

EFFECT OF NASYA, VEDHAN KARMA & ISOMETRIC EXERCISES IN THE MANAGEMENT OF CERVICAL MYALGIA: A CASE STUDY

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ABSTRACT

Cervical Myalgia is a common health problem in the society. It concerns about 10 – 20% Adult population with severe chronic pain in the neck and shoulder region. Cervical myalgia shows higher prevalence in Women, also in those having sitting works. Its main causative factors are sedentary lifestyle, daily living activities, poor posture, continuous desk work, Tension & Stress. It needs to be treated early as it can leads to severe pain and stiffness. **Material and Methods:** Single clinical trial with before treatment, mid follow up and after treatment assessment was done with 7 days Intervention of *Pratimarsh Nasya, Vedhan karma & Isometric Cervical exercises.*

Result: On comparison with pre intervention condition there was a

marked difference in patient post treatment condition. Patient got marked relief in symptoms Neck pain, Shoulder pain, Neck stiffness, & Headache. **Conclusion:** By the present study it can be concluded that *Pratimarsh Nasya, Vedhan karma & Isometric Cervical exercises* is effective in the management of cervical myalgia.

KEYWORDS: Cervical Myalgia *Pratimarsh Nasya, Vedhan karma, Isometric Cervical exercises.*

INTRODUCTION

In this healthy world even healthy people who are in the prime of their life can be affected by neck pain. It is not surprising to have neck pain since the neck is on duty 24/7 holding our heads which weigh an average of 1.5 kg. Whether it because of poor sleeping position, poor

postures or some type of injury, people will encounter some type of body stiffness, pain, and discomfort is usually exercise.

Isometric exercise is a form of exercise where you execute an isometric muscle contraction, in muscle contraction; the muscle exerts force without changing its length. Unlike traditional exercises like weight lifting which involves lengthening of the muscles, Isometric exercises have little or no joint movement.^[6] In an Isometric neck exercise, the neck is held in a non-moving or stable position to isolate the target muscle. The muscle is then allowed to grow stronger through resistance without movement or pain. If gradually increase the resistance, the muscle grows in strength and endurance. one can perform Isometric Exercises anywhere, anytime. It doesn't involve machines and equipment even people who are immobilized can do this. Few minutes of exercise spaced out during day will reap huge benefits. Another benefit is that there is less movements, therefore there is less risk for injury or re-injury especially for people who are in the process of recovery and rehabilitation or are immobilized. There are many isometric exercises designed to ease pain and stiffness in the neck.^[7]

One of the *Panchkarma* mentioned in *Ayurveda*, *Nasya* therapy is a process wherein the Drug is administrated through Nostrils. *Nasya* therapy is highly effective in curing a number of diseases pertaining to the head, eye, nose, ear and all supraclavicular structures. Alleviate disease such as cervical pain, shoulder pain, cervical spondylitis, and frozen shoulder.^[3] Nose is a gateway for material to enter and get spread widely into the organs related to Head and Neck for eradication of the diseases of the concerned structures. *Nasya* is especially useful in disorders of structures situated in Supraclavicular region. There are different types of *Nasya* according to different *Acharayas*, two main types are *Shirovirechan* and *Snehan*.^[5]

Navannasya is one of the types of *Snehannasya*, depending upon the drug used for *Navannasya*; *Shodhan*, *Shaman* and *Bruhan karma* are performed. It is given for giving strength to neck, Shoulder, and Thoracic region and for making good Eyesight.^[2,3]

Vidha karma is one of the *Shastrakarma* as defined in *Sushrut Samhita*.^[1] It also known as *Vedhan* is treatment of puncturing or piercing certain points that reduces pain. It act as a pain reliever by releasing endorphin that helps to reduce pain in the body.

AIM AND OBJECTIVES

Aim

To study the effect of *Nasya*, *Vedhan karma* and Isometric Exercises in Cervical Myalgia.

Objectives

To Study the effect of *Nasya*, *Vedhan karma* from *Ayurvedic* Literature & Isometric Exercises from modern Literature in Cervical Myalgia.

MATERIAL AND METHODS

Case Report – A 34 years aged Female patient come to *Swasthyarakshanopd* of Government Ayurved College of our institute before 15 days presented with complaints.

- 1) Neck pain since 1 month
- 2) Shoulder Pain since 1 month
- 3) Neck Stiffness since 1 month
- 4) Headache since 1 month
- 5) Earache while speaking on phone since 1 month

On Examination

History taken for *Hetusevan* was almost same as described in text i.e. continuous sitting work, stress of work, more bending of Neck, *Ratrijagran*.

