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## Ayurvedic approach to Cervical Myelopathy – A Case Study

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### ABSTRACT

Cervical spondylotic myelopathy is known to be the most common cause of acquired adult spinal cord dysfunction. Other causes are trauma, tumors, ischemia and ossification of the posterior longitudinal ligament. Cervical spondylotic myelopathy adversely affects quality of life for its heavy disease burden. Precise diagnosis of Cervical spondylotic Myelopathy requires a meticulous patient history and physical examination. The earliest complaint starts with clumsiness in the hands or gait abnormality. Both upper and lower extremities may be affected. It's presentation is similar to Sarvanga roga in ayurveda as it shows predominantly motor deficit. Its treatment mainly depends upon pathological state of vatha dosha along with other dosha and dhathus. Considering various factors like ama nirama avastha, avaranavastha management is done either through santarpana or apatarpana principles. In the present paper the diagnosed case of cervical myelopathy is successfully managed with ayurvedic protocol for about 2 and half months. The patient was assessed before and after treatment with examinations and investigations. The quality of life improved for about 75 percent than before.

**Key words;** Cervical Myelopathy, Sarvanga roga, Ayurveda

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