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Effectiveness of Yogasanam on Ceganavatham (Cervical spondylosis) - A case series

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Introduction

Ceganavatham (Cervical spondylosis) is a general term for age related wear and tear affecting joints of the neck. Also known as cervical osteoarthritis, this condition usually appears in men and women older than 40 and progresses with age. Although cervical spondylosis affects both sexes equally, men usually develop it at an earlier age than women.

As we inevitably age, bones and cartilage of the backbone and neck gradually deteriorate, sometimes forming irregular bony outgrowths called spurs. These changes, characteristics of cervical spondylosis, actually occur in everyone's spine yet many people with these radiological signs manage to escape the associated symptoms which include pain, stiffness and muscle spasms. At the other extreme cervical radiculopathy (compression of spinal nerves) and cervical myelopathy (due to reduction in diameter of the spinal canal) can lead to permanent disability.

About 10 million persons are affected per year in India alone. The incidence of neck pain in adults is 25-50 % per year.

Prevalence of cervical spondylosis is similar in both sexes although degree of severity is greater in males. It is most common spine dysfunction in elderly people. It has been estimated that 75% of persons over the age of 50 years have narrowing of spinal canal or intervertebral foramina and 50 % of these cases have symptomatic spondylitic changes in cervical spine.10% patients are having congenital bony deformity.

Yoga is a holistic approach for both physical and mental health.

Yoga techniques have been found to be better and beneficial complimentary therapy in cervical spondylosis and also reduce the stress levels.

Many patients with cervical spondylosis visit the OPD & IPD of Govt.Siddha Medical College & Hospital, Palayamkottai and the effects of yoga therapy is to be recorded for the further evaluation.

Ceganavatham

Definition:

It is defined as a kind of neurologic pain affecting the neck and extending into the upper limb. It is attended with heaviness of body, giddiness, burning sensation of the eyes and dysuria.

T.V.Sambasivampillai Dictionary–Pg.no:1752.

Ceganavatham is one among the 80 types of Vatha diseases; it was described in ***Yugivaithiya chinthamani*-800.**

Aim

To evaluate the effectiveness of yogasanam in treating Ceganavatham (cervical spondylosis) patients at OPD of Siddhar Yoga Maruthuvam, Govt.Siddha medical college & hospital, Palayamkottai.

Objective

To assess the effectiveness of Yoga treatment on Ceganavatham (cervical spondylosis) in OPD of Siddhar Yoga Maruthuvam, Govt siddha medical college & hospital, Palayamkottai, through the visual analogue scale (VAS) and Neck pain and Disability scale before and after the intervention in cervical spondylosis.

Materials and Methods

A) Study type

Observational study

B) Study design

Case series

C) Study place

OPD, Department of Siddhar Yoga Maruthuvam
Govt. Siddha Medical College & Hospital
Palayamkottai - 627002

D) Study period

4 months

E) Sample size

30 Patients (OPD)

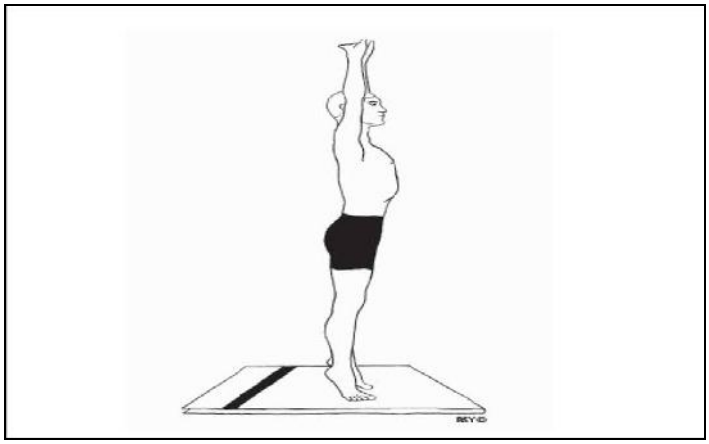
F) Sampling procedure

Non Random Sampling Convenience)

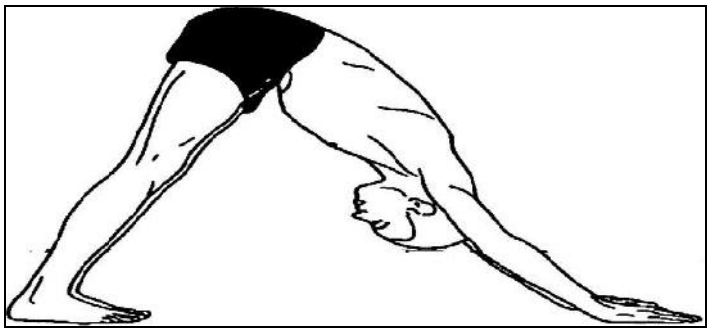
G) Methods used:

