

**TO STUDY THE EFFECT OF ACUPRESSURE THERAPY ON
CERVICAL SPONDYLITIS: A DESCRIPTIVE STUDY****¹Bipasha Das and ^{2*}Dr. Asim Kulshrestha**

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Article Received on
08 April 2024,

Revised on 29 April 2024,
Accepted on 19 May 2024

DOI: 10.20959/wjpr202411-32608

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ABSTRACT

Acupressure is one of the most effective practices of healing now a day. In this therapy, the treatment of disease is performed by applying pressure. The meaning of the word Acupressure is; Acu - needle & Pressure to apply force. In this method of healing, a slight pressure on a point on the human body is applied. By way of restoration of balance in energy of diseased organs, various kinds of diseases are treated. By this slight pressure some stimulus is created at that specific point. In this manner, the diagnosis and treatment of ailments is made very simple. While acu-points in Traditional Chinese Medicine are defined as having the similar position as marma points according to Ayurveda, and also the function of regulating vital energy, these body points have been constantly combined with acupuncture technique, which encouraged doctors to stimulate applicable acu-points in order to relieve pain and treat diseases. Cervical Spondylitis is a very common disorder worldwide. It may lead to decreased range of motion, & causes disability and major health & socio economic problems.

Cervical Spondylitis is a burden to patients & society. Symptoms including Fatigue, sleep disturbances, headache, depression, sexual dysfunction, can profoundly impact health related quality of life & limited work, leisure and daily activities. The article is related to provide the general information regarding the treatment of cervical spondylitis with the help of Accupressure therapy.

KEYWORDS: Acupressure, acu-points, Cervical Spondylitis, Chinese Medicine.

1.1 INTRODUCTION

Acupressure has been expanded by uniting it with Ayurveda. The word "Ayurveda" is made of two words-Ayu + Ved. This means - Ayu = life, Ved knowledge; hence Ayurved = knowledge of life. Ayurveda is a part of Atharva Ved, where the details of entire life are described. All aspects of life - what is life, how to live, what is useful for life, what is not useful, etc topics are dealt with. Hence this vision of Ayurved has been united with the simplest techniques of treatment of Acupressure. This is proving to understand the secrets and knowledge of life in the simplest ways. In short, "Ayurvedic Acupressure" can be understood as - Ayurved = Ayu + Ved = Knowledge of life Acupressure Acu + Pressure Needle like pressure Thus, Ayurvedic Acupressure = (Knowledge of life by Needle like subtle pressure).

Spondylitis means inflammation of the spine. It comes from the Greek word spondylitis meaning spinal vertebrae and Isis meaning inflammation. It is one of the most common diseases causing neck pain. It is an inflammation of one or more vertebrae (mostly 5th, 6th and 7th cervical vertebrae) thereby reducing the joint space and compressing the peripheral nerve. The pain is seen primarily around the cervical area of the neck. The pain may radiate into the shoulders, upper back, upper arms, forearms and fingers. The disease is not detected and often gets unnoticed until it causes severe pain. The stiffness and the immobility of the spine also increase if the condition does not come under control and slowly degenerative process or wear and tear of the joints, bones, muscles and ligaments of the neck. The common age group suffering from this condition is middle age, prolonged sitting jobs.

1.2 NEED OF STUDY

In the United States, about USD \$87.6 billion was spent on healthcare costs because of back and neck pain, and it ranked third among the highest medical expenses incurred by patients. In addition, the increase in medical expenses for chronic neck pain has been the highest for the last 18 years, along with diabetes (Dieleman et al., 2016). In Korea, the number of patients who visited hospitals with a herniated cervical disc and neck pain increased by 16.6% from 2011 to 2015, from 227 to 265 (Health Insurance Review & Assessment Service, 2016). Many studies showed Acupressure to be effective in dynamic pain relief such as postoperative pain, chronic back pain, and dysmenorrhea, as well as relaxation (Movahedi, Ghafari, Nazari, & Valiani, 2017; Xia et al., 2018; Yeh et al., 2014). However, no studies have applied Acupressure for chronic neck pain. Many studies showed AA to be effective in

dynamic pain relief such as postoperative pain, chronic back pain, and dysmenorrhea, as well as relaxation (Movahedi, Ghafari, Nazari, & Valiani, 2017; Xia et al., 2018; Yeh et al., 2014). In general, patients feel neck pain as discomfort, stiffness, or a dull pain, caused by the strained trapezius muscle around the cervical vertebrae (Jimbo, Atsuta, Kobayashi, & Matsuno, 2008). The most common symptom is pain around the neck, but if tension of the trapezius muscle persists over time, the range of motion in neck movement diminishes, resulting in cervical disability (Takasaki et al., 2011). The cervical range of motion (CROM) decreases gradually with age and causes further neck pain (Salo, Hakkinen, Kautiainen, & Ylinen, 2009). The fear-avoidance model supports this concept. The two responses to pain are confrontation and avoidance, and most people probably avoid painful behaviors due to fear of pain. As a result, it causes physical disability in painful body parts (Lethem, Slade, Troup, & Bentley, 1983).

