

CHAPTER – 1

INTRODUCTION

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In today's fast life common man is used to bear a lot of stress, mentally as well as physically. An individual is used to do a lot of apatthya aharatha & viharatha. Both these things are responsible to produce various diseases; "Vishwachi" is most common in them.

While describing lakshanas of Vishwachi "बाहवो कर्मक्षयकरी" is mentioned. In modern science, conditions called as Brachial neuralgia, Irritation of the brachial plexus can be compared with Vishwachi.

In brachial neuralgia, the tricep & extensors of the wrist & fingers are paralysed & consequently inability to extend the elbow, wrist, fingers results & wrist drop is present. Anesthesia is present over the dorsum of the forearm & back of the hand. Deviation of the hand to the ulnar side. Index finger cannot be flexed at the phalangeal joints. Thus in Brachial neuralgia functions of the affected upper extremity cannot be performed properly.

SYMPTOMS OF BRACHIAL NEURALGIA :

1. Inability to extend the elbow, wrist & fingers.
2. Wrist drop.
3. Anesthesia over the dorsum of the forearm.
4. Index finger cannot be flexed at phalangeal joints.
5. Considerable Muscle wasting occurs in the upper extremity.
6. Inability to Abduct & Adduct the fingers results, no grip on the piece of paper placed between the fingers.
7. Patient is unable to swing his thumb across the palm.

8. Difficulty in raising the arm above a right angle from a position in front of the body.

SYMPTOMS OF IRRITATION OF BRACHIAL PLEXUS :

1. Paraesthesia.
2. Numbness.
3. Tingling along the distribution of the nerve root.
4. Neuralgic pain.

COMMON CAUSES OF BRACHIAL NEURALGIA / IRRITATION OF BRACHIAL PLEXUS :

1. Prolapsed Intervertebral disc.
2. **Osteoarthritis of the cervical spine** - compression due to Osteophyte.
3. Cervical rib syndrome.
4. Sagging of the shoulder girdle.
5. Malignant infiltration at the base of the neck.
6. Spinal tumor.
7. Any growth near the brachial root causing compression.
8. Traction injury in the road accident.

From this description it is clear that brachial neuralgia causes loss of functions in the upper extremity as that of Vishwachi.

The commonest cause of brachial neuralgia is Osteoarthritis of the cervical spine and prolapsed intervertebral disc. Hence to diagnose and describe Vishwachi with special references to Cervical Spondylosis is selected as topic of study.

Even though modern medicine is so much developed the results of medical management in Cervical Spondylosis are not satisfactory. Use of N.S.A.I.D., Nervine Tonics, Muscle Relaxants, Elemental Calcium & so many

other drugs can relive pain but not enough, to give satisfactory results. So it came to my mind that some remedy from Ayurvedic text should be studied thoroughly, which will be beneficial in the treatment of Vishwachi w.s.r. to (Cervical Spondylosis).

SELECTION OF TOPIC:

In ayurvedic Samhita “Vishwachi” is described by Sushrutacharya in Vata Vyadhi Nidan Adhyaya. He mentioned following vyadhi in this addhyaya.

Vatarakta	Akshepak	Dandaptanak
Hanugraha	Dhanustambha	Abhyantar ayam
Bahya ayam	Pakshaghat	Apatantrak
Manyastambha	Ardita	Ghrudhrasi
Vishwachi	Koshtukshirsha	Khanja
Kalayakhanja	Vatakantak	Pada daha
Pada harsha	AvaBahuk	Badhirya
Karna shool	Tuni,Pratituni	Mook,Minmin,Gadgad
Adhman	Pratyadhman	Vatasthila,Pratyasthila
Amashayastha, Pakvashayastha & Twakgat Vatvikar		

तलप्रत्यङ्गुलीनां तु कण्डरा बाहुपृष्ठतः।

बाह्वो कर्मक्षयकरी विश्वाचीति हि सा स्मृता ॥ सु.नि.-१/७५

In this quotation Sushrut explained that Prakupit Vata Dosha affects the Kandara of “Tala” (palm & fingers) & “Bahuprustha” (dorsal aspect of the upper extremity) & there by affects the movement of upper extremity.

Vd. S. G. Vartak explains Kandara as,

कंडराःस्थूलस्नायवः।

दो.धा.म.वि. वैद्य शं.गं. वर्तक. आवृत्ती १९६२

While describing kandara, in sharir sthana Sushrut gives quotation as

जालानि कण्डराश्चान्येपृथक्शोडश निर्दिशेत् ॥

सु. शा. ५/११

He explained that in all there are sixteen Kandaras in the body. Greeva, Prustha, Pada, & Hasta contributes four each. Two bicepital tendons & two tendons of triceps are the four kandaras in the Bahu according to article published by Vd. Shashikant M. Sathye. According to shri Ghanekar shastri "उर्ध्वप्ररोह" (Origin) of hasta kandara is Bahushir i.e. head of Humerus.

In "Bhaishajya Ratnavali" **Trayodashang guggul** is mentioned in Vata Vyadhi adhikar Adhyaya & Phalashruti of this Kalpa is given as,

कटीग्रहेगृध्रसिबाहुपृष्ठे हनुग्रहे जानुनि पादयुग्मे ।
सन्धिस्थिते चास्थिगते च वाते मज्जाश्रिते स्नायुगते च दुष्टे ॥ भै.र.२८/९१-९२

Trayodashang guggul is useful in Katigraha, Ghrudhrasi, **Bahushool**, **Prusthashool**, Hanugraha, Janushool, Padshool, Sandhigat vata, Aasthigat vata , Majjagat vata & **Snayugat vata**.

In the Phalashruti of **Panchamrut Loha Guggul** also it is clearly mentioned that

स्नायुजां वातजाश्चापि विनश्यन्ति न संशयः ॥

भै.र.८५/५४

From this quotation Panchamrut loha guggul is useful in **Snayugat vata**.

From above literature both these Kalpas can be successfully used in the treatment of Vishwachi. So the “comparative study of effect of Panchamrut Loha Guggul & Trayodashang Guggul in Vishwachi with special reference to Cervical Spondylosis” is selected as a topic for thorough study.