

## EFFECT OF SHAMAN NASYA WITH SHUDDHA BALA TAIL IN THE MANAGEMENT OF VISHWACHI-A CASE STUDY

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### ABSTRACT

Vishwachi (cervical spondylosis) is a vatananatmaja vyadhi. According to many Acharyas, it affects the neck and upper extremities and manifests as Ruk, Stambha, Toda, Karma kshaya, and Chestaharana of Bahu. Vishwachi shares a clinical appearance with cervical spondylosis, a degenerative disorder of the cervical spine. Nasya karma, an Urdhwajatrugatavikara, has been cited as the main therapeutic approach. The primary causes of a condition like Vishwachi can be attributed to Dhatukshaya and Margavarana. Therefore, Snehana Nasya with Shuddha Bala Taila and vata har aushadh have been chosen for the study in order to find an appropriate treatment for this issue.

**KEYWORDS:** Vishwachi, Snehana, Nasya, Shuddha Bala tail,

Aushadh.

### INTRODUCTION

Vishwachi is a condition that affects the neck and upper neck region. It includes the signs and symptoms like Ruk, Stambha, Toda, Karma kshaya<sup>[1,2]</sup> and Bahu Chesta apaharana.<sup>[3]</sup> According to Acharya Dalhana it has two types, Vataja and Vatakaphaja, also it can be compared to Gridhrasi. In current circumstances, this illness can be compared to Cervical spondylosis with Radiculopathy.

The presenting signs of this condition are similar to those of cervical spondylosis with radiculopathy. Prevalence of neck pain is 4.6%, out of these cervical spondylosis accounts for

75% of cervical radiculopathy.<sup>[4]</sup> Age, trauma, or rheumatic disorders can all lead to degenerative alterations in the vertebrae and intervertebral discs, which is what causes cervical spondylosis.<sup>[5]</sup> This ailment is also brought on by poor posture, a stressful lifestyle, and job pressure. The condition is characterized by neck discomfort that spreads into the arms, shoulders, or back of the head. It is usually triggered by movement and can be accompanied with focal tenderness and motion limits.<sup>[5]</sup> People who work in offices with lengthy hours of sitting and who bear heavy loads on their heads are far more likely to suffer from cervical spondylosis. Spondylosis alterations primarily impact roots C6 and C7.

The primary goal of treating this illness is to lessen pain, thus analgesics like NSAIDS, muscle relaxants, and physical therapy are used because of the negative effects of NSAIDS.

Ayurveda is becoming more popular as a therapy option. It is considered to be among the oldest medical systems in the world, Ayurveda offers valuable insights and treatment for managing illness, lifestyle, and health. Vishwachi is a type of Vaatnanatmaja vyadhi.<sup>[6]</sup> In this case, it is crucial to consider how the Vata and Kapha doshas contribute to the clinical presentation of Vishwachi. Nasya karma is mentioned as a treatment for this disease since it is an Urdhwajatrugata Vikara.

One of the Panchakarma techniques used to treat illnesses pertaining to Urdhwajatru is Nasya Karma. "Nasa hi Shirasodwaram," which translates to "nose is the gateway to the Shiras (head)."<sup>[7]</sup> Being the home of Prana and the location of the five sense organs, Shiras is regarded as the most significant bodily component. It is therefore known as the Uttamanga. Acharyas have explained the Phalshruti of Taila by stating that while it does not raise Kapha, Taila reduces Vata.<sup>[8]</sup> Hence considering these points in mind Nasya karma has been taken for study. Therefore the present study is planned to evaluate the effect of Shuddha bala taila snehan nasya in Vishwachi.<sup>[9]</sup>

## CASE REPORT

A male patient 40 years of age came to Panchkarma OPD at GACH, Patna with complain of pain and stiffness in neck region radiating to left upper limb since last 2 years (on and off) along with associated complains like tingling sensation and slight weakness in left arm region.

History of present illness-Patient was asymptomatic 2 years ago but gradually he developed pain and stiffness in his neck region which gradually started radiating to left forearm region along with weakness and tingling sensation in entire arm and forearm region. With these complains the patient approached our hospital.

### TREATMENT PROTOCOL

Obtained a written consent from the patient for starting the treatment plan. For this case we planned for Nasya karma and medication.