Neck pain can be classified as non-specific or complicated. Neck pain that is classified as non-specific can be caused by a mechanical issue, such as acceleration-deceleration movement in a motor vehicle accident, or caused by a postural mechanism. Furthermore, complicated neck pain affecting the cervical spine can present with neurological symptoms such as radiculopathy or myelopathy. In addition, neck pain can be classified into acute or chronic pain. Acute neck pain can last for weeks to months, but the pain resolves after a short period of time. Chronic neck pain is pain that lasts longer than 3-6 months and does not resolve after the acute phase; about 50% - 85% of patients with acute neck pain will go on to develop chronic neck pain. Neck pain is a highly prevalent disorder; in 2017, there were an estimated 288.7 million global cases. The 1-year incidence of neck pain was shown to be 10% - 21%, with a significant number of cases seen in office or sedentary employees. Neck pain is a common complaint seen by healthcare personnel, it is estimated that the 1 year incidence of all neck pain is 10.4% and 21.3%. Mean prevalence is difficult to calculate as prevalence ranges can be as much as 80%. This is due to the prevalence differences in sex, occupation, location and income. Per GBD 2005 data neck pain is more prevalent in women, urban settings, and high income countries, with the highest risk age range from 35-49 years old. Remission is difficult to calculate as some sources define remission as a cured state. However the GBD 2005 defines it as an asymptomatic state and found remission rates of 33% to 65%. While difficult to calculate it is estimated that 10% - 30% of patients with acute neck pain will develop chronic neck pain. Physical and psychosocial categories can be used to examine the risk factors for neck pain. Job satisfaction and general psychological health is

related to neck pain prevalence with depressed mood, high stress and perceived strain being the greatest risk factors. It must be noted that chronic pain can be mood altering itself. Positioning (most commonly reported) and neck strain levels are a large part of the physical risk factor category but level of physical activity and neck strength, mobility, and endurance also play a part in neck pain.

Acupressure/Acupuncture is the act of placing various types of magnets, needles methi chana seed, by using pressure into defined points on the body. These defined points of the body were characterized by ancient Chinese acupuncture practices and ayurvedic acupressure technique which found these points to allow better flow of an energy known as “qi”. The theory is that when these points are penetrated by various types of magnets, needles, methi chana seed, by using pressure. It will open any kind of blockage. That is not allowing this energy to flow correctly. If an individual has a blockage or an excess of this energy, this is when symptoms will start to appear and thus restoring the balance of the energy is what is thought to relieve the individual of the symptoms their body produces. Because of the theory that acupuncture /acupressure diminishes symptoms, many studies have investigated the effectiveness of acupuncture/ acupressure on things like knee pain, back pain, headaches and other pain conditions, which has resulted in acupuncture being performed in medical offices and insurance companies Beginning to cover the procedures. This study has chosen to focus its efforts on the use of acupressure/ acupuncture for cervical spondylitis. Different approaches exist to the treatment of back pain, a highly prevalent disorder with significant associated disability.

1.3 Significance of the study

In this era, the effectiveness of Acupressure/Acupuncture therapy is noninvasive and provides favorable benefits Acupressure therapy stimulates the body's circulatory, lymphatic and hormonal systems. It helps relieve stress and anxiety, improves sleep, relaxes your muscles and joints, regulates digestive issues, minimizes headaches and migraines, and is also beneficial for back pains, cervical pain. Acupressure point's therapy is a traditional Ayurvedic massage technique. That's believed to help sustain the flow of energy throughout your body. Those treatments provided instant relief, without bad side effects. Conversely allopathic medicine focuses on the symptoms and applies pharmacological methods to remove the offending agent. As a result, it is the cause of side effects. Alternative and complementary therapies for neck pain were mainly performed with the use of auricular

acupuncture (Yang et al., 2017), taping therapy (Ay et al., 2017), and massage therapy (Patel et al., 2012). Because AA is noninvasive, economical, and effective for a variety of pain types compared to other alternative and complementary therapy.

1.4 Aim

This investigation is to bring out the positive impact of TCM technique and Ayurvedic Acupressure technique from Acupressure/acupuncture on management of Cervical spondylitis. The primary goal of the research is to find out the effectiveness of TCM technique and Ayurvedic Acupressure from Acupressure / Acupuncture on cervical spondylitis for improving one's quality of life by reducing the symptoms (such as pain, stiffness) and promotes psychophysiological Well-being.

1.5 Objectives

Acupressure helps stimulate meridian pathways that aim to revitalize the body. Encouraging meridian pathways are known to promote new health and prevent illness from occurring. Acupressure can also speed up the recovery of tissues after injury. Acupressure increases new blood and oxygen flow into the soft tissues.

- a) To assess the effect of acupressure treatment on cervical spondylitis.
- b) To assess the effectiveness of acupressure therapy in reducing neck pain intensity associated with cervical spondylitis.
- c) To evaluate the impact of acupressure/acupuncture therapy on inflammation of the cervical region.
- d) To examine the influence of acupressure on the quality of life among cervical spondylitis.

1.6 Statement

There is lack of review of the impact of TCM technique and Ayurvedic Acupressure technique on cervical spondylitis. A well compiled work to explain about the effective impact which Acupressure (TCM technique and Ayurvedic Acupressure) has shown in various studies need to be done.

1.7 Acupressure Treatment on Cervical Spondylitis

Cervical spondylitis if treated at the correct time gets cured for life. Acupressure is one of the most effective ways of getting rid of back and neck pain caused due to poor lifestyle and body structure. In acupressure theory there are many types of techniques to cure this pain but we are just focusing on **TCM techniques** which are given by M.P Khemka and **Ayurvedic**

acupressure.

1.7.1 DESCRIBE TCM TECHNIQUES ON CS

Cervical Spondylitis

Cervical Spondylitis is of two types.

- (i) In the first type of cervical spondylitis, pain will be around the urinary bladder meridian in the middle of the neck and it would be painful, while moving the neck up and down and movement is impaired. This is known as Pain in the “yes” bone.
- (ii) In the second type of cervical spondylitis, pain would be in the lateral side of the neck around gall bladder meridian and would be painful while moving the neck left & right. This is known as pain in the “No” bone.

Treatment

First type of cervical spondylitis is called Tai Yang Type. In this, treatment on the small intestine and urinary bladder channel axes gives full relief.

Second type of cervical spondylitis is called Shao Yang Type. In this, treatment on Triple Warmer and gall bladder channel axes, gives the full relief.

1) Yes Bone type of Cervical Spondylitis

This is also called Tai Yang type (Small Intestine and Urinary Bladder channel axis type) of Cervical Spondylitis. In this type of Cervical Spondylitis, there is pain in the Neck on the Urinary Bladder meridian. This is also called medial type of Cervical Spondylitis. There is pain in moving the neck up and down, which sometimes extends to the shoulders and arms. This Yes Bone Type of Cervical Spondylitis is called.

