

ROLE OF GREEVA BASTI IN THE MANAGEMENT OF GREEVA STAMBH WITH SPECIAL REFERENCE TO CERVICAL SPONDYLOSIS

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ABSTRACT

In today's era, human life is more stressful. Due to change in life style, professional stress, travelling, food habits, peoples are more susceptible for various degenerative disorders. *Greeva Stambh* is a commonest degenerative disease by which larger group of community has been affected. The Greeva stambha (pain & stiffness in the back of neck) is one of the important Vata Nanatamaja Vikar Described in Ayurveda. So Vatashamak Chikitsa is essential to treat this disease. It also an inflammatory & degenerative in origin & urdhwajatrugata vata vyadhi. Hence Greeva Basti may be the best advisable to palliate the disease, which is prepared with vataharadrugs. *Greeva stambh* has been enumerated in eighty *Nanatmja Vyadhis*. It can be clinically correlated with cervical Spondylosis. Greeva Basti is the best treatment of choice in *urdhwajatrugata Vyadhis*.

KEYWORDS: *Greeva stambh, Greeva Basti, Cervical Spondylosis.*

INTRODUCTION

Neck pain is a most common painful condition in the world. Continuous sitting in front of computers, television, wrong posture while sitting, standing and sleeping, excessive use of mobile phones increasing number of patients suffering with chronic neck pain.

The musculoskeletal system is an important system for a living body to perform the daily routine work, without this system one could not be able to perform any movement. Any disorders of the locomotor system restrict the movement and would hamper the normal routine life.

The common musculoskeletal disorders are cervical spondylosis, osteomyelitis, osteoarthritis, gouty arthritis, rheumatoid arthritis, muscular dystrophies etc. Neck pain is called by the names *Greeva shula*, *Greeva stambha* and *Manya stambha* in Ayurveda. Common conditions causing neck pain are cervical spondylosis, degenerative disc disease, neck injury, neck strain, a herniated disc or a pinched nerve. Cervical spondylosis is one of them which causes disability. Now a day, it is the most common disorder of the musculoskeletal system.

Cervical Spondylosis is a chronic Degenerative condition of the cervical spine that affects vertebral bodies & intervertebral discs of the neck as well as the contents of the spinal canal. Cervical spondylosis occurs most commonly in the lower three cervical intervertebral joints C4-C5, C5-C6, C6-C7. The most evidence of degeneration is found at C5-C6 followed by C6-C7 and C4-C5. Greeva Basti is a procedure done as *sthanik bahya snehana* of affected area. It nourishes the *asthi* in affected area and pacifies the *vata dosha*.

The incidence of *Greeva Stambh* is increasing day by day in spite of modern medical technologies nothing much can be achieved except reassurance & supportive measures. In modern medical sciences the management of cervical spondylosis is aiming to reduce pain, maintaining mobility and minimizing disability. Analgesics & muscle relaxants are the main treatment, which have a lot of side effects like gastritis, haemorrhage, anaemia etc.

Presently, there is no specific management procedure for Cervical Spondylosis, Only the symptomatic relief is so far available. Therefore in the management of this disease Panchakarma therapy like Greeva Basti always plays an important role. It is one of the important branches of Ayurveda which deals mainly with purification of the provoked *dosas* from the body. These vitiated *dosas* (toxins & waste materials) should be purified from the natural as well as nearest root of the body. To eradicate the diseases completely and to enhance non specific immunity against all diseases completely, the purification procedure must play an important role.

