

THE EFFECT OF CUPPING THERAPY IN CERVICAL SPONDYLOSIS – A CASE STUDY

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ABSTRACT

Cupping Therapy (CT) is an ancient method and currently used in the treatment of a broad range of medical conditions. English literature in PubMed, Cochrane Library and Google Scholar was searched using key words. Only 223 articles identified, 149 records screened, and 74 articles excluded for irrelevancy. Only 75 full-text articles were assessed for eligibility, included studies in this review were 64. Six theories have been suggested to explain the effects produced by cupping therapy. Pain reduction and changes in biomechanical properties of the skin could be explained by “Pain-Gate Theory”, “Diffuse Noxious Inhibitory Controls” and “Reflex zone theory”.

Muscle relaxation, changes in local tissue structures and increase in blood circulation might be explained by “Nitric Oxide theory”. Immunological effects and hormonal adjustments might be attributed to “Activation of immune system theory”. Releasing of toxins and removal of wastes and heavy metals might be explained by “Blood Detoxification Theory”. These theories may overlap or work interchangeably to produce various therapeutic effects in specific ailments and diseases. Apparently, no single theory exists to explain the whole effects of cupping. Further researches are needed to support or refute the aforesaid theories, and also develop innovative conceptualizations of (CT) in future.

KEYWORDS: Manyasthambha, Cervical spondylosis, Cupping.

INTRODUCTION

Vatvyadhi has been described in classical text Charak samhita.^[2] Manyasthambha has been correlated in present study Cervical Spondylosis in clinical due to with similarity manifestation and pathogenesis. Every Individual is struggling for his existence and Working

continuous beyond his physical limit, due to continuous work health of individual is affected. Incidence of cervical spondylosis is common in India 50 % of population develop cervical spondylosis.^[3] Cervical spondylosis is a condition involving changes in vertebrae, intervertebral disc and joints of neck.^[4] It is characterized by degeneration of disc, osteophyte formation and compression of nerve root.^[5] Degeneration of disc results in reduction of disc space and peripheral osteophyte formation.^[6] Intervertebral joint get secondarily involved and generate pain in neck.^[7] The osteophyte impinging on the nerve roots give rise to radicular pain in the upper limb.^[8] Identified in Ayurveda with Vataja Nanatmaja Vikar Like Manyasthambha. According to Ayurveda cervical spondylosis is caused due to increase Vata dosha distribute all over in body which disturb the equilibrium of the human body which lead to dryness in the body degeneration of shleshak kapha for cushioning between intervertebral joints wearing away of which lead to cervical spondylosis.

CASE REPORT

A 42 yr male pt complaining of radiating pain from neck to b/l upper limb and numbness b/l upper limb and stiffness Hence patient got admitted in shalya department government ayurved college, Osmanabad for complete treatment and management.

Past history

No any h/o DM, Koch's, surgical illness and drug allergy.

Personal history

1. Appetite – Good
2. Diet - Mix diet
3. Sleep – Normal
4. Bowel – Hard stool, chronic constipation
5. Micturation – Normal

General examination

General condition of the patient was good well built and nourished

- Pulse -90/min, regular
- BP -136/70 mmhg
- RR - 20/min, regular No evidence of icterus, pallor and lymphadenopathy.

Systemic examination

RS – AE BE, clear CVS – S1S2 normal, no abnormal sound added CNS – conscious & oriented

P/A – soft and non tender

Asthavidh parikshan

Asthavidh Parikshan of the patient was done and it is found normal.

Investigation

Day 1 Hb %-14.7 gm%

BSL (Random)-90 mg/dl

BT-1.37"/min

CT-4.5"/min

Urine routine- nil

HBsAg and HIV- negative

Local examination

Restricted neck movement

Tenderness present

No e/o cervical spine deformity / scar /redness

MATERIAL AND METHODS

Affected are will be painted by povidone iodine. Mild suction will be created using a cup and pump on the selected area and left for about 5 min. The cup is then removed and small superficial skin incision will be made using a surgical blade no.15. A second suction will be used to carefully draw out a blood.

Duration of treatment-2 setting (1st, 2nd) (1st, 7th day)

Quantity of blood letting by cupping therapy:- 30-50ml.

Follow UP- 7th day

Assessment criteria**Radiating pain**

Sign	Grade
Pain never radiate	0
Pain radiate to major movement	1
Pain radiate to moderate movement	2
Pain radiate all times	3

Stiffness

Sign	Grade
No stiffness	0
morning stiffness 5 to 10 min	1
Daily stiffness 10 to 30 min	2
Stiffness more than 30 to 60 min	3

Pain

Neck pain: Severity of pain as per VAS (Visual analogue scale) 0 to 10

Numbness: Present or absent

RESULT

Sr. no.	Assessment criteria	Before treatment	After treatment
1	Neck pain	6	2
2	Radiating pain	2	1
3	Numbness	Present	absent
4	stiffness	3	1

DISCUSSION

There is converging evidence that cupping can induce comfort and relaxation on a systemic level and the resulting increase in endogenous opioid production in the brain leads to improved pain control. Other researchers proposed that the main action of cupping therapy is to enhance the circulation of blood and to remove toxins and waste from the body. That could be achieved through improving microcirculation, promoting capillary endothelial cell repair, accelerating granulation and angiogenesis in the regional tissues, thus helping normalize the patient's functional state and progressive muscle relaxation.

CONCLUSION

The result of this studies shows resolving the symptoms of cervical spondylosis There were no adverse events throughout the management and healing accrued uneventfully. The mode of treatment was to be cost effective, safe and easy to implement.

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