Treatment: Lu 7, Li 4, Si 3, Tw 5, UB 10, 11, 12, 13, 60, GV 14↓ all

Add: If humidity is present causing swelling: Si 3, UB 65↓

Add: If wind is present causing pain moving from one place to another: GB 20↓ Add: If hotness is present causing inflammation: Si 2, UB 62↓

2) No Bone type of Cervical Spondylitis

This is also called Shao Yang type (Triple Warmer and Gall Bladder channel axis type) of Cervical Spondylitis. In this type of Cervical Spondylitis, there is pain in the neck on the lateral side on the Gall Bladder meridian. This is also called lateral type of Cervical Spondylitis. In this, there is pain in turning the neck left or right. This is called No Bone Type

of Cervical Spondylitis. The pain may radiate to the lateral side of Arm and Hand.

Treatment: Lu 7, Li 4, Tw 5, GB 14, 20, 21, 34, 39, GV 20, 14↓

Add: For humidity symptoms causing swelling: Tw 3, GB 41↓ Add: For wind symptoms causing moving pain: GB 20↓

Add: For hotness symptoms causing inflammation: Tw 2↓

3) Tension pain & immobility of neck & nape of neck

Treatment: Si 3, CV 24, GB 20, GV 16 ↓all

4) Tension hardness & tightness in head & neck

Treatment: Si 3, Li4, GB 20, GV 16, CV 24 ↓all

5) Redness, swelling, tension & pain in back of neck & head

Treatment: GB 41, 20, 21, CV 24, GV 16 ↓ all

6) Redness & swelling of neck that will not go away

Treatment: TW 5, GB 21, CV 24, GV 16 ↓all

7) Spastic tension of neck

Treatment: Si 3, GV 20, 24 ↓ all

8) Occipital & Nape Region Neuralgia

Treatment: GB 7, St 6 ↓both

9) Tai yang type (Si/UB channel) cervical spondylitis

Symptoms: There is pain around the urinary bladder meridian in the middle of the neck and there is pain in raising and lowering the neck and movement stops. This is called pain in the “yes” bone.

Treatment: Group 1 GV 14, 20, UB 10, 11, 60, Si 3, 6, Lu 7, Si 4 ↓all

Group II UB 10, 11, 12, 13, 60, Si 3, 6, 11 ↓all

Add with Humidity Si 3, UB 65 ↓ both Wind GB 20 ↓, Hotness Si 2, UB 62 ↓both

10) Shao yang type (TW/GB channel) cervical spondylitis

Symptoms: There is pain around the gall bladder meridian on the lateral side of the neck. There is pain in turning the neck to the right and left. This is called pain in no bone.

Treatment: Group I GV 14, 20, GB 20, 21, 34, 39, TW 5, Li 4, Lu 7 ↓all

Group II TW 5, 14, GB 20, 21, 39 ↓all

Add with Humidity TW 3, GB 41 ↓both Wind GB 20↓ Hotness TW 2↓

11) Cervical spondylitis with low blood pressure

Treatment for Males: Group I Si 3 ↑ (L), UB 62↓ (R), K3 ↑ (L & R), GV 3 ↓ (L & R) Group II TW 5 ↑ (L), GB 41↓ (R)

Treatment for Females: Group I Si 3 ↑ (R), UB 62 (L). Lu 7↑ (L), K6↓ (R), GV 3 ↓ (L & R) Group II TW 5↑ (R), GB 41 ↓(L)

12) Cervical spondylitis with high blood pressure

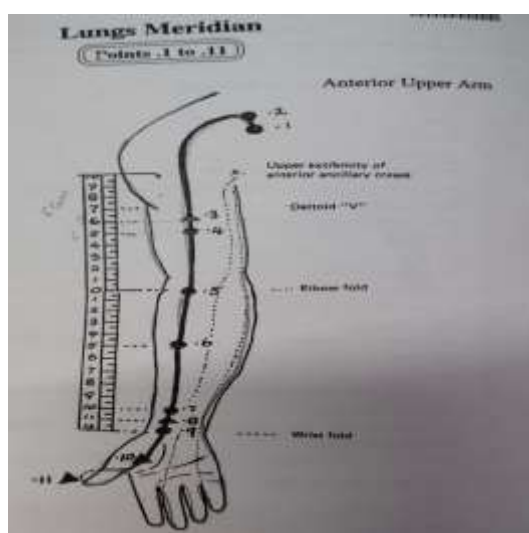
Treatment for Males: Group I UB 62 ↑ (L), Si 3 ↓ (R), K3 ↑ (L & R), GV3↓ (L& R) Group II GB 41 ↑ (L), TW 5↓ (R)

Treatment for Females: Group I UB 62 ↑ (R), Si 3 ↓ (L), Lu 7↑ (R), K6↓ (L) GV3↓ (L & R) Group II GB 411 (R), TW 5↓ (L)

Mention the location of the yes bone and no bone type cervical spondylitis: Lu 7

This is luo connecting point of the lungs meridian with the large intestine meridian point no. Li 4.

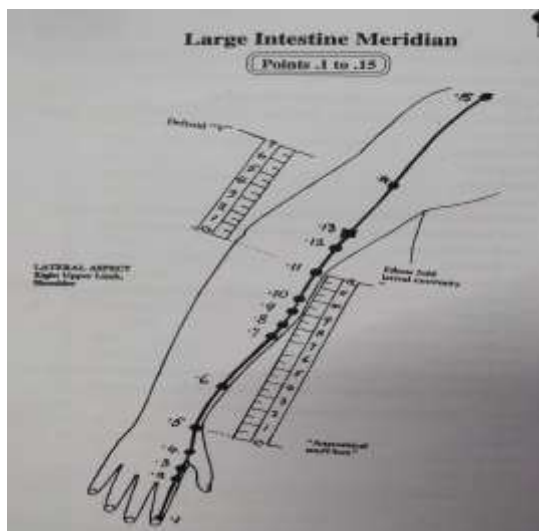
It connects lungs with a conception vessel. This is the master point of the conception vessel meridian. This is also an important distal point for **neck** & upper back region, chest & lungs. Its coupled point is K6.



