

EFFECT OF NATUROPATHY TREATMENTS AND THERAPEUTIC YOGIC PRACTICES IN PATIENTS SUFFERING FROM CERVICAL SPONDYLOSIS – A CASE REPORT

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ABSTRACT

Background: Cervical spondylosis is a degenerative disease of cervical spine. The conventional management offered in this condition focuses upon pain, muscle relaxation and restoration of movements. This approach however has not been found adequate in many cases.

Case Characteristics: This is a case of cervical spondylosis treated with naturopathy and Therapeutic yogic practices in an AYUSH clinic.

Intervention: The patient was given naturopathy treatments in form of hot and cold compressor and hot mustard pack and massage therapy followed by other Procedures and some yogic practices consisting of asanas, pranayam and relaxation for 30 minutes for a Period of one

month with an improvement in symptoms. **Outcome:** The present case report showed encouraging effects of naturopathy therapy and therapeutic yogic practices in patients suffering from cervical spondylosis.

INTRODUCTION

Cervical spondylosis is a chronic degenerative process of the cervical spine. It affects the vertebral bodies and intervertebral disks of the neck and leads to herniated intervertebral disks, osteophytes, and ligament hypertrophy. This may eventually cause compression of the nerve roots and spinal cord.^[1] Numbness, weakness, and tingling in the neck and/or arms, pain in the neck and/or arms, neck stiffness, and headaches are the usual symptoms of cervical spondylosis.^[2] Naturopathy believes that the body is composed of five basic elements (Panchamahabhutas) viz. Earth, Water, Fire, Air and Ether. Imbalance of these elements create diseases and the treatment of the diseases can therefore be effected by use of these elements and such treatments are called naturopathy. The main difference of

naturopathy with other systems is that naturopathy depends on the inherent curative power (vitality) within the body whereas other systems lay stress on the curative powers of the medicines. Even the drugs introduced into the system can act only if there is sufficient vitality but these drugs diminish the vitality. Whereas, naturopathic treatments are aimed at improvising the vitality and thereby bring about positive health.^[3] Yoga therapy is a multifunctional exercise modality with numerous benefits.^[4] Since the underlying pathology of neck disorders remains unclear, the treatments are aimed at relief of pain and stiffness.^[5] Yoga has also been found to be an effective tool in reducing the stress levels. Yoga relaxation techniques is one of the important role in the treatment of cervical spondylosis, that can be practiced in supine or sitting posture for achieving the goal of positive health, will power, concentration, and relieving pain and stiffness of the neck.^[6,7] “If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.” Hippocrate.

CASE REPORT

A 32 years working in rastapathi bavan visited the ayush clinic of Yoga and Naturopathy at Delhi for complaints of stiff and painful neck, radiating pain on upper back, tingling sensation in left arm, forearm and fingers and numbness in both the forearm. He was diagnosed with cervical spondylosis since one year.

MATERIAL AND METHODS

This case study report with 1 subject was conducted at AYUSH wellness clinic yoga and naturopathy dept New Delhi, India. Informed consent was obtained from study participant. The subjects were familiar with the aims and objectives of the study. Specific Diet chart and yoga modules prepared by consultant physician and the study were conducted for 23 days of periods.

Assessment criteria: VAS scale for severity of pain was used as subjective assessment criteria and Neck Disability Index.

Therapeutic Yoga intervention: The following yoga poses were done by the study groups are practicing 30 minutes daily. Case was taught Yoga session below mentioned table [1] about 30 minutes daily for a period of 23 days. Table [1]: Yoga intervention in Cervical Spondylosis.

STANDING SERIES ASANA

ASANA	TIME IN MIN	REMARK
➤ TADASANA	3.5	
➤ TIRYAKATADASANA	3.5	
➤ KATICHAKRASANA	3.5	
➤ ARDHAKATICHAKRASANA	3.5	
➤ DWIKONSANA	3.5	
➤ ARDHACHAKRASANA	4	
➤ TRIKOSANA	4	
➤ NATARAJASANA	4	

SITTING SERIES ASANA

ASANA	TIME IN MIN	REMARK
➤ GHUMUKHASANA	3.5	
➤ ARDHAUSHTRASANA	3.5	
➤ USHTRASANA	3.5	
➤ SUKSHYMAVAYAMA	5	

(NECK & ARM)

NECK STRECHING EXERCISE

SUPINE SERIES ASANA

ASANA	TIME IN MIN	REMARK
➤ NAUKASANA	2	
➤ HALASANA	1	

PRONE SERIES ASANA

ASANA	TIME IN MIN	REMARK
➤ BUJANGASANA	3	
➤ SHALABASANA	3	

PRANAYAMA

PRANAYAMA	TIME IN MIN	REMARK
➤ NADISHUDHI PRANAYAM	5	
➤ BRAMARI PRANAYAM	3	

MEDITATION**TIME IN MIN REMARK**

- OMKARA MEDITATION 5

RELAXATION**TIME IN MIN REMARK**

- DRT 30
- QRT 10
- SHAVASANA 5

NATUROPATHY TREATMENT INTERVENTION: [table 2].

s/n	Naturopathy treatment	Duration	Days	Result	Remark
1	Partial massage neck +b/l hand	15mint	23 days	<ul style="list-style-type: none"> Relaxation and rejuvenation and reduced the mood swings Gave soothing effect to entire body and relieved pain and muscle spasm 	
2	Hot mustard pack	15 mint	3 days	Relieved pain and muscle spasm	
3	Hot and cold compressor neck and b/l shoulder and arm	1:3 (10 mint)	11 days	Helped in calming down excessive nervous tension	

Diet therapy table 3: Diet therapy for musculoskeletal disorders

Diet treatment: Constructive, Soothing diet comprising of fruits.