Asanas :

a. Tadasanam
b. Parvatasanam
c. ArdhaMatsyendrasanam
d. Bhujangasanam
e. Shalabasanam
f. Makarasanam
g. MarjariAsanam
h. Savasanam



TADASANAM



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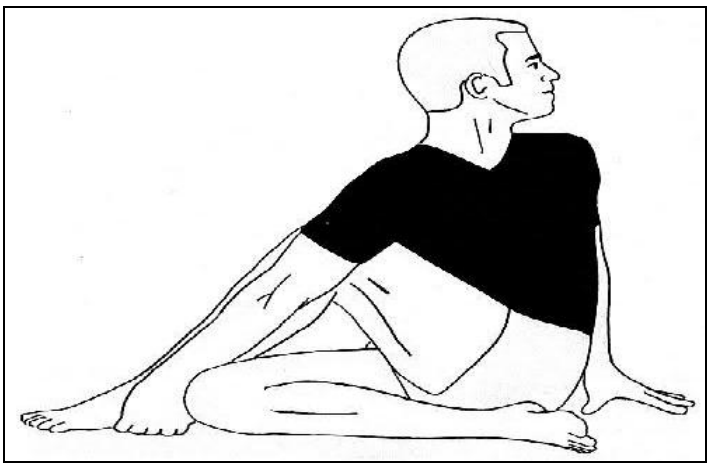

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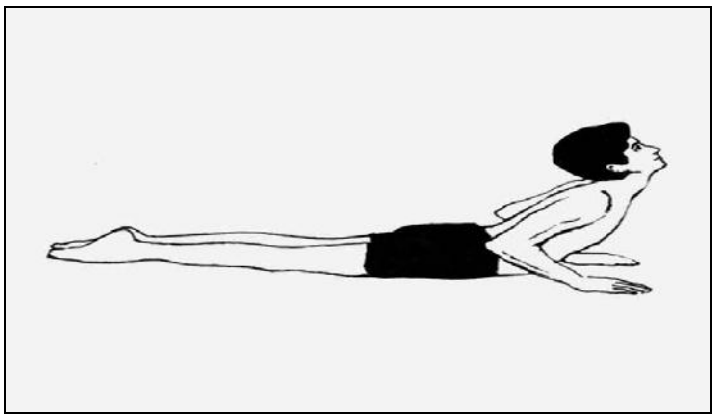
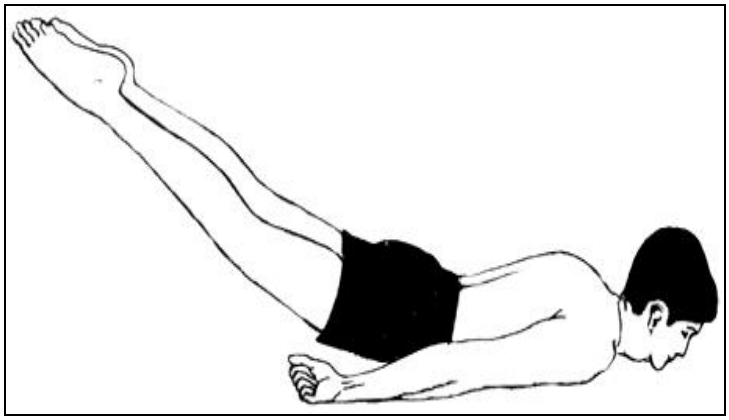


BHUJANGASANAM



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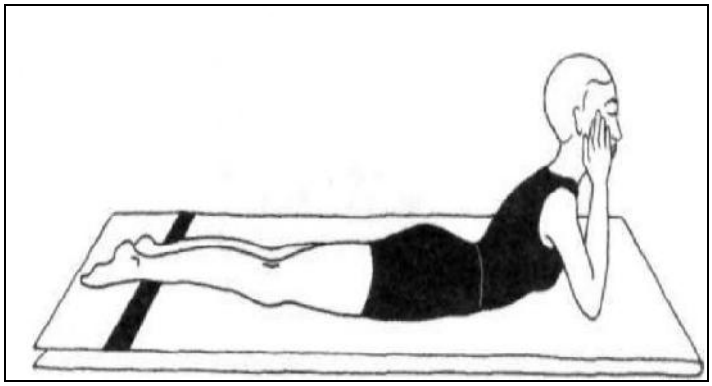