Li4

This is the organ source point of the large intestine connected to Lu7. It is a vital point. A

very good analgesic & anesthetic point. This is an important distal point which is beneficial in the treatment of all diseases from face to neck. This is an important point for the treatment of eyes, sinus, teeth, mouth, lips, throat, **neck**, chest, hands, tonsils, nose, eyelids etc.



Si 3

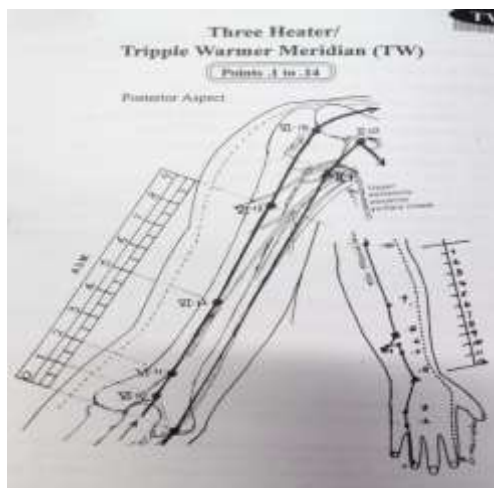
This is the specific descending portion of duodenum and duodenal flexure. This is the wood point of the small intestine meridian. This is a tonification point. Here the small intestine meridian. Communicates with the governing vessel meridian. This is the master point of the Governing Vessel meridian & its coupled point is UB 62. If there is pain in the back around the spine from **neck** to waist, then giving treatment on both Si 3 and UB 62 is beneficial.



TW 5

This is the Luo connecting point of the triple warmer meridian with the pericardium

meridian point No. P7 This is also the luo connecting point of triple warmer meridian with the yang wei mo. It is the master point of yang wei mo & its coupled point is GB 41. The name of this point is 'door of exit'.



UB 10

This is the point of Medulla Oblongata. This is the lowest part of the brainstem and the respiratory and vasomotor centers are located here. Heavenly stems are received here by the human body. Pain in the shoulder and neck.

UB 11

Here the urinary bladder meridian connects with the large intestine meridian and the governing vessel meridian. This is the most important and very influential point for bones and cartilages. The point must be included in the treatment prescription while treating any problem relating to the bones. This is the upper shu point of the chong mo, which is an ocean of 12 meridians.

Location: This point is located at the level between thoracic 1 and thoracic 2.

UB 12

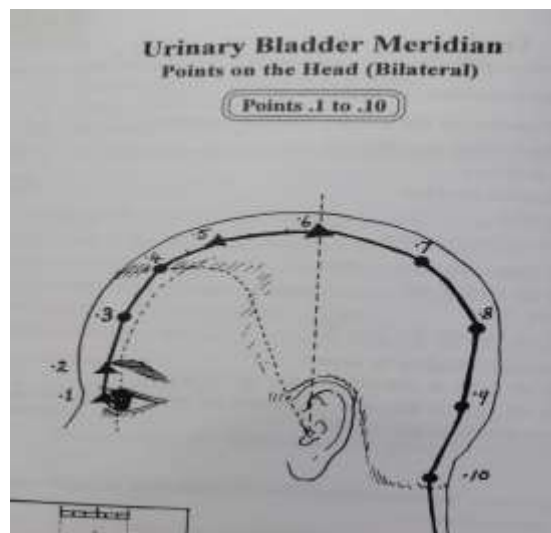
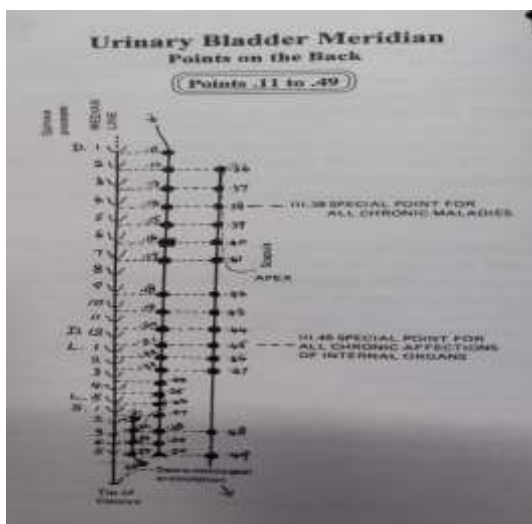
At this point the urinary bladder meridian connects with the governing vessel meridian.

Location: This point is located at the level between thoracic 2 or 3. Help to Cure Stiff neck.

UB 13

Location: This point is located at the level between thoracic 3 and 4.

This is a back shu point for the lungs meridian. By treating this point as soon as a cold occurs, sneezing, running nose etc. get cured.



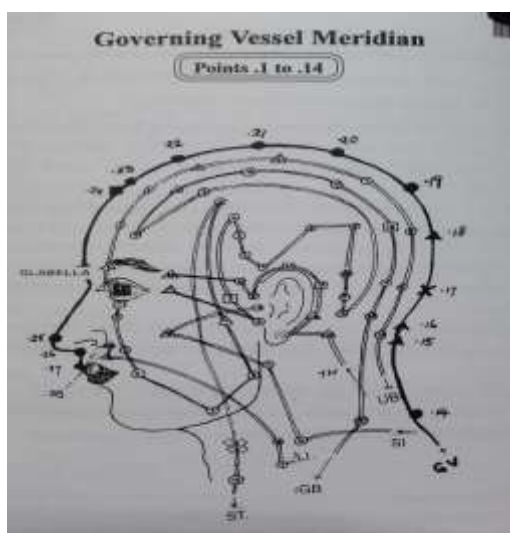
GV 14

The name of this point is 'tired of stress'. This point is situated slightly below the cervical 7 bead. This point is the connecting point of the governing vessel meridian to all the yang meridians.