1. Medicines -Trayodashang guggulu-2-2 tablets twice a day post meal with lukewarm water.<sup>[10]</sup>
2. Nasya karma with Shuddha bala taila for a period of 15 days in an alternate manner (Ekantar).<sup>[11]</sup>

### TREATMENT

1. Trayodashang guggulu-Intake of two tablets(500mg each)post lunch and dinner with lukewarm water.
2. Nasya Karma-Initially Mukhabhyangam was done with vatashamak oil,after that Bashpa sweda was done using Dashmool kwath and then 8 drops of Nasya was instilled in each nostril for a period of 15 days in an alternate manner.<sup>[11]</sup> After that Paschat karma was performed using Haridra dhoompaan and ushnodak kaval.

### OUTCOME AND FOLLOW UP

After 15 days of treatment patient got 80% relief in the symptoms i.e. the pain and stiffness in neck region got relieved and also the weakness and tingling sensation in arm and forearm region reduced to a great extent.

#### Details of preparatory procedures for Nasya Karma

S. No.	Procedures	Ingredients	Dose	Duration
1	Local Snehana	Shuddha bala tail	Quantity sufficient	Every day before Nasya
2	Local Swedana	Dashmoola Kwath	Quantity sufficient	Every day before Nasya
3	Nasya	Dashmool bala masha tail/Shuddha bala tail	8 Bindu (4ml), each nostril	15 days
4	Kaval	Ushnodaka	Quantity sufficient	Every day after Nasya
5	Dhoom pana	Dhooma varti	3 times, 3 Gusps eachnostril	Every day after Nasya

**Procedure-** As per standard operative procedure of *Nasya*

**Note-** All aseptic precautions like using sterilized *Gokarna yantra* will be adopted

## TREATMENT RESULTS

Symptoms	Before treatment	After treatment
<b>Greevashoola</b>	Severe pain	Reduced to 80%
<b>Stambha</b>	Severe stiffness	Reduced to 70%
<b>Karmakshaya</b>	Moderate	Reduced to 80%

After that Trayodashang guggulu i.e 2-2 tablets twice a day post meal was prescribed along with Rasnasaptak kwath-4tsf with equal water BD post meal for a period of next 15 days.

## DISCUSSION

These days, Vishwachi is most prevalent due to lifestyle and work. Vishwachi is described in Vatavyadhi in Samhita. There are two kinds of this disease, Vataja and Vatakaphaja, that affect the neck and upper extremities and present with symptoms like Ruk, Stambha, Toda, Karmakshaya, and Chestapaharana of Bahu. So here in this case Vatakapha Pradhan symptoms like stambha,ruk,karmakshaya were observed and hence treatment was planned accordingly i.e medication and Nasya karma.Snehan Nasya was given in an alternate manner which acts on urdhwajatrugata vikar and because of its Dhatu poshaka quality, Snehana Nasya is known to perform Snehana and give vigor to all Dhatus.<sup>[11]</sup> It strengthens the neck and shoulders, and in this case, instilling Vata shamaka aushadha through the nostrils is the most effective way to bring about Dhatu poshana and relieve the symptoms.

## CONCLUSION

Viswachi is a condition that impairs a person's daily activities and is brought on by a vitiation of the Vata Dosha. Since vata is the primary dosha, vatahara medication is given in Viswachi as Nasya. People who sit for extended periods of time, have bad posture, or are under physical or emotional stress are more likely to experience it. Also pain is a major symptom of Vishwachi which occurs due to the partial damage of nerve membranes. The pain can be burning type or stabbing in nature. Therefore, developing a powerful Vedanahar yoga and nerve-nourishing medications are essential for managing Vishwachi. Abhyanga, Swedan, Nasya, and Niruha basti, as well as matrabasti, are all part of the traditional Ayurvedic treatment of Vatavyadhis. In Vishwachi, Bahu's moolam in Greeva is impacted. Hence the main treatment modality become Nasya, Abhyanga, Swedana, Niruha, and Matrabasti. Hence vata hara Dravya was given for intake which has been mentioned in the treatment of Vata

vyadhi. Also Nasya karma with Shuddha bala taila which is a type of snehan nasya has dhatupshak properties and helps in relieving pain and strengthening the urdhwajatu region. With this treatment approach the patient got relieved by approximately 80%.

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