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## Research Paper

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# Spondylitis

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### Declaration

The Declaration of the author for publication of Research Paper in Asian Journal of Modern and Ayurvedic Medical Science (ISSN 2279-0772) Dr amit kumar singh the author of the research paper entitled Spondylitis declare that , I take the responsibility of the content and material of my paper as I Myself have written it and also have read the manuscript of my paper carefully. Also, I hereby give my consent to publish my paper in ajmams , This research paper is my original work and no part of it or it's similar version is published or has been sent for publication anywhere else. I authorise the Editorial Board of the Journal to modify and edit the manuscript. I also give my consent to the publisher of ajmams to own the copyright of my research paper.

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**Abstract-** Ayurveda , the science of life is a part of the ageless vedic heritage of india . Sandhigata vata is one of the commonest joint disorder broadly coming under vata vyadhi and affect to the skeletal system in the geriatrics because more vulnerability to dhatu kshaya at that span of life .Dhatu kshaya lead to aggravation of vata dosha and produces various type of vatic vyadhis .Now a days joint disorder are one of the main causes of physical problem after the age of 40 . In modern medical science lots of surgical and medical procedures available but due to their side effects and complication . The disease is as such remain challenge to the medical practioner .yogic technique procedure told by acharya for asthi sira , sandhi and vata vikara and it is highly effective without producing any complication in compare to modern surgical procedure . Here I am describing some yogic technique to cure the sponolysis.

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### Introduction

#### Neck and Back Pain

The pain manifesting in the neck and the back are due to the dis-order in the vertebra of the spine. One may get pain

either at the neck or the back or may get both of them. As the treatment is required to put the vertebra in order both these pains are taken together.



The neck pain is otherwise called medical terminology Cervical Spondylitis and the back pain is called Ankylosis Spondylitis.

### **Neck Pain or Cervical Spondylitis Symptoms**

Those who have Cervical spondylitis they have serious pain in bending the neck to any side or downwards towards the chest. When the neck is bent there is intolerable pain and the patient suffers very badly. This pain spreads towards the shoulder and the back bones. There is difficulty in even sometimes raising the shoulders. The patient suffer so much so that their life becomes miserable. The pain was so intolerable that he wanted to even terminate his life. Medical treatment alone cannot cure the disease. But by yogic method it is possible to totally cure this disease. Totally cured within only one month.

### **Cause of The Disease**

The pain cause of this disease is due to lack of any exercise and wrong way of living. Use of thick pillow gives rise to this disease due to obstructed blood circulation and nervous disorder. Keeping always the head bent also creates this disease. Sleeping on wrong posture and wind formation, may cause pain at the shoulders and neck. Reading constantly for long hours with the head bent also gives rise to such pain. Housewives working with the head bent get this problem very often. Constipation also is one of the causes of this disease.

### **Method of Cure**

It is found patient by medical treatment they could not get relief hence as a last resort they came to our centre for yogic treatment. Yogic method has been proven beyond doubt to cure this disease totally. The yogi cure means that a particular set

of yogasans are to be done every day and food should be taken as advised. Particularly those food forbidden for arthritis are to be avoided. Disciplined way of living has to be maintained. The patient should avoid thick pillows and only use thin pillows of maximum thickness of 2. It may be borne in mind that thinner is the pillows better is the blood circulation in the head and healthier nervous system around the neck taking blood to the brain. By giving up the wrong way of living and bad habits of food, the patient will get totally cured by doing yogasana within a period of one month. Even on the 1<sup>st</sup> day of their doing asana, they would feel encouraged to find that there is substantial relief in the pain. Fatty and oily substance should be avoided.

In this disease the either the upper or the lower spinal bones or both or both are no longer freely movable. The ligaments supporting them get calcified or filled with time. With the progress of this disease the entire spine becomes stiff and the chest becomes flattened and rigid. This disease causes the patients to lose weight.

Most of the patients who have come with such complaints with prescriptions of experienced doctors were found to be suffering from filaria and when treatment of filaria was given along with yoga exercise they could recover totally.