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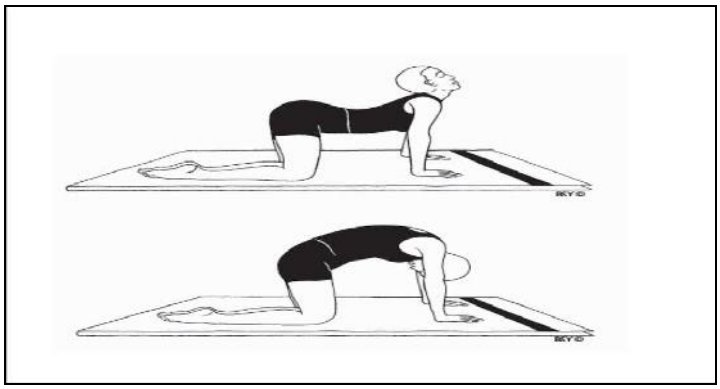
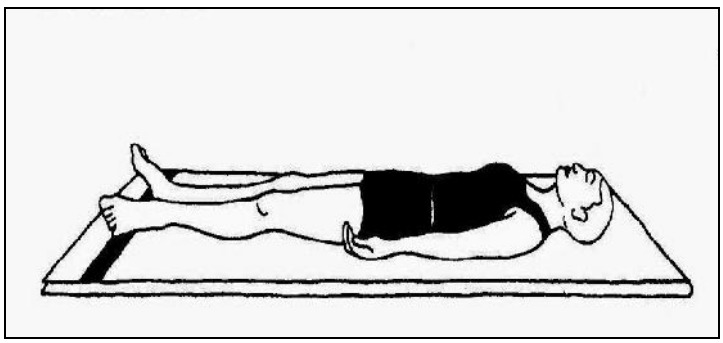


MARJARI ASANAM



SAVASANAM

Each asana poses were to be held for at least 20-30seconds and performed for 5 repetitions. Total duration was around 30 minutes with rest of 30seconds between 2 asanas. Savasanam was to be performed at the end for 3-4minutes.

Asanas are to be done twice a day for a period of 3 months.

H) Criteria for inclusion:

- Age : 30 – 60 years
- Gender : Male and Female
- Patient who are willing to sign the informed consent
- Patients who have symptoms,

1. Pain around the neck
2. Radiating pain from neck to arms
3. Neck stiffness
4. Heaviness of the body
5. Giddiness.

I) Criteria for exclusion:

- Cervical disc bulge
- Anterolisthesis
- Posterolisthesis

J) Method of approach:

Neck pain and disability scale

Visual Analogue Scale

Data collection:

Information collected:

Information such as patient's personal details, medical histories, duration of illness -will be collected.

Data analysis:

Data analysis will be carried out through MS-Excel Software for logical error and manually cross checked for data entry error.

Quality assurance:

Data collected is reviewed by review board & expert's opinion are taken. The whole procedure of the research will be supervised by guide & faculty of our department.

Human participation procedure:

The study involves human participants with intervention of yoga. Patient was purely recruited based on primary data collection through VAS and Neck pain and disability scale. Thereby voluntary willingness could be get through informed consent document and considered to participate in this study.

Confidentiality:

The personal information of the participants will be kept in confidential manner.

Informed consent:

The participants will be informed about the study in their own language.
The study will be conducted only after their consent.

Ethical issues:

No internal medicines will be used.

The data collected from the patient will be kept strictly confidential.