This is a specific point in the treatment of fever, allergy and infection.

GV 20

The name of this point is 'Hundred diseases, one cure'. In China, most of the diseases are treated at this point and it is one of the most important points in Chinese acupuncture. There are four points around this point which are called four aces. By giving treatment on GV 20 and these four aces, many diseases of the brain and sense organs are treated. This point is located where the braid is placed on the head. This is a Luo connecting point of the governing vessel meridian with all yang meridian and the liver meridian.



GB 14

This is a meeting point of the gall bladder meridian with the stomach, large intestine, triple warmer & the yang wei mo. This is a specific point in the treatment of the lateral geniculate body. Lateral geniculate body is a small part of the brain, which works as a transformer of the optic nerve. In patients whose gallbladder has been removed several years ago, folds and a special bump appear on the skin around GB 14.

Neck pain.

GB 20

The name of this point is 'Vata Ka Talab'. This is the meeting point of the gall bladder meridian with the tippler warmer, yang wei mo & the yang quao mo. This is the most important point in the treatment of sympathetic nerves.

GB 21

This point is called the jing well point of the shoulder. Jing well point is used in sudden and sudden diseases. This is the test point of gallbladder. If there is pain on pressing this point, then it should be understood that there is a problem in the gallbladder. This is a luo connecting point of the gallbladder pituitary gland.

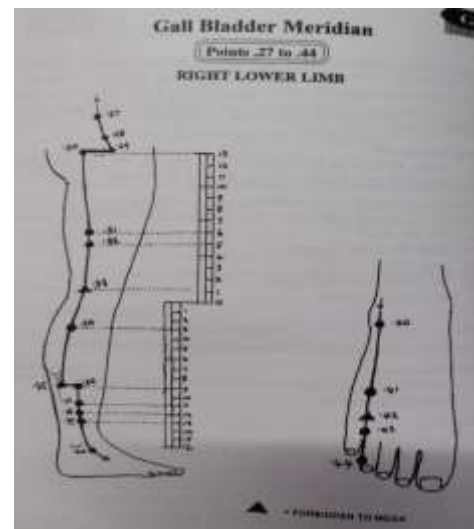
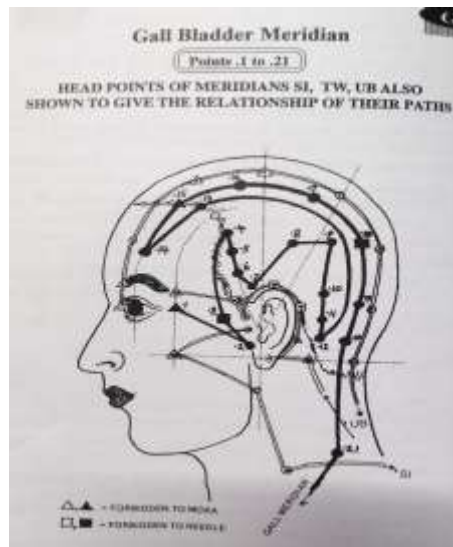
GB 34

This is an important point of Chinese acupuncture. This is the best point for the treatment of muscles and nerves and is one of the eight influential points. This is the earth point of gall bladder meridian. This is the main point of the muscles of the legs. It reduces bile.

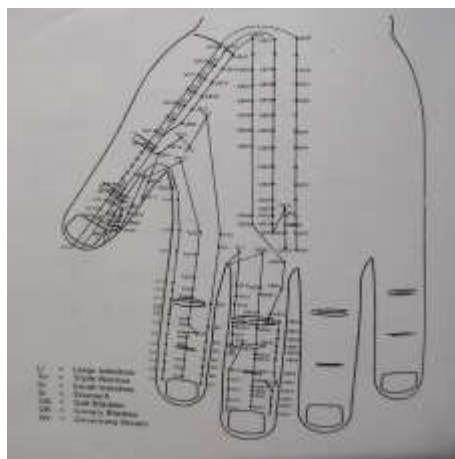
GB 39

This is an important point of Chinese Acupuncture. Its name is 'Hanging bell'. In China, drums were beaten to start a war and bells were rung to end the war. Injured soldiers used to gaze at the hanging bell hoping for a ceasefire so that they could be treated. Weakness due to bleeding, wound pain, and cramps are the best point of numbness. This is influential point for bone marrow.

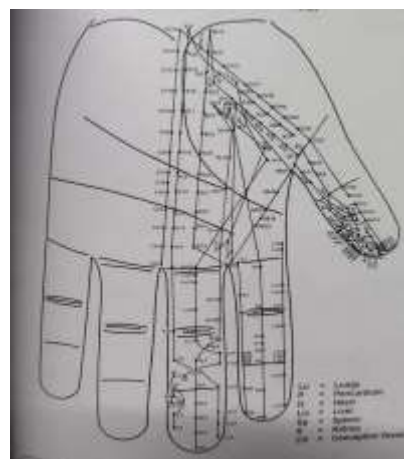
This is luo connecting point of all yang meridian viz gallbladder, stomach & urinary bladder meridian of the leg.



