
- Mahanarayana taila-200 ml
- Local steam apparatus-1
- Infra red light-1
- Epsom salt-500gm
- Water as per requirement
- Enema pot-1
- Garlic oil-100 ml

Treatment Plan

A schedule has been planned with 4 therapies i.e. Acupuncture, Massage therapy, Hydrotherapy, Mud therapy and 3 sessions, each session of 10 days. Along with the patient has advised to follow the proper diet plan chart and Yoga, Paranyama, meditation and exercises for 1 hour each day.

DIET PLAN FOR 30 DAYS

Servings

1 Glass – 200 ml

1 Small bowl – 50 gm

1 large bowl – 100 gm

1 Plate- 200gm

Upon arising (6:00 A.M.) – 1 glass of water + 2-3 cloves of raw garlic or half tsp. of garlic juice

Breakfast (8.30 A.M.) – 1 plate full of fresh fruits including Banana / Papaya/ Apple/ Mango **OR** 1 Paneer Parantha **OR** 1 Multi grain Doshia **OR** 2 Suji Idlis **OR** 1 large bowl of Oats **OR** 2 grilled Brown bread veg.Sandwich + 1 glass of Milk/ 1 Glass of Juice of any fruit.

Lunch (12.00 P.M.-12.30 P.M.) – 1 plate full of raw vegetable salad including tomato, carrot ,cabbage, Reddish, Broccoli, Cucumber, Beetroot, Onion + 2 Wholegrain chapattis + I small bowl steamed or light cooked vegetable of Cauliflower/ cabbage/ carrot/ spinach/ bottle gourd + 1 glass of buttermilk with adding garlic powder and white pepper powder

Mid- Noon (2.00 P.M.) - 1 Glass of tender coconut water

Evening (4.30 P.M.- 5.00 P.M.) – 1 glass juice of orange/ pineapple /Grapes/ Sugarcane/ Coconut water **OR** 1 small bowl of seeds and nuts including walnut, sunflower seeds, pumpkin seeds, chia seeds, flax seeds.

Dinner (7.30 P.M.- 8.00 P.M.) 1 Large bowl light cooked vegetable including carrot, cabbage , spinach , cauliflower, fenugreek ,reddish + 1 large bowl sprouts of chick peas, peas, mung beans, soybeans, moth beans, peanuts dressing it with 1 tsp. olive oil, half lemon juice and fresh coriander leaves.

Bed Time (9.00 P.M.) - 1 Glass of milk adding a pinch of ginger powder and a pinch of curcumin powder.

Yoga Practices prescribed for 30 days to the Patient:

****Avoid all forward bending asana and exercises.**

Standing series asana: Tadasana, Ardachakrasana, Vrikshasana

Supine series Asana: Matasyasana, Sarvangasana, Shavasana, Setubandhasana, Uttanpadasana

Prone series Asana: Bhujangasana, Shalabhasana, Makrasana

Sitting series Asana: Vajrasana, Vakrasana, Suptavajrasana, Ardhamatsyendrasana
Pranayama: Surya Anuloma viloma, Surya bedhana pranayama, Nadishodhan, Ujjayi Pranayama
Meditation: A, U, M, chanting, Omkara Chanting Meditation

Neck and Spinal Exercises: The simple exercises of neck movements facilitate the practice of further range of yogic techniques by loosening the joints and muscles. These practices are Forward, Backward, sideward (turning and bending) and twisting movements of neck[1].

Neck exercises- Flexion and Extension exercises, Neck rotation exercises, Side bend exercise, sit and twist movement, side/lateral flexion movement, Neck retraction movement.

The Naturopathy therapies given to the patient in treatment of cervical spondylosis were:

1. Hydrotherapy: Hydrotherapy treatment is used commonly for reducing the pain and to relax the muscles. The treatment under hydrotherapy section which was used in condition of cervical spondylosis:
 - a) Local Hot fomentation over the back of neck for 10 minutes, 3 times in a day[1].
 - b) Neutral spinal bath with Epsom salt for 20 minutes daily.
 - c) Hot and cold compress (2 minutes hot and 1 minute cold) over the neck and upper side of the back, twice a day for 1 week.
 - d) Warm water enema daily.
 - e) Steam bath for 20 minutes daily.
2. Mud Therapy: Mud therapy is a very easy and highly effective therapy; it gives better result in condition of cervical spondylosis. Mud dilutes and absorbs all the toxic substances of body and flush out the toxins from the body[1].
 - a) Partial Hot Mud pack was applied on the patient for 10 days, time duration- 20 minutes.
3. Massage Therapy: Massage therapy helps in strengthening of the neck and spinal muscles as well as it relaxes the muscles of whole body during full body massage[5]. The main target of massage therapy is improving the blood circulation. Hot oil application and superficial massage with infra red is very useful in relieving the pain.
 - a) Partial massage over Neck and full body massage with hot maharanyana oil with infra red light for 10 days.
 - b) Partial massage over neck and cervical spine region with hot Garlic oil for 10 days with infra red light.
4. Acupuncture: In acupuncture, the treatment of different disease of the body carried out by inserting very fine needles into the specific points of the body. The whole body is endowed with a number of acupuncture points[10]. These points, when stimulated with needles, this helps in healing the disease and decreasing the pain. The acupuncture points applied over the body of patient for curing the disease of cervical spondylosis[6]:
 - i. GB-20 (Fengchi)
 - ii. UB-10 (Tianzhu)
 - iii. UB-11 (Dashu)
 - iv. GV-14 (Dazhui)
 - v. GV-15 (Yamen)
 - vi. GV-20 (Baihui)
 - vii. Ex.7 (Yiming)
 - viii. L-7(Lieque)
 - ix. TW-5 (Waiguan)
 - x. LI-4 (Hegu)
 - xi. Liv-5 (Ligou)
 - xii. ST-44(Neiting)
 - xiii. GB-34 (Yang Lingquan)
 - xiv. GB-39 (Xuanzhong)

As I discussed earlier that the patient was also the known case of Migraine so I decided to give her some of the acupuncture points for treating the condition of Migraine.

The acupuncture points for Migraine:

- i. GV-20 (Baihui)
- ii. ST-8 (Touwei)
- iii. GB-8 (Shuaigu)
- iv. GB-20 (Fengchi)
- v. LI-4 (Hegu)
- vi. LI-11 (Quchi)
- vii. Liv-3 (Taichong)
- viii. Liv-8(Ququan)
- ix. L-8 (Jingqu)

One sitting for the acupuncture treatment was of 10 days, total 2 sittings were arranged and the time duration was of 20-25 minutes daily for 10 days and the treatment was repeated again after a rest of 5 days for the treatment of both diseases[6].

Hand stimulation techniques like tapping (20-25 times in a minute), rotating (rotate the needles clock wise or anti-clockwise about 15-20 times in a minute), vibration (sideways vibration and up and down movement about 25-30 times in a minute) were used during the acupuncture treatment for stimulating the needles[6].

Assessment Parameters:

- Neck Pain
- Neck stiffness
- Headache
- Pain radiating towards hand
- Vertigo and Nausea

Table-1 Marking of Parameters

S. No.	Parameters	Marking	Observation
1.	Neck Pain	0	Absent
		1	Mild Pain
		2	Moderate Pain
		3	Severe Pain
2.	Neck Stiffness	0	Absent
		1	Mild stiffness
		2	Moderate stiffness
		3	Severe stiffness
3.	Headache	0	Absent
		1	Mild Pain
		2	Moderate Pain
4.	Pain in Hands	0	Absent
		1	Mild Intermittent Pain
		2	Moderate Pain
		3	Severe Pain
5.	Vertigo& Nausea	0	Absent
		1	Occasional
		2	1-2 times in a Week
		3	3-4 times in a week

OBSERVATIONS AND RESULTS

Observations seen in various parameters before and after completing the 30 days course of treatment are as following:

Table 2: Observations in various Parameters

S. No.	Parameters	Before Treatment	1 st Session (1-10 days)	2 nd Session (11-20 Days)	3 rd Session (21-30 Days)
1.	Neck Pain	2	1	1	0
2.	Neck Stiffness	3	2	2	1
3.	Headache	3	2	1	0
4.	Pain in Hands	2	2	1	0
5.	Vertigo and Vomiting	2	2	1	1