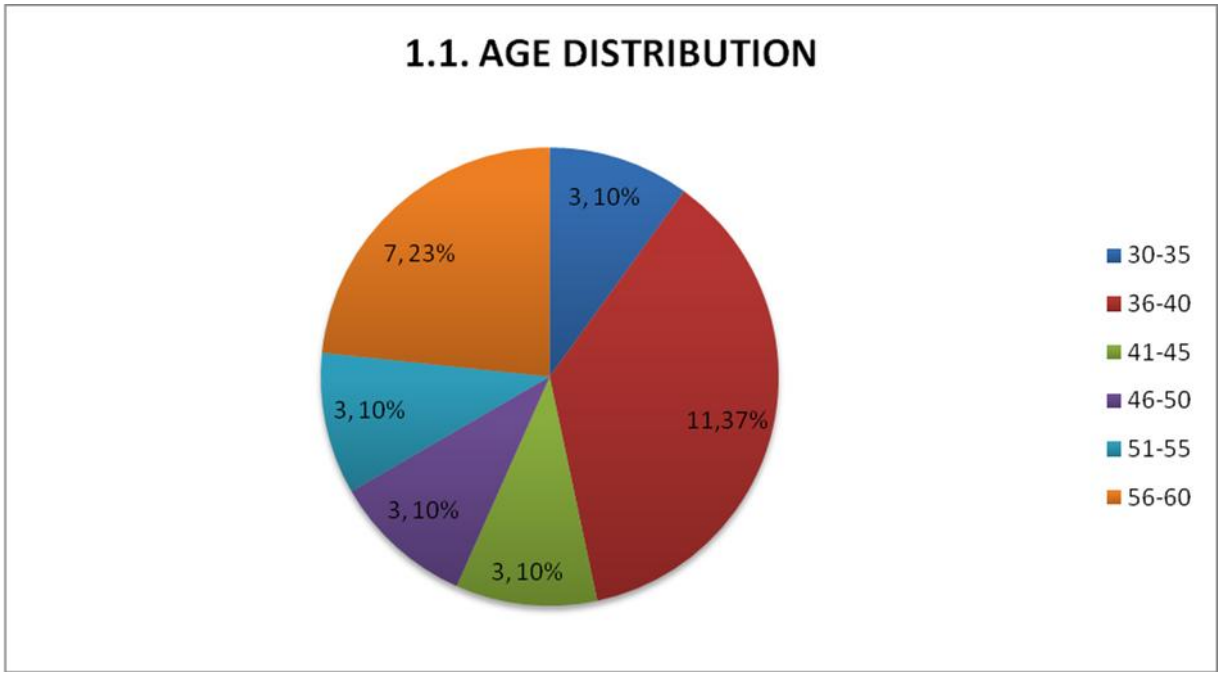
The Patient will be informed about the diagnosis, treatment and follow up.

After getting the consent of the Patient (through consent form) they will be enrolled in the study.
Informed consent will be obtained from the patient explaining her in language understandable to the patient. Treatment would be provided free of cost.

Results & Observations:

Age distribution

S.no	Age distribution	No of patients	Percentage
1	30-35	03	10%
2	36-40	11	37%
3	41-45	03	10%
4	46-50	03	10%
5	51-55	03	10%
6	56-60	07	23%