CHINESE ACUPUNCTURE MERIDIAN -BYOL CHART



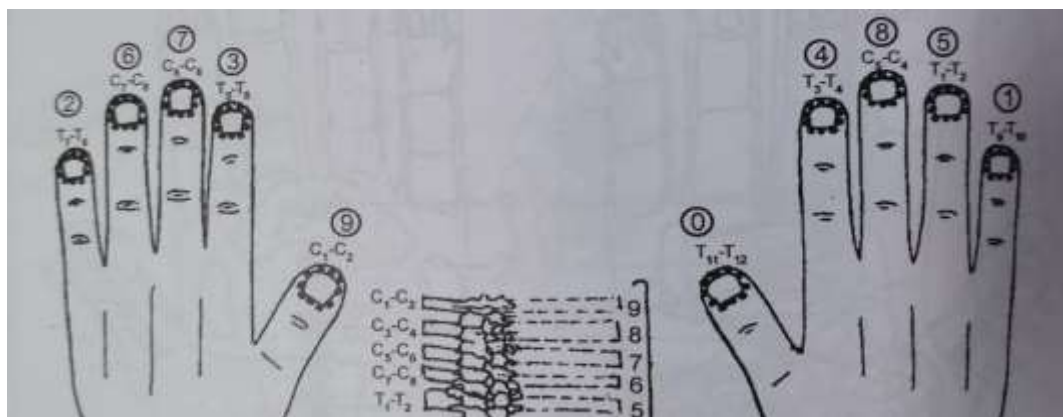
LEFT HAND (YANG SIDE)

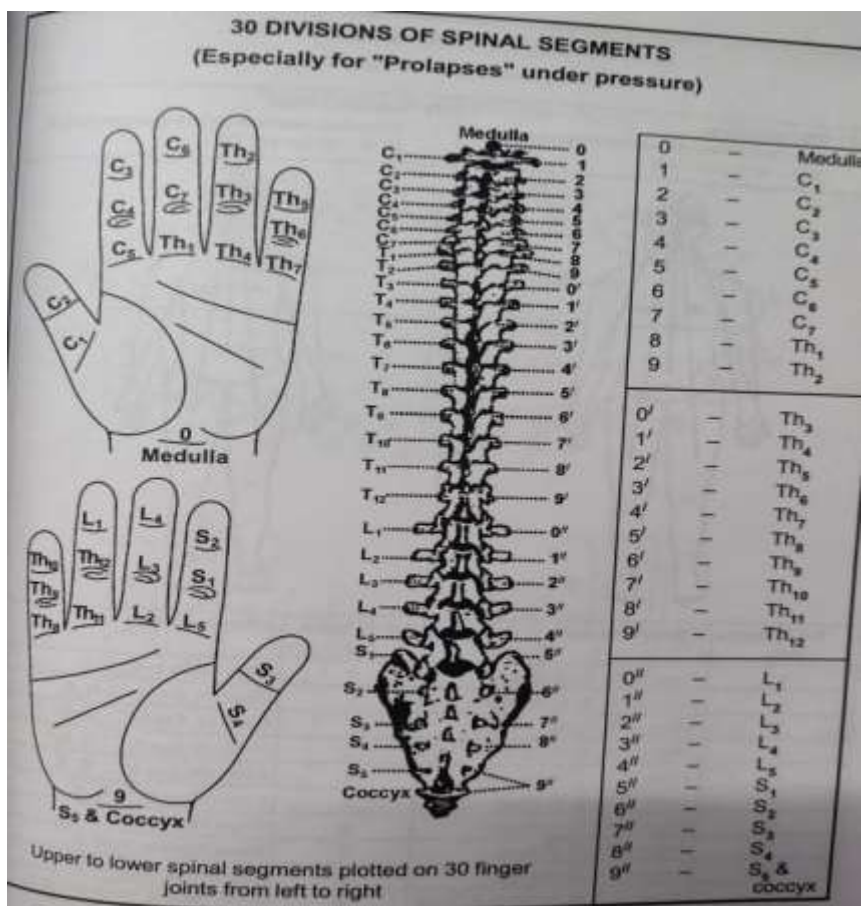


LEFT HAND (YIN SIDE)

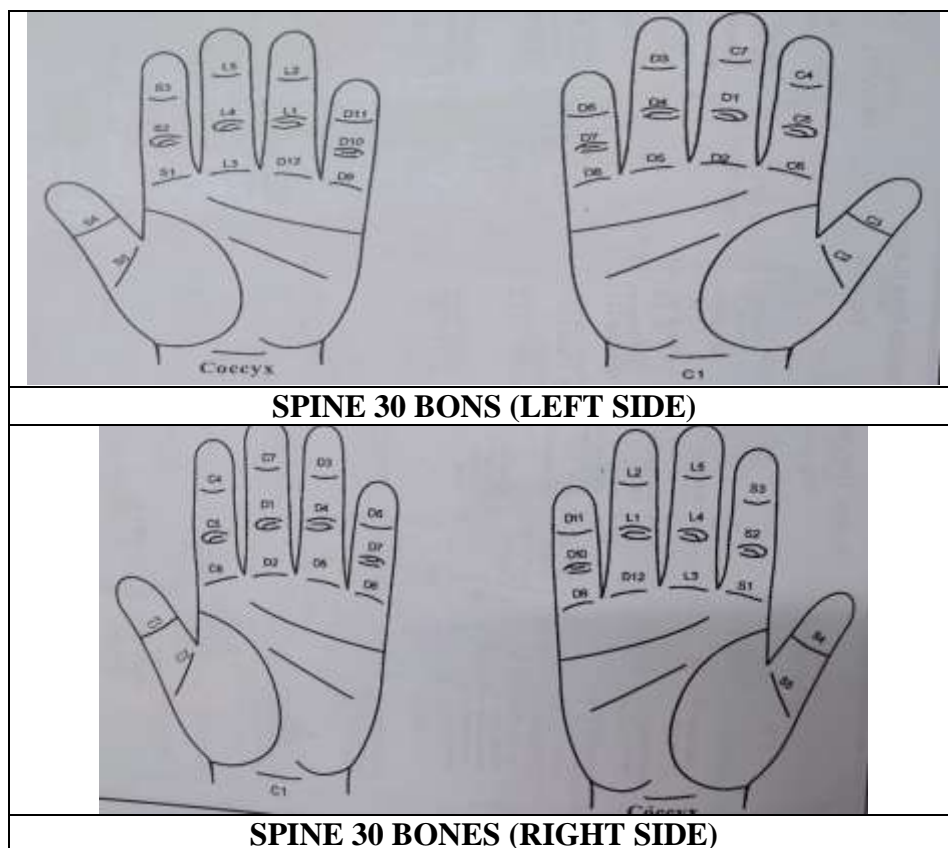
1.7.2 Ayurvedic Acupressure treatment on Cervical Spondylitis