Disease Review

Nidan (Etiological factors)- (According to Ch.Chi.28/20-23) - Greevastambha is a pure Vata-Vyadhi like other VataVikar. There is no separate Nidan is described of GreevaStambha. So the etiological factors are same as other Vatik Disorders. The nidanas which leads to the vitiation of vayu are- having a war with the more powerful ones, ativyayama (excessive exercise), ativyavaya (excessive sexual activity), ati adhyayana (excessive study), langhana (fasting), plavana (swimming), pratarana (falling), ratrijagarana (awakening at night), are the viharas(physical activity). Aharas (food habit) like taking of katu(pungent), tikta (bitter), kasaya (astringent), ruksha (dry), seeta virya yukt (cold potency), suska shaka (dry vegetables), vallura (dry meat), mudga(gram), masura (lentil), anashana (starvation), adhyasana (taking meal before the digestion of previous food), vegadharana(suppression of urges) like vata (flatus),mutra (urine), purisha (faeces), sukra (semen), charrdi (vomiting), kshavathu(sneezing), udgara (belching), waspa (tears), etc.

Purvaroop (prodromal symptoms)- Avyakta laksanas (un manifested symptoms or feebly manifested symptoms) are the pre monitory symptom of vaat vyadhi (like Greeva Stambh).

Roop (Symptoms)- (According to Ch.Chi.28/20-23)

- ग्रीवा शूल (Neck pain).
- ग्रीवा स्तम्भ (Stiffness of neck).
- ग्रीवा ह्रण्डन (Restricted movement of neck).
- गात्र सुप्तता(Paraesthesia).
- पाणिप्रस्थशिरोरूजा (Radiation of pain to back of head, shoulder & arms).
- अनिद्रा(Sleep Disturbance).

Samprapti (Pathogenesis)- (According to Ch.Chi.28/20-23)- The vata aggravated by the above mention causes gets filled in the rikta srotas or the empty, susceptible channels of the body (the channels of transport which have lost their protective sheaths and lost qualities like unctuousness, smoothness and stickyness etc). On occupying the susceptible srotas, the vitiated vata produce many Ekanga (limited and particular parts of the body) or Sarvanga (affecting the whole body) disease. Such disease which are manifested either in certain portions of the body or the whole body is called vata vyadhi. In Greeva stambh certain portion of the body (neck, shoulder and arms) is affected.

In modern, greevastambha resembles to cervical spondylosis. Cervical Spondylosis is a chronic degenerative condition of the cervical spine that affects vertebral bodies & intervertebral discs of the neck as well as the contents of the spinal canal. Cervical spondylosis occurs most commonly in the lower three cervical intervertebral joints C4-C5, C5-C6, C6-C7. The most evidence of degeneration is found at C5-C6 followed by C6-C7 and C4-C5.

Procedure of Greeva Basti

Materials needed for GREEVA BASTI- Flour of black gram, water, stove, bowls, spoons, sterile cloth.

Positioning of the patients- Generally Greeva Basti is done in the morning if convenience of the patients has to be seen. The patients is asked to come or attend the treatment on empty stomach because while doing greeva bast, the patient has to sleep in prone position.

The ring should be having a diameter so as to accommodate and enclose the cervical vertebrae within it. The height of the ring of wet flour should be at least 5-6 inches, the junction of the ring and skin is sealed with wet flour.

Now luke warm Medicated oil is poured in the circular ring and checked for leakage, Greeva Basti should be started after confirming that there is no leakage at the base of walls of the ring. The oil is heated passively. The quantity of oil is to be sufficient enough to fill the space within the ring of wet flour. The temperature should be kept uniform throughout the procedure.

After 30-45 minutes remove the oil and floor cabinet (greeva basti ring), After that gentle massage (Sthanik Abhyang) will be done for 1-2 minute.

Duration of the course- The number of days of treatment varies from 7-14 days depending on the nature and intensity of the disease.

Medicated Oils Which Is Used In Greeva Basti

- Panchguna Taila.
- Masha Taila.
- Ksheerbala taila.
- Prasarini taila.

Benefits

Relieves pain and stiffness in the neck, shoulder and upper limbs. Improves movement of the neck the enable to move and work freely.

Relieves swelling and inflammation in the neck, shoulders, in the bones and soft tissue of the neck.

Strengthens the neck, shoulders and arms. Improve the nerve supply of the neck, shoulders and arms.Brings lightness and comfort in the upper portion of the body.

Alleviates associated conditions like headache and drowsyness.

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