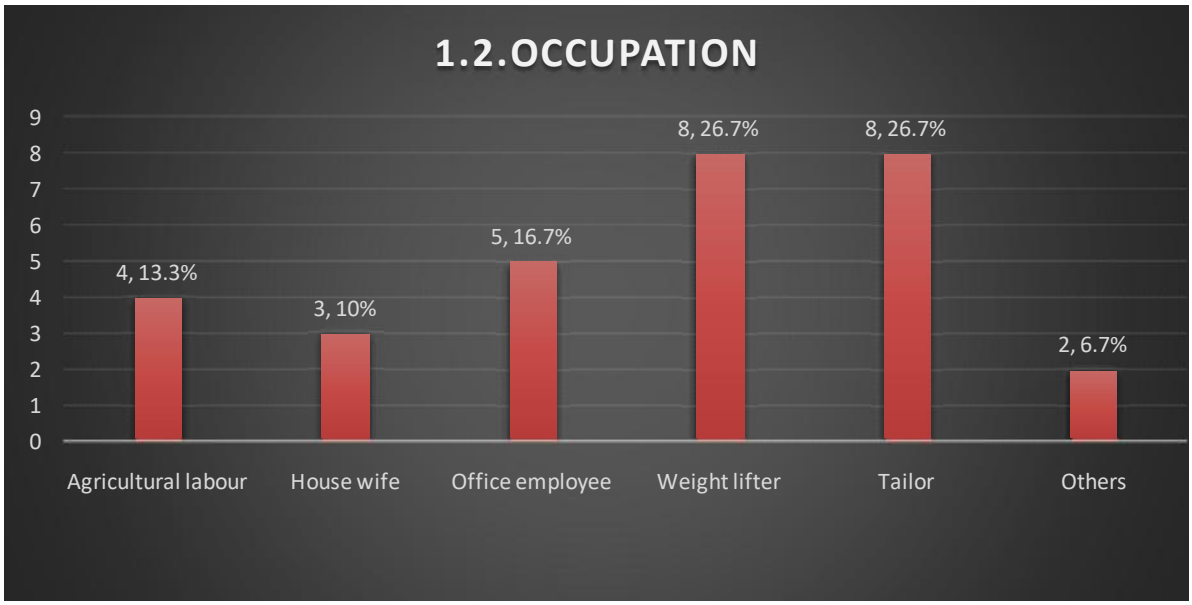


Inference

Out of 30 patients, 11 patients (37%) come under the age group of 36-40 yrs,07 patients (23%) come under the age group of 56-60yrs, 03 patients (10%) come under the age group of 30-35yrs, 41-45 yrs, 46-50 yrs & 51-55yrs.

Occupation

S.No	Occupation	No. of patients	Percentage
1	Agricultural labour	4	13.3%
2	House wife	3	10%
3	Office employee	5	16.7%
4	Weight lifter	8	26.7%
5	Tailor	8	26.7%
6	Others	2	6.7%

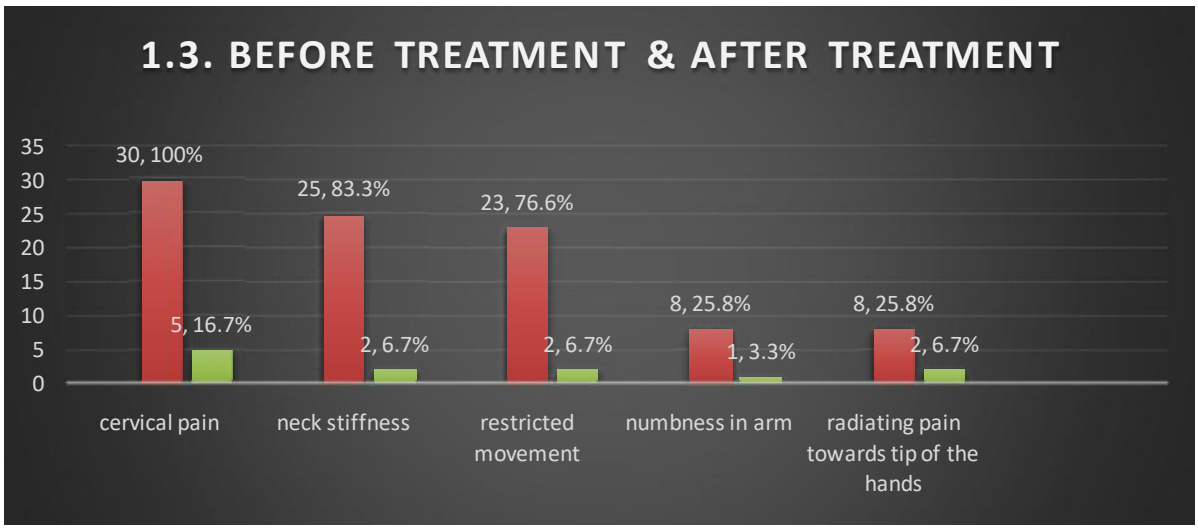


Inference

Out of 30 patients , 8 patients (26.7%) were observed as weight lifters and tailors , 5 patients (16.7%) were observed as Office employees, 4 patients (13.3%) were observed as agricultural labour, 3 patients (10%) were observed as house wifes&2 patients (6.7%%) were engaged in other occupation.

