

# A Retrospective Observational Study on *Nidan Panchak* of Cervical Radiculopathy w.s.r to *Manyagraha*

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## ABSTRACT

**Introduction:** Neck and shoulder pain is most commonly seen in clinical practice. This can happen as a result of the degeneration and subsequent enlargement of the facet joints, spinal ligaments, bony end plates, and the intervertebral discs. In this condition, bone spurs, called osteophytes developed. These spondylitis changes lead to neurological dysfunction like Cervical radiculopathy.

**Background:** Conservative management such as pain medications, exercise and surgery in severe compression of the nerves. This management failed to treat the disease from its root cause due to failure in confirmatory diagnosis.

**Methods:** This was an observational case series with retrospective review of *Nidanpanchak* of patient of cervical radiculopathy. The primary endpoint was to study the *Samprati* of disease. In this study 24 patients were selected. Their detailed history regarding *Hetu*, *Purvaroop*, *Roop*, *Upashay* and *Samprati* were taken. Secondary end point is to study impact of disease in day-today life.

**Results:** 24 patients were included in study. According to the study the cause, signs and symptoms and pathophysiology of cervical radiculopathy is found to be almost same as of *Manyagraha* explained in classics.

**Conclusions:** Cervical radiculopathy can be correlated with the *Manyagraha*. *Manyagraha* is *Vatavyadhi* and it can be said that there will be vitiation of *VataDosha* in cervical radiculopathy. We can establish the *Samprati* and *Avastha* of this disease according to *Shatkriyakal*, and then early treatment can be possible to avoid the progression of the disease.

**Key Words** *Cervical Radiculopathy, Cervical spondylosis, Manyagraha, Nidanpanchak*

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## INTRODUCTION

Cervical radiculopathy is the damage or disturbance of nerve function that results if one of the nerve roots near the cervical vertebrae is compressed. Damage to the nerve roots in the cervical area can cause pain and the loss of sensation along the

nerve's pathway into the arm and hand, depending on where the damaged roots are located. The main function of the cervical spine is to support the weight of the head and facilitate head and neck movements. As it happens with other regions of the spinal cord, with passage of time due to

## REVIEW ARTICLE

undue stress of constant movement of the head in day-to-day activities the cervical spine starts to degenerate. Other causes such as trauma may contribute. Damage can occur as a result of pressure from material from a ruptured disc, degenerative changes in bones, arthritis or other injuries that put pressure on the nerve roots. In middle-aged people, normal degenerative changes in the discs can cause pressure on nerve roots. In younger people, cervical radiculopathy tends to be the result of a ruptured disc, perhaps as a result of trauma. This disc material then compresses or inflames the nerve root, causing pain<sup>1</sup>.

Kelly JC (2011) described that evidence of spondylotic changes is frequently found in many asymptomatic adults with, 25% adults under the age of 40 years, 50% adults over the age of 40 years and 80% adults over the age of 60 years, showing some evidence of disc degeneration<sup>2</sup>. Singh S et al (2014) further highlighted that age, gender and occupation are risk factors for having cervical spondylosis. The prevalence of cervical spondylosis is similar for both sexes, although the degree of severity is greater for male<sup>3</sup>.

The nerves originating from the cervical spine support a large portion of the body including the head, neck, shoulders, hands, and fingers. Due to compression of any of the nerve roots of the cervical spine the following symptoms may occur:

- 1) Constant excruciating pain in the neck, shoulders, and the thoracic area.
- 2) Radiating pain from the neck down the forearms and arms to the fingers.

- 3) Pain with any sort of movement of the head or neck can also be a symptom of cervical Radiculopathy.

- 4) Neck stiffness along with tightness.

- 5) Tenderness to palpation in the neck area.

- 6) Persistent headache<sup>4</sup>.

In modern science Cervical radiculopathy is treated by taking the conservative route which means taking pain medications, exercises specific to the cervical spine, or epidural injections which more often than not manage the symptoms effectively. If the symptoms do not resolve after these measures and there is severe compression of the nerves then surgery may be recommended to relieve the pressure from the nerves and help with the symptoms caused by Cervical Radiculopathy. It is a drawback of use of NSAID that as soon as blood level decreases, there is regression of pain. Even this treatment may fail to prevent neurological progression of the disease.

In Ayurvedic Point of View Cervical radiculopathy due to cervical Spondylosis can be correlated with *Manyagraha* and its complications. Charak has (C.S.20/10) described eighty types of *Nanatmaja Vata Vyadhi*. Peculiarity of *Nanatmaja Vata Vyadhi* is that only *Vayu* is aggravated in it<sup>5</sup>. *Manyagraha* is not described in eighty types of *Nanatmaja Vata Vyadhi*. However Charak stated *Manyagraha* (C.S.17/13-14) while referring *Shiroroga*<sup>6</sup>.

Nidanpanchak of *Manyagraha* is not directly described in Ayurvedic text. But as considering

## REVIEW ARTICLE

Manyagraha as *Vatavydhi* its *Nidanpanchak* can be correlated with *Nidanpanchak* of *Vatavyadhi*.

