

A Clinical Study on the Efficacy of Wal Ambarelladi

Piṇḍa Sweda (Fomentation) on Grivā Sandhigata Vāta

(Cervical Spondylosis)



This Thesis is submitted for the award of degree of Master of Philosophy
(*Āyurveda*)

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YEAR 2007

M. Phil 2005/01

1.0 CONCLUSION

BIBLIOGRAPHY

1. On the basis of above discussion, Cervical Spondylosis can be well correlated with *Grīvā Sandhigata Vāta*, actiopathogenically and symptomatically.
2. Wal Ambarelladi *piṇḍa* Sweda has a significant effect on reducing signs and symptoms of *Grīvā Sandhigata Vāta* (Cervical Spondylosis).
3. Therefore this external medicament can be used as effective and cheap medical measure in the treatment of *Grīvā Sandhigata Vāta* (Cervical Spondylosis).