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## Role of *Nasya* and *Greeva Basti* in Cervical Spondylitis

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### ABSTRACT

The factors like, daily hangouts, travelling on bad conditioned path; uncomfortable, persistent sitting postures, over speeding, strenuous and stressful jobs put pressure and strain on the spine, here especially on the neck; on the affected neck symptoms like pain, stiffness, and numbness disturbs routine of the subject. As explained in Ayurvedic texts; cervical spondylitis comes under the *Urdhvakayagat* and *Asthi–Majjagat Vyadhi*.

### KEYWORDS

*Nasya, Greeva, Basti, Cervical, Spondylitis*



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## INTRODUCTION

Sushrutacharya and Charakacharya have explained the treatment of *Nasya* in *Urdhvakaygat* and *Asthimajja Gat Vyadhi*. According to Ayurveda, cervical spondylitis is *Vata Vyadhi*; for *Vata Vyadhi* *Snehana* and *Swedana* is the best treatment. As already mentioned *Nasya* is preferred for *Urdva Jatrugat Vyadhi* and *Greeva Basti* is a local type of *Sweda*.

## AIM

1. Re-assessment of *Nasya* and *Greeva Basti* in cervical spondylitis.
2. To prove efficacy of treatment without a single complication.

## DISCUSSION

Main motto of Ayurveda is *swasthya-rakshana* and *Vyadhi-parimokshana*; also well said it is, “prevention is always better than cure”. In Ayurveda cervical spondylitis is not mentioned; but when *Dosha*, *Dushya* and site involved are known it doesn't matter about the name of the disease.

In cervical spondylitis vitiated *Dosha* is *Vata*; *Dushyas* are *Asthi*, *Majja* and *Sthana Sanshraya* is in cervical vertebrae.

If *Vata Vyadhi* is related to *Urdhva Kayakarna Puran*, *Ghritpana*, *Nasya* is the treatment; we all well known about it.

According to Sushrutacharya, *Nasya* gives *Bala* to the *Hanu*, *Danta*, *Shira*, *Griva*, *Bahu*, *Vaksha*. The cervical spondylitis is also included in *Urdhvakaya*, so the action of *Siddha Taila* according to *Doshanubandhita* like *Snehan*, *Shaman*, *Stambhan* *Brunhan* action on the roughness, harshness, coarseness is effective.

*Greeva Basti* is a local *Sweda*, as *Vata* is of *Sheeta-Guna*; *Ushna-Guna* of *Sweda* pacify it.

It is already proved that, *Swedana* helps to enhance the blood circulation so affected region is well nourished; also pain, stiffness, numbness symptoms are released.

## CONCLUSION

If we summarise all the references mentioned above; we conclude that, the *Nasya* and *Greeva Basti* should be beneficial in the subjects of cervical spondylitis; also this treatment can be done by less manpower. Complications are also minimized.



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