### **Asanas Prescribed**

1. Bhujanga Asana
2. Gomukha Asana
3. Veera Asana
4. Brkishya Asana
5. Trikona Asana
6. Jalandhara Bandha
7. Sava Asana

### **Jalandhara Bandha**

### **Procedure**



Be seated on the carpet spread on the floor in Padma Asana or Sukha Asana. Keep the spine neck and head fully erect. Look horizontally. Put the palms on the respective side of the knees with the fingers in Chinmudra.

Sit comfortably. Keep your body straight without any bend from the spine till the head. Inhale slowly till your lungs are full and there is so dis-comfort.

Slowly and steadily bend your head such that the chin firmly presses the chest. If there is any dis-comfort the bending should be done to that extent till there is no feeling of such discomfort.

During the process of bending the head, the body should be totally erect. If there is any bending of the body, by raising the shoulder slightly the body should be kept erect.

Keep the chin pressing the chest for 6-10 seconds and during this process hold the breath.

During posture you may close the eyes or keep the eyes open. It will be advisable to close the eyes and concentrate your attention at the pain area. You will feel that the pain at the neck is gradually reducing.

After keeping the head in that position for the required time, slowly raise your head upwards and at the same time start exhaling. By the time the head becomes erect, the exhalation must have been over. Now breathe normally. After resting for about 1-2 seconds or 2-3 breaths, repeat the bandha in the same process.

For daily practice, the bandha can be performed 5 to 7 times.

### Benefits

It has a curing effect on the disorder of the neck, shoulders and cervical area. Defects of the throat and face are

corrected to a great extent, it helps curing sinus and breathing trouble. This is a very useful bandha and can be performed irrespective of age and sex.

From third week onwards the following asanas may be practiced.

1. Dhanur Asana
2. Ardha Matsyendra Asana

If these asanas are done following other instruction the neck pain will be totally cured. If there is constipation instruction under abdominal diseases may be seen. Dhanur asana does not suit some. The pain gets aggravated. In such case the asana should not be performed.

### Back Pain

Back pain related to disorders in the spine at the lower vertebral column. The backache spreads generally to thighs, hips and both sides of the waist. When the pain becomes too acute the patient becomes totally invalid. He feels extremely difficult to stand and walk. Sometimes feels difficulty even to sit. He wants to tie down at the particular posture convenient to him. The patients become bed ridden. People having extra weight frequently get this pain. Those who travel long distance in buses at the rear side, they get the pain due to bumping of the vehicle. This also occurs due to acidic condition of the body and people suffering from gastric disease and wind problem. Constipation is also one of the contributory reasons for such pain. Doctors advise the patients to tie a belt at the waist to make them physically fit to move about. But the adverse effect of the belt is that the wind formed in the stomach gets compressed due to the belt and exert pressure on the heart which sometimes is misunderstood to be blood pressure and heart attack. Patients should be careful about their own health and they should not tie belts very tightly as the gas produced in the body compresses the



heart and the nerve system of the head, as a result the patient become extremely un-comfortable.

The cure of the disease is not totally possible by medical treatment as almost all our patient have come for yogic cure after failing to get total or even partial relief. By yogic method however, the back pain can be totally cured. The method of cure 3 fold.

- (i) Performing certain yogasanas in a sequence
- (ii) Avoiding certain food stuffs which create gas and acidic condition in a stomach
- (iii) They have to maintain a disciplined way of life

### Required Asanas

- (I) Pawanmukta Asana
- (II) Ekapada uttan Asana

- (III) Uttanpad Asana
- (IV) Bhujanga Asana
- (V) Salbha Asana
- (VI) Dhanur Asana
- (VII) Setubandha Asana
- (VIII) Sava Asana

After one month Supta Vajra Asana and Chakra Asana may be practiced before Sava Asana. After the asanas are over, Sava Asana is to be performed for  $\frac{1}{4}$  of the time taken for the Asana. Within this period there will be marked improvement.

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