

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

Karunarathne HMHL<sup>1</sup>, Samarakoon SMS<sup>2</sup>

<sup>1</sup>Intern medical officer

<sup>2</sup>Department of Cikitsa, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka

### 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 śamana* and *tarpana* are in the line of treatment of *vathavyadhi*. *Nirgundilashuna* decoction and *Rasnadi gutika* have been recommended for *vāta vyādhi* in classical Ayurveda text *Sārasankshepa* and *Bhaishajyarathnāvali*. 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. *Nirgundilāśunādi* 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 *Nirgundilāśunādi* decoction is comparatively more effective than *Rasnādi gutikā* on cervical spondylosis (*Grivāsandhigatha vāta*)

**Keywords:** *Nirgundilāśunādi* decoction, *Rāsādi gutikā*, *Grivāsandhigatha vāta*, cervical spondylosis