

Panchamahabhuta Siddhanta: Application of Panchbhautik Chikitsa in the management of Cervical Torticollis

Case Report

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Abstract

Cervical Torticollis or dystonia is a painful condition of cervical muscles. This disease has no cure with modern medicines. The present case report is based on clinical success story of a patient diagnosed with cervical torticollis by modern science. As the symptoms are suggestive of *vataj vyadhi* and involvement of *Kandara*, patient was successfully treated with *ayurvedic* medicines with application of *Panchbhautik Siddhanta*.

Key Words: *Snayugat Vata, Panchbhautik Chikitsa, Suvarna Makshik Bhasma, Cervical Torticollis, Suvarnagairik.*

Introduction:-

Cervical torticollis is a painful condition in which neck muscles contract involuntarily causing twisting of head to one side. The pain is excruciating in nature. This is a rare disorder that can occur at any age, but most often occurs in middle aged people. Women are more prone than men. There is no cure for cervical torticollis in modern science (1). Risk factors for torticollis include a family history of the disorder, congenital abnormalities of the cervical spine, taking drugs that predispose to muscular spasm, and trauma.

In *Ayurveda* there is no direct reference regarding cervical torticollis and its management. But one may compare signs and symptoms of torticollis with *snayugat vata*. Being *vataj* disorder there is rigidity, severe pain, tremors, spasm in affected *snayu* or *kandara* (ligament) (2). In *Ayurveda* *Kandara* has origin of *raktadhatu* and *sneh* (3). *Raktadhatu* (blood) is cardinal ingredient in the composition of *kandara* (4). *Kandara* are predominance of *prithvi mahabhuta*. Out of *chaturashtra* *kandara* one has origin from penis and terminates at cervical region (5). Any pathological factor affecting *raktadhatu, vatadosha* and *pittadosha* or *prithvi mahabhuta* may give manifestations of weakness of *kandara* or muscle. Keeping all these factors in view, patient was successfully treated with *Ayurvedic* medicines.

Case Report: -

A moderately built, male aged 34 years, weighing 59 kg and height 5' 8" came with chief complaint of excruciating pain and severe stiffness in cervical region since 15 days. Along with these complaints, erection of

penis, urge to micturate immediately after attack of pain, and sudden onset of blackouts were the associated symptoms. MRI of cervical spine was suggestive of cervical torticollis. Patient had undergone several years of allopathy treatment with painkiller, muscle relaxant drugs and physiotherapy. But patient was not cured.

Patient used to observe fast 3 days a week and was habitual of skipping meals on and off. There was no other significant history of other medical disorders.

Patient was examined thoroughly and was prescribed following medicines by applying *Panchmahabhuta siddhanta*. Strict compliance of prescribed drugs with healthy food habits was also advised. Patient was asked to stop all the past medication he was taking.

Keeping *Ayurveda Panchabhautik* view in mind patient was treated with:-

- *Suvarnamikshik bhasma* (6) 60 mg twice daily with *goghurut*, 1 table spoon, after meal.
- *Suvarnagairik bhasma* (7) 120 mg twice daily before meal with water.

Observations and Result:

Patient came with severe symptom of dystonia and severe pain. Medication was started and apart from this he was insisted for healthy food habits. Assessment was done on the basis of severity and frequency of episodes of cervical stiffness and pain. Duration of episode was also assessed. Assessment was done before treatment and every 10th day of treatment schedule.

On 10th day of treatment severity of pain and cervical stiffness turn from severe to moderate. Duration of episode came down from 45 minutes to 20-30 min/episode. Frequency of episode turn down from 5 times/wk to 3 times/wk. all the associated symptoms were reduced to mild in first assessment. But patient complaint of belching. So *pathyodi kwath* was added; 20 ml twice a day with water to take care of *vitiated pittadosha* and *raktadhatu*. On 21st day, complete reduction of cervical pain and stiffness was noted. To avoid relapse and provide strength to *mamsa* and *rakta dhatu*, *rasayan chikitsa* with *shatavari* and *ashwagandha*

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churna were added for 2 months.

Only oral medication selected on the basis of *panchbhautik siddhanta* and *nidan parivarjan* helped him in his improvement.

Discussion:

In cervical torticollis, symptoms are suggestive of *vataj* disorder and affected factor is *kandara/snayu* (ligament), the line of treatment is *snehan*, (nourishment) and *balya*. *Kandara* is a factor predominant in *prithvi mahabhuta* and *rakta* (blood) is a cardinal ingredient in composition of it. Hence nourishment of *kandara* with *prithvi* predominating drug and *raktaprasadan* was main objective of treatment. Patient was used to skip meals and other unhealthy food habits which ultimately resulted in vitiation of *vata dosha*, *pitta dosha* and inturn *rakta prokopa*.

Keeping all this in view, *suvarnamakshik*, *suvarnagairik bhasam* were administered along with *ghrut*. Both of them are *prithvimahabhuta* predominant and have blood purifying properties. They might have increased strength of *raktadhatu* qualitatively and ultimately strengthen *kandara* of cervical region. *Suvarnagairik* has taken care of *vitiating pittedosha* and also strengthen *raktadhatu*. Both of them have enhanced *raktadhatu* qualitatively. *Ghrut* was selected as *anupana* which has taken care of *vitiating vatadosha* and *pittedosha*.

Conclusion:-

The classical *Ayurvedic* therapy is based on various *siddhanta*. This case is successfully treated with *Panchbhautik siddhanta*. This concept involves interpretation of scientific knowledge, and disease management approach on the background of *panchmahabhuta*

theory. While treating patients, *Ayurveda* does not emphasize on labeling diseases but given due importance to causative factors, *samprati* etc and analysis on the basis of different *siddhanta*. This help to treat many complicated medical conditions which has no cure with modern medicines.

For most complicated conditions which have just symptomatic management by allopathy, have great hopes with *Ayurvedic* treatment for its cure by applying *Panchbhautik siddhanta*. The present case is successfully treated by *Ayurveda* and has given encouraging results for future practice. Using *Panchabhautik Chikitsa Siddhanta*, *vaidyraj Datarshastri* has treated *jirnakasa* very successfully (8). *Panchabhautik Chikitsa Siddhanta* is one of the great *siddhanta* of *Ayurveda* which may help every *Ayurveda* practitioner to accept diagnostic and therapeutic challenges.

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