TIME	DIET CHART	QUNTAITY	DURATION
5.00am	Almonds soaked overnight in water	5	Daily
7.00am	Tulsi, methi, moringa kadha with milk and jaggery	200ml	Daily
8.00am	Carrot juice /Beetroot juice	200ml	Daily
9.00am	Moringa leaf powder juice	40ml	Daily
10.30am	Uncooked diet i.e raw salad 100-200gms/seasonal fruits 300gm Vegetable soup 200ml Whole wheat roti 1 or 2 /wheat dalia 1 or 2 cups. Butter milk /veg soup 200ml		Daily
3.00pm	Tender Coconut water	1	
6.00pm	Tulsi +ginger kada	200ml	daily
7.30pm	1 roti +veg+soup+salad		daily

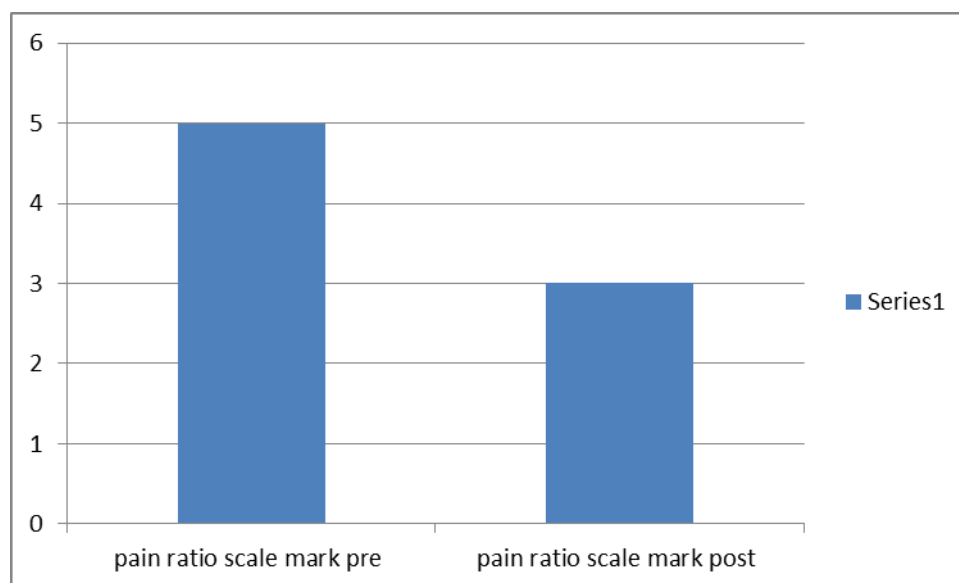
RESULTS

The results of the naturopathy and yoga intervention (pre and post) were found satisfactory as shown in The following table (Table 4).

S/no	Sign and symptoms	Pre observation at the time of admission in ayush clinic (7/11/19)	Post observation (30/11/19)	Remark
1	Stiffness	Present	Reduced	
2	Pain radiating to arm and forearm	Present	No radiating pain arm and forearm	
3	Pain around the neck	Present	Reduced	
4	Range of motion neck extension	50%	85%	
5	Muscle spasm around the neck	Present	Reduced	
6	pain in neck and arm	Pain analogous scale marked	Pain analogous scale marked	

RESULT

In this case study of Osteoarthritis, there is lot of improvement and reduction in VAS, Range of Movement (ROM) has been observed. Therefore, effect of treatment has been observed separately. Yoga and Naturopathic treatments have been given for almost 23 days and improvements have been seen in the different parameters.



DISCUSSION

Hydrotherapy is used mainly for reducing pain and to relax the muscles (7). Hot and cold compressor was prescribed for relief of pain. The deep penetrating infra red heat followed by

hot mustard pack application and alternate hot and cold compressor has a possibility to improve the blood circulation thereby reducing the muscle pain and spasm and also influenced the inflammation which was due to decreased activity of sympathetic nervous system and increased activity of parasympathetic nervous system. Therapeutic massage to Para spinal region further relaxed the whole neck and back region. The practice of therapeutic yogasanas, sukyamvyamaa (loosening exercises), neck strengthening exercises provided sustained stretching effect on the whole spinal and neck muscles and intervertebral discs and relieved the pressure and compression on nerve roots. It is assumed that the improvement observed was because of regular naturopathy and therapeutic yoga intervention. Published literature has shown that showed that yoga and relaxation techniques and naturopathy treatments are better and beneficial in the treatment of pain and stiffness of the neck region.

Sang- dol. kim –(2016) jul effect of yoga in chronic pain in neck patients showed that therapeutic yoga asana and relaxation techniques beneficial in pain and stiffness of the neck.

Vungarala Satyanand et al. (2015) in a study on cervical spondylosis patients showed that yoga and relaxation techniques are better and beneficial in the treatment of pain and stiffness of the neck region.

CONCLUSIONS

This case report encouraging effects of naturopathy therapy and therapeutic yogic practices in patients suffering from cervical spondylosis. It shows encouraging effects of naturopathy and yogic intervention on cervical spondylosis and makes a ground for further work in this direction because naturopathy philosophy believes Prevention better than cure and body heals itself and the case study had many limitations. The suggested diet plan was followed moderately only, After the OPD treatment the patient was advised to follow the naturopathy treatments and yogic practices at home.

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