A comparative clinical study on Nirgundilaśunādi decoction and Rasnādi gutikā in the management of Grivāsandhigatha vāta
(Cervical spondylosis)

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Abstract

Cervical spondylosis (CS) is a degenerative condition commoner among elderly population in Sri Lanka. A 60% of population older than 45 years of age and 8% elder than 65 years of age suffer from cervical spondylosis. The term "Grivasandhigatha vāta" is suggested for CS which could be categorized in vāta vyādhi (neurological diseases) according to Ayurveda. Vāta šamana and tarpana are in the line of treatment of vathavyadhī. Nirgundilashuna decoction and Rasnādi gutikā have been recommended for vāta vyādhi in classical Ayurveda text Sārasankshepa and Bhaiṣajyaramāṇī. This study was designed to evaluate the efficacy of two test drugs and to compare their efficacy on Grivāsandhigatha vāta. Selected patients were divided into two groups and each group was treated with the two test drugs separately. Nirgundilaśunādi decoction improved cervical pain (41.38%), tenderness (63.16%), and headache (100%), tingling sensation in hands (50%) with a significant p value (p<0.05). Improvement of stiffness (56.25%), vertigo (50%), and restricted neck movements (16.67%) was insignificant (p>0.05). The group received Rasnādi gutikā showed improvement in cervical pain (39.13%) and tenderness (52.63%) with a statistically significant p value (p<0.05). But the improvement of stiffness (43.75%), vertigo (25%), headache (30.78%), tingling sensation in hands (46.66%) and restricted neck movements (16.67%) were insignificant with p<0.05. The results revealed that Nirgundilaśunādi decoction is comparatively more effective than Rasnādi gutikā on cervical spondylosis (Grivāsandhigatha vāta)

Keywords: Nirgundilaśunādi decoction, Rāsnādi gutikā, Grivāsandhigatha vāta, cervical spondylosis