Neck Pain and Disability Scale -Before &After Treatment

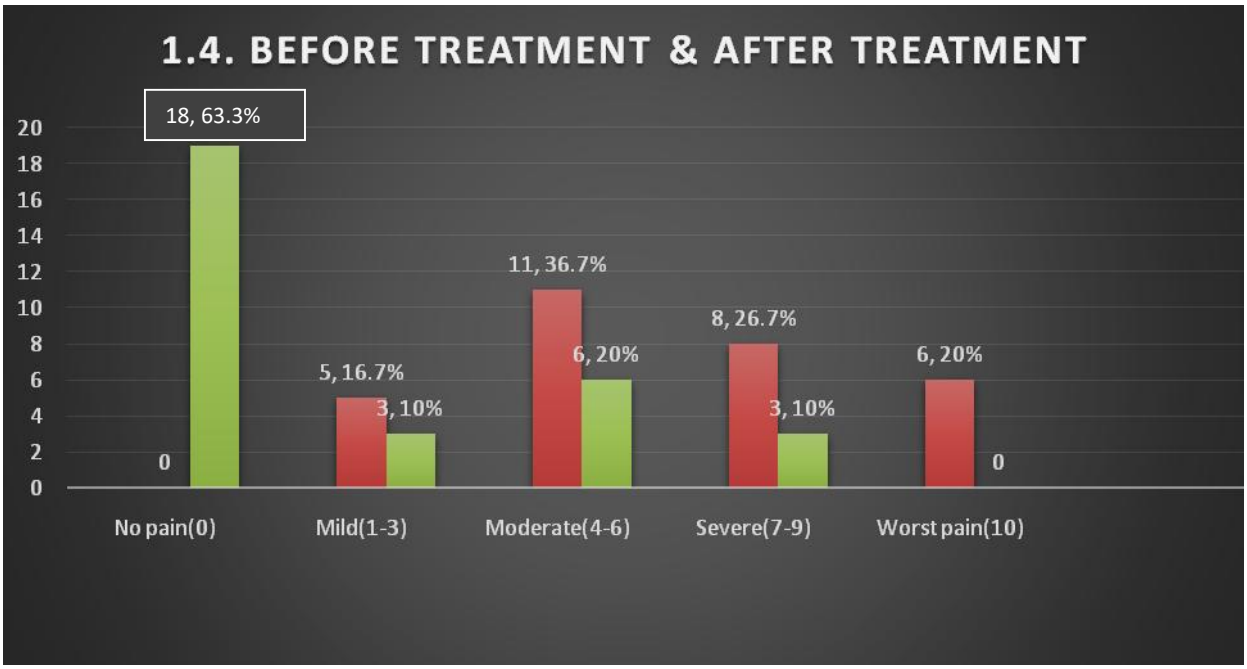
Symptoms	Before treatment		After treatment	
	No. of patients	Percentage	No. of patients	Percentage
Neck pain	30	100%	05	16.7%
Neck stiffness	25	83.3%	02	6..7%
Restricted movements	23	76.6%	02	6.7%
Numbness in arms	08	25.8%	01	3.3%
Radiating pain towards tip of hands	08	25.8%	02	6.7%



Inference: After treatment, Out of 30 patients, Neck pain was reduced in 25 patients, Neck stiffness was reduced in 23 patients, restricted movements were reduced in 21 patients ,numbness in the arms were reduced in 07 patients & pain radiating towards the tip of the hand was reduced in 06 patients.

Visual analogue scale

Pain	Before treatment		After treatment	
	No. of patients	Percentage	No. of patients	Percentage
No pain(0)	0	0%	18	63.3%
Mild (1-3)	5	16.7%	3	10%
Moderate (4-6)	11	36.7%	6	20%
Severe (7-9)	8	26.7%	3	10%
Worst pain(10)	6	20%	0	0%



Inference

After treatment, Out of 30 patients, 18 patients were observed with no pain, 3 patients were observed with mild pain, 6 patients were observed with moderate pain & 3 patients were observed with severe pain.

Discussion

In case of age distribution (1.1) Out of 30 patients, 11 patients (37%) come under the age group of 36-40 yrs, 07 patients (23%) come under the age group of 56-60yrs, 03 patients (10%) come under the age group of 30-35yrs, 41-45 yrs, 46-50 yrs & 51-55yrs.

In case of occupation (1.2) Out of 30 patients, 8 patients (26.7%) were observed as weight lifters and tailors , 5 patients (16.7%) were observed as Office employees, 4 patients (13.3%) were observed as agricultural labour, 3 patient (10%) were observed as house wifes & 2 patient (6.7%%) were engaged in other occupation.

According to Neck pain and disability scale (1.3) out of 30 patients, Neck pain was reduced in 25 patients, Neck stiffness was reduced in 23 patients, restricted movements were reduced in 21

patients, numbness in the arms were reduced in 07 patients & pain radiating towards the tip of the hand was reduced in 06 patients after treatment.

According to Visual analogue scale (1.4) out of 30 patients, 18 patients were observed with no pain, 3 patients were observed with mild pain, 6 patients were observed with moderate pain & 3 patients were observed with severe pain after treatment.

Conclusion

This clinical study reveals that there is a significant reduction in the pain, stiffness, restricted movements, numbness in the arms and radiating pain towards the tip of the hands. Cervical spondylosis is frequently encountered medical entity nowadays. Middle aged to old aged people are affected with varying severity. It in turn restricts the day to day activities of the person.

Regular simple yogic exercises helps them to do their normal activities inspite of their natural ageing processes.

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