Ashtvidh Parikshan

- 1) Nadi – 84/min
- 2) Mala- Prakrut
- 3) Mutra –Prakrut
- 4) Jivha – Niram
- 5) Shabda- Spashta
- 6) Sparsh- Sheet
- 7) Druka- samyaka
- 8) Akriti- Madhyam

GENERAL EXAMINATION

Pulse - 84/min

BP- 110/70mm Hg

No pallor No icterus

Weight – 56 kg

Height- 157 cm

RS – AE = BS

CVS – S1S2 Normal

CNS- Conscious Oriented

Detail History

No History of any major surgery or trauma

No Past History of DM, HTN, IHD, TB Asthma or any other major illness.

No History of any drug allergy

Past History

Patient was alright before 1.5 months but mild symptoms were presents, since 4 months symptoms got aggravated than before .patient was complaining of Neck pain, Shoulder pain, Neck stiffness, & Headache. Patient was also attended private hospital for same complaints but not getssatisfied; hence patient came to government *Ayurved* Hospital, *Swashyarakshanopd* of our institute for further treatment.

After clinical examination patient was recruited for treatment of cervicalmyalgia i.e. given *Navannasya* of *Anutail*4-4 drops, *Vedhan karma* at shoulder, neck & in front of ears, & Isometric Exercises twice a day for 7 days.

Samprapti

Due to all etiological factors of *Vata & Kaphadoshas* & over work of shoulder & Neck trapezoid Muscle gets contractedand leads to Cervical Myalgia.

Investigation

Complete blood count was within normal limit

Random blood sugar was within normal limit

Urine routine and microscopy was within normal limit.

Chikitsa Sutra

Navannasya of *Anutail* 4-4 drops, *Vedhan karma* at shoulder, neck & in front of ears, & Isometric Exercises twice a day for 7 days.

OBSERVATION

Table shows symptoms before and after treatment.

Symptoms	Before treatment	After treatment
Neck pain	+++	Complete relief
Shoulder pain	+++	Complete relief
Neck stiffness	++	Complete relief
Headache	++	Complete relief
Earache during speaking on phone	+++	Moderate Relief

RESULT

On comparison with pre intervention condition of patient, there is marked difference in patient post treatment condition, some symptoms get complete relief while some get moderately relief. Hence there is a marked difference in all symptoms.

DISCUSSION

In this study observation was done before and after treatment based on the symptoms and the results obtained are the Neck pain BT was 3 and after treatment reduced to 0, Shoulder pain BT was 3 and AT reduced to 2, Neck Stiffness was 2 and AT reduced to 1, headache BT was 2 and AT reduced to 1 & earache during speaking over phone was 3 AT reduced to 1. Above results shows the Marked relief in symptoms due to effect *Nasya*, *Vedhan Karma* & Isometric Exercises.

Cervical Myalgia causes mainly due to prolonged straining (looking up or down), Stress, sleeping in uncomfortable position. In Cervical myalgia mainly *vata* & *kapha Doshas* are vitiated, causes mainly due to *sevan* of *Atiruksha*, *Atisheet*, *Madhur*, *Snigdha anna* Stress, *Ratrijagran* etc.

Isometric Exercises are contraction of particular muscle or group of muscle. Isometric Exercises helps to maintain strength, also built strength. It is very helpful in painful movements, thus it helps to relieve the pain.

Nasya karma alleviates the neck pain, shoulder pain, earache, neck stiffness, as well as headache. It gives strength to the headneck region, small muscles and big muscles (Trapezoid).^[4] *Nasya* acts by general blood circulation, after absorption through mucous membrane then direct pooling into venous sinuses of brain via inferior ophthalmic veins then direct absorption into the cerebrospinal fluid. By *Nasya dravya* many nerve endings will get stimulated and impulse are sent directly into CNS.^[5]

In *Vidha karma* immune system response this treatment by releasing endorphin & Enzymes that help to reduce the pain. It is implied to give instant & acute pain relievers. It acts as a counter irritant without dermal allergies. It indulges with scientific method of generating local static electricity generated that leads to polarization on cellular level, inducing microcurrents; thereby moving metabolite waste products from cells to channels of transportation.

CONCLUSION

Isometric exercise is a form of exercise where one executes an isometric muscle contraction, in which muscle exerts force without changing its length, which helps to reduce a pain. *Anutail Navannasya* main function is shaman of vitiated *Doshas*; it helps to give strength to neck as well as Shoulder Muscle also helps to reduce *karnashool*. On the above basis of results & Discussion we conclude that *Navan Nasya*, *Vedhan Karma* & Isometric Exercises is highly beneficial in Cervical Myalgia.

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