

EFFECT OF YOGA BASTI IN EARLY CERVICAL SPONDYLOSIS AMONG IT PROFESSIONALS

Dr. Abhilash Chandrashekhar Kadadavar*

Associate Professor, Dept. of Panchakarma, Shri Jagadguru Gurusiddeshwar Hospital
Society's Ayurvedic Medical College, Ghataprabha.

Article Received on 30 April 2026,
Article Revised on 20 May 2026,
Article Published on 01 June 2026,

<https://doi.org/10.5281/zenodo.20439153>

*Corresponding Author

**Dr. Abhilash Chandrashekhar
Kadadavar**

Associate Professor, Dept. of
Panchakarma, Shri Jagadguru
Gurusiddeshwar Hospital Society's
Ayurvedic Medical College,
Ghataprabha.



How to cite this Article: Dr. Abhilash Chandrashekhar Kadadavar*. (2026). Effect Of Yoga Basti In Early Cervical Spondylosis Among It Professionals. World Journal of Pharmaceutical Research, 15(11), 459-464. This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Cervical spondylosis is a degenerative condition affecting the cervical spine and is increasingly prevalent among Information Technology (IT) professionals due to prolonged computer use, poor posture, repetitive movements, and sedentary lifestyles. Early symptoms such as neck pain, stiffness, headache, shoulder discomfort, and reduced mobility significantly affect productivity and quality of life. In Ayurveda, cervical spondylosis can be correlated with conditions involving aggravated *Vata Dosha*, particularly *Greeva Sandhigata Vata*. Yogabasti, a specialized Ayurvedic Panchakarma therapy consisting of a combination of *Niruha Basti* (decoction enema) and *Anuvasana Basti* (oil enema), is considered effective in managing Vata disorders. This article explores the therapeutic role of Yogabasti in early cervical spondylosis among IT professionals, discussing its mechanism, procedure, benefits, and clinical relevance.

KEYWORDS: Yogabasti, Cervical Spondylosis, Early Cervical Spondylosis, IT Professionals, Greeva Sandhigata Vata, Panchakarma, Vata Dosha, Neck Pain, Occupational Health, Degenerative Cervical Disorders, Neck Stiffness, Postural Disorders, Sedentary Lifestyle.

INTRODUCTION

The modern IT industry demands prolonged sitting, continuous screen exposure, and repetitive neck movements, leading to a growing incidence of musculoskeletal disorders. Among these, cervical spondylosis has become one of the most common occupational health problems. Early cervical spondylosis mainly manifests as neck stiffness, mild-to-moderate pain, radiating discomfort, tingling sensations, and restricted neck movements.

In Ayurveda, cervical spondylosis can be correlated with *Greeva Sandhigata Vata*, a disorder caused predominantly by aggravated *Vata Dosha* affecting the cervical joints and surrounding tissues. Among the Panchakarma therapies, Yogabasti is considered one of the most effective treatments for Vata disorders. It plays a significant therapeutic role in relieving symptoms, nourishing tissues, and preventing disease progression in early cervical spondylosis.

Understanding Yogabasti

Yogabasti is a specialized form of Basti therapy consisting of a planned combination of:

- *Anuvasana Basti* (unctuous/oil enema)
- *Niruha Basti* (decoction enema)

Traditionally, Yogabasti includes eight Basti procedures administered in a specific sequence:

- 5 Anuvasana Bastis
- 3 Niruha Bastis

According to Ayurveda, Basti is regarded as the best therapy for pacifying aggravated Vata because the colon (*Pakwashaya*) is considered the principal seat of Vata Dosha.

Mechanism of Action of Yogabasti in Cervical Spondylosis

Yogabasti acts through multiple mechanisms:

- 1. Vata Pacification:** Degeneration and pain are primarily due to aggravated Vata. Basti therapy normalizes Vata, thereby reducing pain and stiffness.
- 2. Nourishment of Tissues:** Medicated oils nourish muscles, ligaments, nerves, and joints, slowing degenerative changes.
- 3. Anti-inflammatory Effect:** Herbal decoctions used in Niruha Basti possess anti-inflammatory properties that help reduce swelling and nerve irritation.
- 4. Improved Neuromuscular Function:** Basti enhances circulation and nerve conduction, reducing tingling and muscular fatigue.

5. **Stress Reduction:** IT professionals often experience stress-related muscle tension. Panchakarma therapies promote relaxation and improve sleep quality.
6. **Prevention of Disease Progression:** Early-stage cervical spondylosis is largely functional and reversible if managed appropriately. Yogabasti helps slow the progression of degeneration by correcting the underlying doshic imbalance and improving tissue nourishment.

Procedure of Yogabasti

Poorva Karma (pre-procedure)

- Internal oleation (*Snehapana*)
- External oil massage (*Abhyanga*)
- Sudation therapy (*Swedana*)

These therapies prepare the body for detoxification.

