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 “शाह्यो कर्मशयकरी” 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.

**COMMON CAUSES OF BRACHIAL NEURALGIA / IRRITATION OF BRACHIAL PLEXUS:**

1. Prolapsed Intervertebral disc.
2. **Osteoarthritis of the cervical spine** - compression due to Osteophyte.
4. Sagging of the shoulder girdle.
5. Malignant infiltration at the base of the neck.
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 & somany
other drugs can relieve 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.r.t. (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.

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Amashayastha, Pakvashayastha & Twakgat Vatvikar

तलप्रत्याभूगुणीनं तु क्रण्डरा बाहुपुष्टतः |
बाह्यो कर्मशक्तीरं विश्वाचीति हि सा स्मृता ॥

In this quotation Sushruti explained that Prakupit Vata Dosha affects the Kandara of “Tala” (palm & fingers) & “Bahuprastha” (dorsal aspect of the upper extremity) & there by affects the movement of upper extremity.
Vd. S. G. Vartak explains Kandara as,

कंडरा:स्थूलस्नायवः।

do.शा.म.वि. वैद्य शं.ंग. वर्तक. आवृत्ती १९६२

While describing kandara, in sharir sthana Sushrut gives quotation as

जालानि कंडराप्रथायेघङ्क्रोदश निर्दिष्टोऽ॥

सू. शा. ५/९९

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 “उर्ध्वप्रोपेत” (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,

कटिग्रेहे गुरुमेघाभुपृष्ठे हनुमहे जानुनि पादयुगः।
सन्मिधिस्थिते चास्थिगले च वाते मजजाश्रिते स्नायुगले च दुष्टे।॥

Panch.2819-92

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

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

स्नायुजां वातजात्वापि विनस्यन्ति न संशय:।॥

Panch.89194

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.