

## Ayurveda and traditional treatment regime for *Greeva sandhigathavata*: A case report

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*Greeva sandhigatha vata*, correlating with cervical spondylosis, is caused by *vata dosha*. This study evaluates the effectiveness of Ayurveda and traditional treatment regime on *GSV*. A 48-year-old male patient presented with neck pain, and pain radiating along both upper limbs as well as along the posterior side of the head, accompanied by heaviness and numbness in both upper limbs, and limitation of the neck movements due to pain for the past 08 years. He was reported to the OPD in Ayurveda National Hospital, Rajagiriya. The treatment included *Mee oil Sneha*, *Wal embarella pottali sweda*, *Greeva vasti* with *Mee oil*, *Prathimarsha nasya* by *Anu thaila* and *Rasna saphthaka kashaya*. Modifications in the patient's life style after treatment; 90% *Shula* relief was observed. Cervical movements improved significantly (measured by the Goniometer); Left lateral movements from 50° to 70°, Right lateral movement from 65° to 75°, Flexion from 40° to 55°, Extension from 40° to 58°. *Mee oil Sneha* and *Greeva vasti* with *Mee oil* pacifies *Vata* and *Pitta* and also *Mee oil* has anti-inflammatory, anti-oxidant, analgesic, hepatoprotective, anti-cancer, anti-ulcer, anti-tumor, neuro-pharmacological properties. *Wal embarella pottali sweda* promotes *Snehana*, *Swedana* and *Vata kapha shamana*; *Prathimarsha nasya* balances *Urdhavajathrugatha kapha dosha*. *Rasna saphthaka kashaya* has *Thiktha* (35.7%), *Madura* (28.5%), *Katu* (21.4%), *Kashaya* (14.2%) *rasa*, *Lagu* (27.7%), *Snigdha* (22.2%), *Theekshana* (16.6%) *guna*, *Ushna* (71.4%), *Sheetha* (28.5%) *Veerya*, *Madhura* (57.1%), *Katu* (42.8%) *Vipaka*. In view of the above, this treatment regime demonstrated the effectiveness in this specific case of *Greeva sandhigatha vata* and warrants further investigation.

**Keywords:** *Ayurveda*, *Greeva sandhi gatha vatha*, *Mee oil*, *Prathimarsha nasya*