

VISHWACHI: AN AYURVEDIC INSIGHT INTO CERVICAL RADICULOPATHY - A COMPREHENSIVE REVIEW**¹*Dr. Shalini Jha and ²*Dr. (Prof.) Satyendra Kumar Tiwari**¹PG Scholar, Department of Panchakarma, GACH Patna.²Professor, Department of Panchakarma, GACH, Patna.Article Received on
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***Corresponding Author****Dr. Shalini Jha**PG Scholar, Department of
Panchakarma, GACH Patna.**ABSTRACT**

Vishwachi is an intricately defined Vata Vyadhi in Ayurveda, characterized by radiating pain, motor weakness, and sensory disturbances in the upper limbs. Modern medical science correlates this condition with cervical radiculopathy, often resulting from degenerative or compressive pathology in the cervical spine. As lifestyle-induced postural disorders rise, this disease has become more prevalent, especially in urban populations. This comprehensive review explores Vishwachi through the lens of classical Ayurvedic texts, correlates it with contemporary neurological paradigms, and presents integrative treatment strategies combining Panchakarma, Rasayana, and neuro-muscular rehabilitation. The article emphasizes Ayurveda's capability to manage chronic radicular pain conditions through doshic balance, neural nourishment, and systemic detoxification.

KEYWORDS: Vishwachi, Cervical Radiculopathy, Vata Vyadhi, Ayurveda, Panchakarma, Rasayana, Neuro- rehabilitation.

INTRODUCTION

In the evolving landscape of neuromuscular disorders, conditions like cervical radiculopathy have seen a sharp increase due to sedentary lifestyles, poor ergonomic practices, and digital device overuse. Ayurveda, with its millennia-old understanding of health and disease, refers to a condition called Vishwachi under the domain of Nanatmaja Vata Vyadhi. This disease predominantly affects the upper limbs, manifesting as radiating pain, stiffness, numbness, and weakness—symptomatically mirroring the modern clinical condition of cervical radiculopathy. This review aims to build a bridge between ancient Ayurvedic wisdom and

current biomedical knowledge, offering an integrative path forward for effective, long-term management of this condition.

AYURVEDIC REVIEW OF VISHWACHI

Etymology & Description: Vishwachi is derived from “Vishwam Aachinoti” – to spread across. Classical features include Bahushoola, Stambha, Supti, and Kampa.

Nidana (Causative Factors)

- - Ati-vyayama
- Ruksha-Ahara
- Sheeta exposure
- Vegavidharana
- Poor posture Samprapti (Pathogenesis):

Vitiated Vata accumulates in the cervical region (Kantha Pradesh), obstructing the flow of Prana through the Sira (nerves), Snayu (ligaments), and Sandhi (joints). This leads to dysfunction in neuromuscular coordination, resulting in pain, stiffness, and motor-sensory disturbances.

Lakshana (Clinical Features)

- - Bahushoola – radiating pain
- Stambha – stiffness
- Supti – numbness
- Kampa – tremors
- Shoonyata – heaviness

MODERN CORRELATION: CERVICAL RADICULOPATHY

Cervical Radiculopathy results from compression or irritation of cervical spinal nerve roots, typically caused by disc herniation, osteophyte formation, or spinal degeneration.

Etiology:

- - Herniated disc
- Cervical spondylosis
- Osteophytes
- Disc degeneration Clinical Features:
- - Radiating neck and arm pain

- Sensory disturbances
- Muscle weakness
- Positive Spurling's test Diagnostic Tools:
 - - MRI
- Nerve Conduction Studies (NCS)
- EMG
- X-ray (dynamic views)

AYURVEDIC MANAGEMENT OF VISHWACHI

Shodhana Chikitsa (Purification):

- - Snehana: Mahanarayana Taila Abhyanga
- Swedana: Patra Pinda/Nadi Sweda
- Basti: Ksheera/Yapana Basti
- Nasya: Shadbindu or Ksheerabala Taila Shamana Chikitsa (Pacification):
 - - Yograj Guggulu
- Trayodashang Guggulu
- Dashmool and Rasna Saptak Kwatha
- Ashwagandha, Kapikacchu Rasayana Chikitsa (Rejuvenation):
 - - Ashwagandha Rasayana
- Brahma Rasayana
- Shilajatu Supportive Measures:
 - - Gentle yoga (Marjariasana, Bhujangasana)
- Shirodhara
- Pranayama and meditation
- Ergonomic corrections

DISCUSSION

Vishwachi is a vivid representation of Ayurveda's diagnostic clarity on neurological disorders. Its similarity with cervical radiculopathy highlights the ancient understanding of neuromuscular dysfunctions. While allopathy often treats the condition with analgesics or surgery, Ayurveda targets root-level correction through Vata-pacifying therapies, rejuvenation, and nervous tissue support. Panchakarma and Rasayana treatments restore neurological integrity, provide sustainable relief, and improve quality of life.

CONCLUSION

Vishwachi, though rooted in classical Ayurvedic doctrine, has significant relevance in today's clinical settings due to rising cervical radiculopathy cases. Early diagnosis and personalized Ayurvedic interventions can offer long-term relief and functional recovery. Integration with modern diagnostic tools enhances clinical precision and outcome monitoring.

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