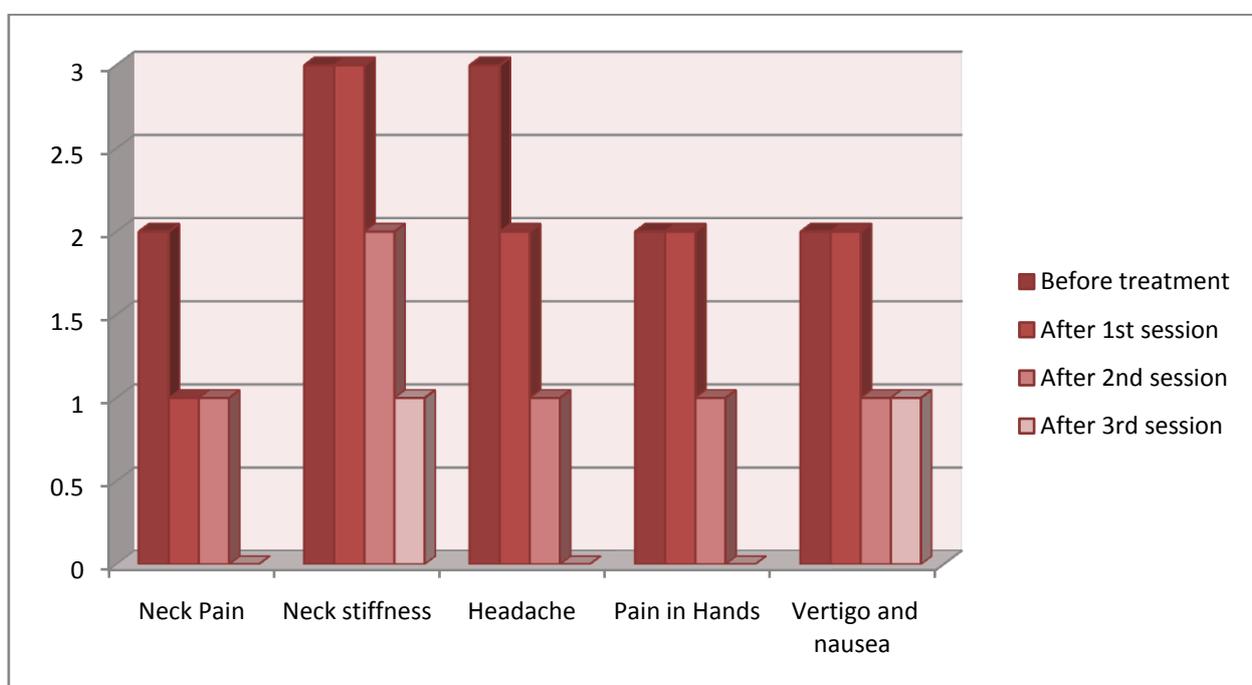


Figure 1: Graphical representation of changes in various Parameters

DISCUSSION

According to Naturopathy, the main etiological factor for the disease cervical spondylosis is considered as imbalance of Earth element. As earth element represents the muscular and skeletal system of body in Panchmahabutas theory and cervical spondylosis is a musculoskeletal disorder, when there is excess or deficiency of earth element occurs in the body, It results in occurring the disease of musculoskeletal system disorder. In this current study, a special treatment protocol has been adopted to manage cervical spondylosis with a primary focus to reducing the imbalance of Earth element. Mud therapy correlates with the earth element in Panchmahabutas theory of naturopathy and it helps in removing the toxins from the body[5]. Massage with hot oil provides strengthen to the local soft tissues. Acupuncture treatment helps in elimination of the negative energy and clears the obstruction in the channels. Its significant effect has been evaluated in the condition of cervical spondylosis in various research studies [7] Garlic oil used in massage therapy consists of anti-inflammatory and analgesic effects[8]. Diet therapy plays a significant role in curing the disease. Different studies shows that diet that diet rich in calcium, vitamin-C, vitamin-A, vitamin- D and anti-inflammatory diet helps in reducing the symptoms of cervical spondylosis and cure the disease[9]. The combination of various water treatments under hydrotherapy has pain relieving and analgesic properties[10]. In this research study, the patient was suffering from neck pain and headache which got significant relief after first session. After 2nd session there was relief in

neck stiffness, pain in hands, Headache, vertigo and nausea. While after 3rd session, there was complete relief in neck pain, headache and pain in hands, other such as neck stiffness, nausea and vertigo has also shown an improvement and weight reduction has also been observed, during this treatment. Patient has decreased 4 kg of her weight. Yoga therapy and exercise also plays a significant role in treating the disease. Yoga therapy helps in relieving the pain and decreases the restricted movements of neck and helps in reducing the weight of patient.

CONCLUSION

It is concluded that naturopathy therapies such as diet therapy, hydrotherapy, massage therapy, mud therapy, acupuncture and yoga therapy along with exercises has a significant importance and role in the management of cervical spondylosis.

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