

CASE STUDY ON PATIENT WITH CERVICAL SPONDYLOSIS

Siddappa Naragatti, Yoga Therapist,
Central Council for Research in Yoga and Naturopathy
(ccryn) Head Quarter OPD New Delhi, India.

Abstract:

A 34 years old male suffered from cervical spondylosis since 3 years with the complaints of shoulder pain, neck stiffness and headache. He was on medication for severe headache and shoulder pain. His blood pressure was raise 138/80 mm Hg and weight is 78.6 Kg and had constipation. His X- ray shows extra bone growth on the neck bones and inflammation of the tissue and MRI shows pinched nerve.

Keywords: Yoga Cervical Spondylosis Case Study.

INTRODUCTION: **Cervical Spondylosis** is also called Cervical Osteoarthritis. Spondylosis is a term referring to degenerative osteoarthritis of the joints between the center of the spinal vertebrae and or neural foramina. It is a condition involving changes to the bones, discs, and joints of the neck caused by the normal wear-and-tear of aging. Cervical Spondylosis usually occurs in middle-aged and elderly people. With age, the discs of the cervical spine gradually break down, lose fluid, and become stiffer. As a result of the degeneration of discs and other cartilage, spurs or abnormal growths called osteophytes may form on the bones in the neck. These abnormal growths can cause narrowing of the interior of the spinal column or in the openings where spinal nerves exit, a related condition called cervical spinal stenosis. Cervical Spondylosis most often causes neck pain and stiffness, shoulder pain, sub-occipital pain and headache. When the space between two adjacent vertebrae narrows, compression of a nerve root emerging from the spinal cord may result in radiculopathy. If severe, it may cause pressure on nerve roots with subsequent sensory and /or motor disturbances such as pain, paresthesia or muscle weakness in the limbs.

CASE PRESENTATION: A 34 years old male suffered from cervical spondylosis since 3 years with the complaints of shoulder pain, neck stiffness and headache. He was on medication for severe headache and shoulder pain. His blood pressure was raise 138/80 mm Hg and weight is 78.6 Kg and had constipation. His X- ray shows extra bone growth on the neck bones and inflammation of the tissue and MRI shows pinched nerve.

Intervention: Patient practiced yoga therapy session of one hour for 6 days per week for twenty days including loosening exercises, Asanas, Pranayamas, Meditation and Kriyas and with that he followed proper diet and Naturopathy treatment as prescribed.

Duration: 20 days

Frequency: one hour yogic practices for 6 days a week followed by proper diet and naturopathy treatment as advised.

Time of Yoga session: 7:30 AM TO 8:30 AM

Treatment protocol:

Yoga Therapy:

Neck and spinal exercises: 10 Minutes (foreword, backward, sideward and twisting movement)

Sukshama vyayama: 5 Minutes.

Griva sakti vikasaka (strengthening the neck)

Skandha tatha bahu –mula shakti vikasaka (developing the strength of the shoulder blades and joints)

Purna bhuja Shakti vikasaka (developing the arms)

Yogasanas: 20 Minutes

1. Tadasana – 30 sec. (three times rep.)
2. Katichakrasana – 30 sec. (three times rep.)
3. Konasana – 30 sec. (three times rep.)
4. Pavanmuktasana – 30 sec. (three times rep.)
5. Matsyasana – 30 sec. (three times rep.)
6. Vajrasana – 30 sec. (three times rep.)
7. Gomukhasana – 30 sec. (three times rep.)
8. Bhujangasana – 30 sec. (three times rep.)
9. Shalabhasana – 30 sec. (three times rep.)
10. Dhanurasana – 30 sec. (three times rep.)
11. Makrasana – 30 sec. (three times rep.)
12. Shavasana – 2 min.

Pranayama: (15 Minutes)

1. Nadishodhana pranayama – 5 min.
2. Suryabhedana pranayama – 5 min.
3. Bhramari pranayama – 5 min.

Meditation: Yoga Nidra -10 min.

Naturopathy management:

1. Local steam application to cervical spine
2. Alternate Hot and cold compress
3. Epsom salt bath
4. Partial massage to neck
5. Hot mud application
6. Sun bath

Dietary management:

Advised to take proper nutritive diet with sufficient intake of calcium, phosphorus, and vitamin D.

Early Morning: Luke warm water (2-3 glass), lemon honey water/barley water/soya juice (200-250 ml).

Breakfast: Seasonally available fruits/sprouts/salads/butter milk 1cup/soup/fruit or vegetable juice

Lunch: Cooked/steamed vegetables (300-400gm), cooked whole soaked pulses 1 cup, whole grains roti (1-2)/wheat Dalia /unpolished cooked rice, vegetable soup or buttermilk (200-300ml)

Dinner: Steamed green vegetables, vegetable soup, roti (1-2), vegetable chutney, salad (100 gm)

Objective data:

●**X-ray of the cervical spine:** previous x ray shows extra bone growth on the neck bones and inflammation of the tissue that covers the windpipe.

Now after 20 days of yoga and naturopathy protocol we got changes in x ray like air passages are open and swelling of the neck reduced.

●**Magnetic Resonance Imaging (MRI):** In previous MRI report of the patient shows pinched nerve.

Now patient is not feeling any stabbing pain or tingling and burning sensation.

●**Neck Stiffness:** As we discuss with patient before the protocol his neck was so stiff in nature and now his muscles of the neck are relax and he feels flexibility in neck movement.

●**Weight:** Before protocol his weight was 78.6 kg, but after following all the therapeutic management for twenty days he reduced weight **from 78.6 kg to 76 kg.**

●**Blood pressure:** when he joined for yoga and naturopathy protocol his Blood pressure was slightly raise 138/80 mm Hg, now he is getting normal range of Blood pressure **122/80 mm Hg.**

Result and conclusion: Patient practiced the yoga therapy session of one hour for 6 days a week followed by proper diet and naturopathy treatment as prescribed. Patient states that pain and stiffness in the neck and shoulder has reduced remarkably and muscles are relaxed. Patient is able to perform his day to day activities with ease. Patient is still under observation. Yoga Asanas and neck stretching exercises help to increase muscle tone, induce relaxation and help to stretch muscles and mobilizes the joints of the body, which in turn increases the blood circulation and range of motion in the joints improves. Pranayama brings homeostasis, calms down the mind and induces relaxation. Naturopathy treatment worked as pain relieving, proper blood circulation and relaxing the muscle. Diet helps to reduce and prevent excessive weight or promote proper bone growth.