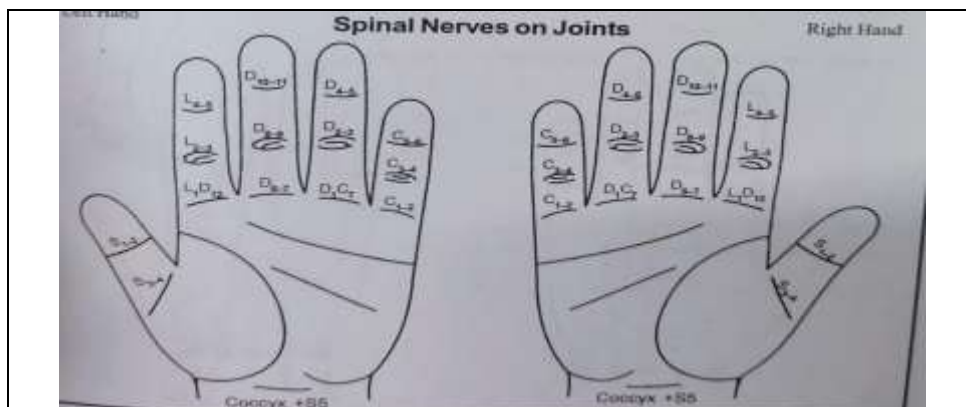
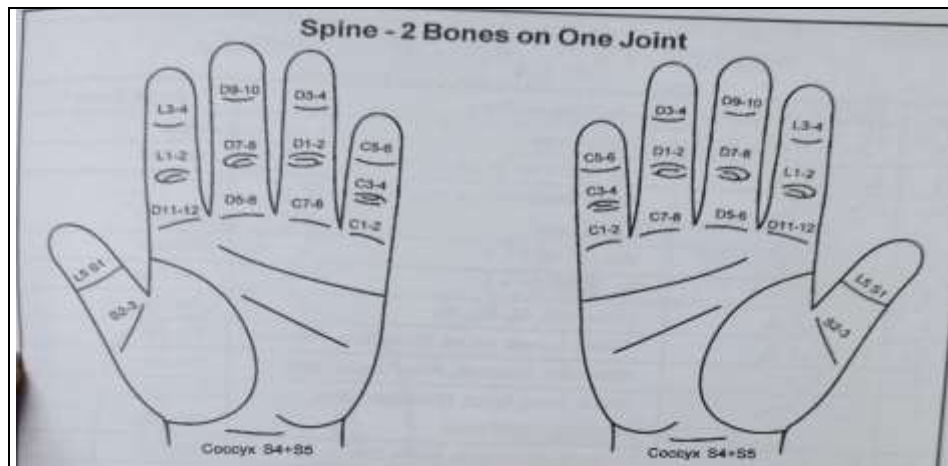
(5,6,7,8,9)NCH HAND 245↓ 37 ↑