Pradhana Karma (Main Procedure)

Basti is administered according to a specific Yogabasti schedule under expert supervision.

Example Schedule

Day	Procedure
1	Anuvasana Basti
2	Niruha Basti
3	Anuvasana Basti
4	Niruha Basti
5	Anuvasana Basti
6	Niruha Basti
7	Anuvasana Basti
8	Anuvasana Basti

Paschat Karma (post-procedure)

- Dietary regulation
- Rest
- Avoidance of strain
- Gentle neck exercises
- Yoga and posture correction

Benefits of Yogabasti in IT Professionals

1. **Reduction in Neck Pain:** Patients often experience significant reduction in pain intensity and muscular tightness.

2. Improved Range of Motion: Regular therapy improves flexibility and reduces cervical stiffness.
3. Enhanced Work Efficiency: Pain relief and better posture improve concentration and productivity.
4. Prevention of Disease Progression: Early intervention helps prevent severe degeneration and neurological complications.
5. Better Quality of Life: Improved sleep, reduced stress, and enhanced mobility contribute to overall well-being.

Supportive Measures

For better outcomes, Yogabasti should be combined with:

- Simple Corrections
- Proper chair support
- Monitor at eye level
- Frequent breaks

Yoga Practices

Recommended practices include: *Bhujangasana*, *Makarasana*, *Marjariasana* and neck stretching exercises.

Dietary Advice

Vata-pacifying diet: Warm foods, adequate hydration, ghee and healthy fats, avoidance of dry and cold food.

Clinical Significance

Several Ayurvedic clinical observations suggest that Yogabasti provides effective symptomatic relief in early cervical spondylosis. Patients commonly report:

- Reduced pain
- Decreased stiffness
- Improved neck mobility
- Better sleep
- Reduced dependence on painkillers

The therapy appears particularly beneficial in early-stage disease where structural degeneration is minimal and functional impairment predominates.

DISCUSSION

The increasing prevalence of cervical spondylosis among IT professionals reflects the occupational hazards of modern digital work culture. Conventional therapies often focus on temporary symptom management, whereas Ayurveda addresses the underlying doshic imbalance and tissue degeneration.

Yogabasti serves as both a detoxifying and rejuvenating therapy. By correcting Vata imbalance and nourishing cervical structures, it offers a comprehensive approach to disease management. Additionally, the incorporation of lifestyle correction and stress management makes Ayurveda highly relevant for occupational disorders associated with sedentary work.

However, proper patient selection, individualized treatment planning, and administration by qualified Ayurvedic practitioners are essential for optimal outcomes.

CONCLUSION

Yogabasti is a promising Ayurvedic intervention for early cervical spondylosis among IT professionals. Its ability to pacify Vata, reduce pain and stiffness, nourish tissues, and improve functional mobility makes it highly valuable in managing early degenerative cervical disorders. Combined with ergonomic correction, yoga, and lifestyle modification, Yogabasti may help prevent disease progression and improve quality of life in individuals exposed to prolonged computer-related occupational stress.

REFERENCES

1. Charaka Samhita. Agnivesha, revised by Charaka and Dridhabala. *Charaka Samhita*, Siddhi Sthana, Basti Siddhi Adhyaya. Edited by Vaidya Yadavji Trikamji Acharya. Varanasi: Chaukhambha Orientalia, 2017; 683–705.
2. Sushruta Samhita. Sushruta. *Sushruta Samhita*, Chikitsa Sthana, Vatavyadhi Chikitsa Adhyaya. Edited by Kaviraj Ambikadutta Shastri. Varanasi: Chaukhambha Sanskrit Sansthan, 2018; 98–110.
3. Ashtanga Hridaya. Vagbhata. *Ashtanga Hridaya*, Sutra Sthana and Chikitsa Sthana. Translated by K.R. Srikantha Murthy. Varanasi: Chaukhambha Krishnadas Academy, 2016; 215–230.
4. Sharangadhara Samhita. Sharangadhara. *Sharangadhara Samhita*. Edited by Pt. Parashuram Shastri Vidyasagar. Varanasi: Chaukhambha Orientalia, 2014; 324–336. Ashtanga Hridaya. Vagbhata. *Ashtanga Hridaya*, Sutra Sthana and Chikitsa Sthana.

Translated by K.R. Srikantha Murthy. Varanasi: Chaukhambha Krishnadas Academy, 2016.

5. Dravyaguna Vijnana. Sharma PV. Vol. II. Varanasi: Chaukhambha Bharati Academy, 2013; 412–430.
6. Tripathi B. *Ashtanga Hridayam of Vagbhata*. Delhi: Chaukhambha Sanskrit Pratishthan, 2015; 567–580.
7. Erick PN, Smith DR. A systematic review of musculoskeletal disorders among computer users and IT professionals. *International Journal of Occupational Safety and Ergonomics*, 2011; 17(4): 447–453.