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EFFECT OF YOGA AND NATUROPATHY WITH CERVICAL SPONDYLOSIS

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Abstract:

Cervical Spondylosis is a general term for work and age related wear and tear in the cervical spine, this results in neck pain, stiffness and restricted movements. The Human spine made up of 24 vertebrae (bones of spine) out of these 7 vertebrae that begin at the base of skull makes cervical spine. Spondylosis is a natural wearing of spine parts which leads chronic degeneration of cervical including the cushions between the neck vertebrae and joints between the bones of the cervical spine. As age progresses or long sitting working hours the spine undergoes changes like Degeneration, Herniation, osteoarthritis, bone growth (bone spur). As vertebral disks wear away with time, spinal cord can be put under increased pressure as the canal gets narrower from arthritis and disk protrusions. This compression can result in worsening neck pain and other symptoms. This can lead to increasing pain in the neck and arm, weakness and numbness of limbs. In advanced cases, the spinal cord may also be involved. A previous neck injury may predispose to Spondylosis, but the major risk factor is aging and occupation. It is mainly presented as pain in neck that may radiate to shoulders, arms, Stiffness in neck, headache particularly in the occiput etc. Neck pain is a widespread condition and the second most common complaint after low back pain. This condition is associated with a significant burden of disease with substantial disability and economic cost.

Key words: Yogic Techniques, Naturopathy treatment, Cervical spondylosis.

Introduction-

Cervical Spondylosis is chronic degeneration of Cervical Spine including the cushions between the neck vertebrae and joints between the bones of the cervical spine. There may be abnormal growths or “spurs” on the vertebrae. The accumulated changes caused by the degeneration can gradually compress one or more of the nerve roots. This can lead to increasing pain in the neck and arm, weakness and change in sensation. In advanced cases, the spinal cord may also be involved. A previous neck injury may predispose to Spondylosis, but the major risk factor is aging. It is mainly presented as pain in neck that may radiate to shoulders, arms, Stiffness in neck, headache particularly in the occiput etc.

Case Presentation-

A Male patient aged 45 years diagnosed as a case of cervical Spondylosis presented as pain in back of neck and right shoulder associated with stiffness, since 2 years. He also suffers from gas trouble and burning sensation in the stomach. His weight measured 63 kgs, height is 148 cms. , blood pressure recorded was 130/90 mm hg.

Treatment Protocol**Naturopathy treatments**

Massage to upper back and hands– 20minutes, 12 days

Local steam to upper back and hands – 10 minutes, 7days

Hot and cold compression to Upper back – 10 minutes, 12days

Mud pack to abdomen -20 minutes daily (12days)

Enema twice a week in 12 days course of treatment

Gastro hepatic pack – 30minutes, 6 days

Yoga Therapy -7 days

1- Neck and spinal exercises-

- The simple exercises of the neck and spine like backward, sideward and twisting exercises.

2- Asanas-

- Tadasana, Ardhakatichakrasana, Katichakrasana, Ardhashakrasana, Trikonasana.
- Supine series-Uttanapadasana, Pawanmuktasana without neck lift, Matsyasana
- Prone series-Bhujangasana, Shalabhasana, Dhanurasana/Naukasana.
- Sitting series- Mandukasana, Gomukhasana, Vakrasana, Ardhamatsyendrasana, Ustrasana etc.

3- Breathing exercises

4- Pranayamas-

- Suryabhedana- 5-7 times
- Nadishuddhi- 7-9 times
- Bhramari – 7 times

Diet Therapy

Morning- 6:30 a.m.-Honey water

Breakfast- 8- 8:30 a.m.- sprouts- 50 grams made of wheat, moong, moth, chana, groundnut, 2-3 dates, 7-8 raisins, milk-200ml

Lunch- Salad- about one plate 150 grams, fruits- 300gms, 200grams boiled vegetables, dal, roti-2, fruits mainly helpful is papaya

Evening- carrot juice about 200ml.

Dinner- soup of fresh vegetables, vegetable dalia/ khichadi/ dalia/1 chapati with boiled vegetables

Water drinking- 3 litres per day

Results-

S.No.	Name of the parameter	Before naturopathy & Yoga practice	After naturopathy & Yoga practice
1	Pain analogue scale for neck pain	10	2
2	Analog scale for neck stiffness	10	2
3	Analog Scale for Pain radiation to right upper limb	10	2
4	Analog Scale for Epigastric pain	8	3

Blood pressure is 120/80 mmHg.

Advice given to the patient

Patient was advised to change his life style to avoid sitting for a prolonged period of time in stressful postures.and spicy food items are restricted for the patient of Acidity patients. Neck pain is reduced and digestion also improved.

Discussion and conclusion-

The study results strongly support that yoga & Naturopathy could potentially play a beneficial role in management of cervical spondylitis, a degenerative condition of neck & spine. The holistic approach of yoga & Naturopathy is rooted in natural healing methods and help alleviate symptoms, enhance flexibility and wellbeing. The stretching and strengthening acts of Yoga significantly increase muscle flexibility and decrease muscle tension, thereby relieving the pain arising out of cervical spondylitis. Performing certain yoga postures (aasanas) help stretching and strengthening of neck, shoulder and upper back muscles. This combined with breathing exercises (pranayam), mediation and relaxation help reducing pain and muscle tension in neck and shoulders. Furthermore, the manipulative therapy aguments increased blood circulation to the affected areas ensuring nourishment and healing of the damaged tissues. The combination therapy of specific aasanas, breathing exercises, massage and relaxation techniques have proved beneficial in reducing both intensity and frequency of muscle pain in the study subjects. Naturopathy relies on holistic healing which rests on twin elements of lifestyle modification and nutritive focus. The study strongly asserts to boost nutrition by including anti-inflammatory foods and excluding processed foods. Additionally, it strongly supports lifestyle modifications, specifically the improved ergonomics, moderate use of electronic devices, intermittent breaks and brief movements.

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