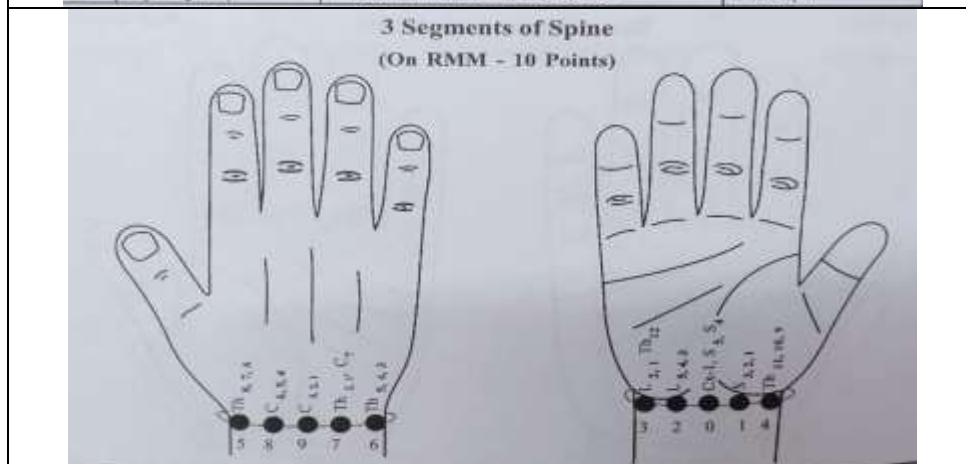
LF R F 7,8,9 SPM 245↓ 37↑

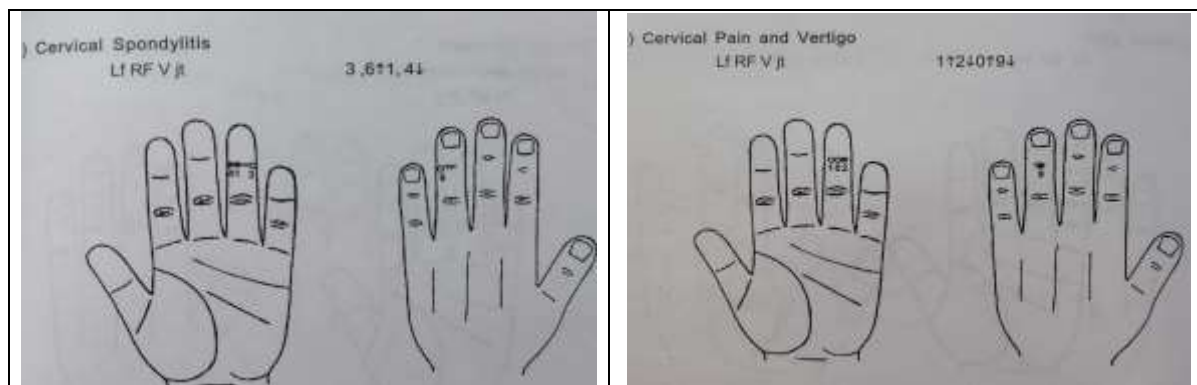




3 Segments of Spine
(On F. 6 - 10 Sprm)

No.	Spine 3 Segments	Innervation Area	F. 6 - 10 Sprm
0	Coccyx + S ₅ + S ₄	Groin, Legs	0 Spr.
1	S ₅ + S ₄ + S ₃	UB, Gonads, Groin, Legs	1st Spr.
2	L ₅ + L ₄ + L ₃	Kid., Intestines, Lower abdomen & Back, Legs	2nd Spr.
3	L ₅ + L ₄ + D ₁₀₋₁₁	Kid., Li., Si	3rd Spr.
4	D ₁₀₋₁₁ + D ₉₋₁₀ + D ₈	St, Sp, Pn	4th Spr.
5	D ₈ + D ₇ + D ₆	Liver, GB, St, Sp, Pn	5th Spr.
6	D ₆ + D ₅ + D ₄	Chest, Lungs, Heart, Foodpipe, Trachea	6th Spr.
7	D ₄ + D ₃ + C ₇	Shoulder, Scapula, Arm, Upper back	7th Spr.
8	C ₇ + C ₆ + C ₅	Neck, Back head, Shoulder, Arm, Thyroid, Vocal cord	8th Spr.
9	C ₅ + C ₄ + C ₃	Jaw, Teeth, Gums, Neck, Ear	9th Spr.





1.8 DISCUSSION

This was a descriptive study that aimed to find out the positive impact of TCM techniques and Ayurvedic acupressure on Cervical Spondylitis. In recent years, with the acceleration of people's life rhythm and the increase in the proportion of desk staff, its incidence has increased year by year and tends to be younger. It accounts for about 20% of cervical spondylitis (Ding & Wang 2016).

Acupressure positively influences many psychosomatic disturbances. Acupressure can be used in order to relieve neck pain that occurs in cervical spondylitis. The acupressure's goal is to influence the flow of qi by regulating the flow, supplementing it where it is deficient & dispersing it where excess amounts have accumulated. This restored the flow of qi & resorts health. Cervical spondylitis is a progressive condition with chronic neck pain which results in decreased range of motion, lack of coordination as well as generating the feeling of stress & depression. Physical & psychological categories can be used to examine the risk factors for neck pain. Job satisfaction, academic work, general physical health is related to cervical spondylitis prevalence with depressed mood, high stress, & perceived strain being the greatest risk factors. It must be noted that chronic pain in cervical spondylitis can be mood altering itself.

Acupressure promotes healing methods by removing blockage from the energy channels through exerting pressure & imparting rotational massage over the principal sites after the first general rubbing, & also promotes balanced flow of energy through channels & more relief could be experienced. In recent years, evidence suggests that acupressure can be an effective self-healing treatment that promotes blood circulation, releases muscle tension, & relaxes the mind & body.

Here present many types of techniques in acupressure therapy but in this study we only

focused on TCM tecnics and Ayurvedic Acupressure.

According to traditional Chinese medicine, the occurrence and development of cervical spondylitis is closely related to dysfunction of the liver, spleen, and kidney. The concept of yin and yang is fundamental in traditional Chinese medicine. In acupressure/ acupuncture, yang meridians all pass through the neck, the Du meridian and the bladder meridian of the foot-Taiyang pass through Hòuxiàng, the triple-warmer channel of the hand-Shaoyang and the gallbladder meridian of the foot-Shaoyang pass through the throat, the large intestine meridian of the hand-Yangming and the stomach meridian of the foot-Yangming pass through the front side of the neck, while the Ren meridian is in the middle of the anterior neck. Because all yang meridians start and end in the head, the head is the place where yang meridians gather. Among all yang meridians, the bladder meridian, the gallbladder meridian, and the Du meridian have the greatest influence on the neck. Therefore, in this study we selected the acupoints of the UB meridian, GB meridian, specially we work with yes bone & no bone. According to TCM technique here we work on the acupoints are as follows, **LU7↓ LI4↓ SI3↓ TW5↓ UB10,11,12,13↓ GV14,20↓ GB14,20,21,34,39↓.**

Ayurvedic acupressure based on 10 elements three special meridian, 10 division in body i.e. According to ayurvedic acupressure **5,6,7,8 NCH (hand) 245↓37↑ & 7 8 9 SPM 245↓37↑ .** These acupoints present a cervical zone.

On the basis of evidence, we can say that applying acupressure on these points is very effective for Cervical Spondylitis. The benefits of acupressure on Cervical Spondylitis are very positive an deffective. It not only helps to reduce the symptoms of cervical spondylitis, reduce the intensity of pain but also rejuvenates energy, improve range of motion, promote calmness and better body functioning in day to day life.

1.9 CONCLUSION

Cervical spondylitis is common & significant global problem. TCM Tenniques & ayurvedic Acupressure in acupressure therapy is shown to be effective in alleviating pain in both immediately after treatment. These treatments are generally safe and inexpensive. It should be considered as part of a multi-model approach for the treatment of neck pain in individuals with cervical spondylitis. Acupressure is a simple technique that can be useful to promote body's natural healing abilities & promote physical & emotional wellbeing by reducing the symptoms of Cervical Spondylitis & improve quality of life. Acupressure is a self-care

treatment there are no side effect of acupressure for cervical spondylitis. Therefore, this study's findings will be applicable to the global aging population as well as those in the general population who are experiencing disturbances related to cervical spondylitis.

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