### Research Question:

Is there any correlation between *Nidanpanchak* of *Manyagraha* and Cervical Radiculopathy

### Hypothesis :

#### Null Hypothesis :

There is no association between *Nidanpanchak* of *Manyagraha* and Cervical Radiculopathy.

#### Alternative Hypothesis :

There is association between *Nidanpanchak* of *Manyagraha* and Cervical Radiculopathy.

### Aim and Objectives:

#### Aim:

1) To study the *Nidanpanchak* in *Manyagraha* with reference to cervical radiculopathy.

#### Objective:

1) To evaluate *Nidanpanchak* of *Manyagraha* and to correlate those with cervical radiculopathy.

## MATERIALS AND METHODS

**Centre of Study:** OPD, IPD and Casualty of Kayachikitsa Department of our institute.

**Sampling Technique:** Simple Random Method

### Population Definition:

All the patients attending OPD, IPD and Casualty of our institute complaining of *Manyagraha* with special reference to Cervical Radiculopathy having neurological manifestations were considered for selection irrespective of age, sex, religion, economical status and educational status. Patients fulfilling the criteria of diagnosis of *Manyagraha* with reference to cervical radiculopathy were considered.

### OBSERVATIONS:

24 patients of Cervical radiculopathy were selected. Their detail history regarding *Hetu*, *Purvaupa*, *Rupa*, *Upashay* and *Samprati* were taken.

#### *Hetu*:

Out of 24 patients 22 patients were found to have degenerative changes, Indulgence of *Ruksha*, *Shita*. *Laghu* and *Alpa Ahar* were found in 20 patients, *Chinta-Shok-Krodh-Bhay Hetu* were observed in 18 patients and *Kashtaprad Shayya* were observed in 18 patients which were shown in Table no. 1.

**Table 1** List of *Hetu* Recorded in 24 Patients of Cervical Radiculopathy

S.No.	<i>Hetu</i>	No. of Patient
1.	Degenarative Joint Disease	22
2.	Herniated Disc	3
3.	Trauma ( <i>Abhighat</i> )	3
4.	Indulgence in <i>Ruksha</i> , <i>Shita</i> . <i>Laghu</i> , <i>Alpa Ahar</i>	20
5.	<i>Ratri Jagran</i>	11
6.	<i>Divasvap</i>	4
7.	<i>Ati Langhan</i>	11
8.	<i>Atichakraman</i>	13
9.	<i>Ati Vyayam</i>	7
10.	<i>Chinta</i> , <i>Shok</i> , <i>Krodh</i> , <i>Bhay</i>	18
11.	<i>Anya Chirakalaj Roga</i>	4

REVIEW ARTICLE

12. *Kashtaprad Shayya* 18

**Purvaroopa:**

*Purvaroopa* are the earlier signs of disease which can be seen as soon as the pathology starts. In some disease they do not get expressed in full form. One could not identify that. In this study, in patient of Cervical Radiculopathy there were no any specific symptoms of *Purvaroopa* found. As Charak Stated that *Purvaroopa* are in *Avyakta* form in a *Vatavyadhi* such as *Manyagraha*<sup>7</sup>.

**Lakshanas:**

**Table 2** List of *Lakshanas* Recorded in 24 Patients of Cervical Radiculopathy”

S. No.	<i>Rupa</i>	No. of Patients
1.	Neck Pain ( <i>Manyashula</i> )	20
2.	Pain On And Off in Nature	9
3.	Pain Radiating to Hand/Shoulder/chest	16
4.	Neck Rigidity ( <i>Manyastambh</i> )	2
5.	Parasnesia	3
6.	Muscle Numbness ( <i>Gatrasuptata</i> )	5
7.	Tingling Sensation in Fingers	18
8.	<i>Akunchan Prasaran Shula</i>	6
9.	Stiffness ( <i>Graha</i> )	8
10.	<i>Pidanasahatva</i> (Tenderness)	12
11.	<i>Alpanidra</i> (Sleep disturbance)	9

**Table 3** List of *Upashay- Anupashay* Recorded in 24 Patients of Cervical Radiculopathy”

S. N.	<i>Karma</i>	<i>Upashay</i> Recorded in No. of patients	<i>Anupashya</i> in No. of patients
1	<i>Snehan</i>	22	2
2	<i>Svedan</i>	21	3
3	<i>Vyayam</i> particularly of <i>Manyaa</i> region (physiotherapy)	16	8
4	<i>Shitsparsha</i>	0	24

**RESULTS**

A Retrospective Observational Study was done on *Nidan Panchak* of Cervical Radiculopathy. In this study 24 patients showing signs and symptoms of cervical radiculopathy were selected. Diagnosis was confirmed by X-ray cervical spine. Various questions regarding their disease were framed and findings were noted. Information regarding *Hetu*, *Purvarup*, *Rup*,

While noting *Lakshanas*, *Manyashoola* were observed in 20 patients, radiating pain were observed in 16 patients, Tingling Sensation in fingers were found in 18 patients and *Shirashula* were found in 17 patients. Also, other symptoms were found which were mentioned in Table no.2.

**Upashay- Anupashay :** *Upashay- Anupashay* were recorded on the basis of history given by patients which are mentioned in Table no. 3.

*Upashay-Anupashay* and *Samprati* of disease were taken and tried to correlate in classics. It was founded that this *Nidanpanchak* are very much similar with the *Nidanpanchak* of *Manyagraha*. Table-1, Table-2, Table-3 respectively presented the most of *Hetu*, *Lakshana* and *Upashaya-Anupshaya* of cervical radiculopathy in *Manyagraha*.

**DISCUSSION**

## REVIEW ARTICLE

Cervical radiculopathy is a common condition that usually results from compression and inflammation of the cervical nerve root or roots in the region of the neural foramen. It is frequently caused by cervical disc herniation and cervical spondylosis. In *Manyagraha*, there is vitiation of *Vata Dosha* and there is *Khavaigunya* in *Asthi of Griva Pradesh* particularly *Kasheruka* of *Manya*. Deranged functions of *Vata* such as *Sransa, Vyasa, Vyadh, Svap, Sada, Ruk, Tod, Bhed, Sang, Angbhang, Sankoch, Varta, Romharsh, Shosha, Kampa, Spandana, Parushata, Saushirya, Stambha* (A.H.S.12/49/50)<sup>8</sup>. This brings about the *Sthansrashaya* of *Vata Dosha* in *Manya* causing *Manyagraha*<sup>9</sup>.

Radiculopathy refer to set of conditions in which one or more nerves are affected and do not function properly resulting in pain, numbness,

weakness etc<sup>10</sup>. Incidence of the symptoms of Radiculopathies were recorded, almost all those symptoms were reviewed classical text (A.H.S.12/49/50)<sup>11</sup>. All these symptoms were also recorded in *Manyagraha*. *Manyagraha* being a *Vatavyadhi* mentioned in classical text and being at cervical area, cervical radiculopathy should thought of *Sthangat Prakop* of *Vata Dosha*. Charak stated that *Dosha* at various *Sthan* cause different disease and to treat the disease one should know the *Sthan, Dosha, Dushya*<sup>12</sup>. In this study of 24 patients of cervical radiculopathy, symptoms of deranged functions of *Vata* were observed as presented in earlier.

As we search for the causes and symptoms of cervical radiculopathy, we found that major causes and symptoms of cervical radiculopathy are similar with the *Hetu* and *Lakshana* of *Manyagraha* shown in table no. 4 and 5.

**Table 4** Correlation between *Hetu* of Cervical Radiculopathy and *Manyagraha*”

Sr. No.	Cervical radiculopathy Causes	Vatavyadhi (Manyagraha) Hetu
1.	Degenerative Joint Disease	<i>Dhatu Kshay</i>
2.	Trauma	<i>Abhigat</i>
3.	Rheumatoid Arthritis	<i>Any Chirakalaj Rog</i>
4.	Improper Position	<i>Kashtaprad Shayya</i>

**Table 5** Correlation between *Lakshanas* of Cervical Radiculopathy and *Manyagraha*”

S. No	Signs and Symptoms Cervical Radiculopathy	Vatavyadhi (Manyagraha) Lakshan (Reference A.H.S.12/49/50 and C.C.28/20-22)
1.	Neck Pain	<i>Manyashula</i>
2.	Neck Rigidity	<i>Mantastambh</i>
3.	Muscle Numbness	<i>Gatrasuptata</i>
4.	Stiffness	<i>Graha</i>
5.	Tenderness	<i>Pidasasahatva</i>
6.	Sleep disturbance	<i>Alpanidra</i>
7.	Headache	<i>Shirashula</i>

In Cervical Radiculopathy degenerative changes occurs due to *Vitiation* of *Vata*. *Vata* due to various causes mention above such as *Ruksha, Shita, Laghu, Alpa Aahar Atichakraman, Ativyayam, Abhigat* etc get vitiated<sup>13</sup>.

*Khavaigunya* in *Asthi-Griva Pradesh* due to specific *Nidana* like excessive work, Trauma, exertion etc. bring about the affinity to *Vata Dosha* Causing *Sthansanshrya Avastha*. Localization of *Prakupita Vata* in *Griva Pradesh*

## REVIEW ARTICLE

*Asthi Dhatu* causes *Kshaya* of local *Shleshak Kapha* (Herniated Disc) due to *Ruksha Guna* of *Vata*. This ultimately Give rise to *Rachanatmaka* and *Kriyatmaka Vikriti* in *Griva Pradesh* causing Cervical Radiculopathy with Respect to *Manyagraha*.

## CONCLUSION

The retrospective observational study of 24 Patients of cervical radiculopathy was done to evaluate the *Nidanpanchak* of cervical radiculopathy. After completing study it is observed that this *Nidanpanchak* are very much similar with the *Nidanpanchak* of *Manyagraha*. It is very clear from the foregoing that there is association between *Nidanpanchak* of *Manyagraha* and Cervical Radiculopathy. This association can further be used to treat the patient with Ayurvedic medication in early stages. The study may be one of the guidelines to the research scholars to undertake the problem and to evaluate the fact with more sophisticated ultramodern methods.

## REVIEW ARTICLE

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