



Health Matters

Cervical

Neck Pain/Shoulder Pain



Today we will discuss about Cervical spondylitis. In simple word we can say Stiff neck/ neck pain. I am sure most of us come across this issue in our day top day life. Before we analyze about the neck pain/shoulder pain, we will discuss about base of the neck i.e Spinal Cord. Spinal nerves are protected by vertebrae bones, The back of the neck includes the cervical spine and the muscles and ligaments that surround and support it. Nerves from the spinal cord come out from between the vertebrae in the neck to take and receive messages to the neck and arms. Cervical spondylitis is caused by chronic wear on the cervical spine. This is a kind of arthritis that affects cervical vertebrae and is characterized by pain at the back of the neck and vertigo while bending downwards. In Ayurveda it is known as Grivasandhigatvata. There are some degenerative changes in the cervical vertebrae. This, when coupled with trauma or incorrect posture while sitting or sleeping leads to the manifestation of cervical spondylitis. Everyday wear and tear may start these changes. The major risk factor is aging. With growing age, the discs of our spine become drier and less elastic. Nowadays even younger generations are affected by this because of their irregular activities and sitting posture, while driving two wheeler vehicles and working situations in the computer, and their irregular diet with junk food. Let us see the details one by one. Causes of the cervical spondylitis

consisted with this problem may also occur to you.

- Depression and anxiety some time calls for the cervical spondylitis.
- If job is indulged with the extreme neck or head motion it causes the pain.
- During over speed in two wheeler vehicle, damaged road and speed brake affect the neck and shoulder.
- Irregular sitting posture in the office while working in the computer.

What are the symptoms of cervical spondylitis?

- Pain in the neck
- Stiff neck that become worse. Movement of the neck may make the pain worse
- Head ache mostly occur in the back of the head and then travel over to forehead
- Numbness mainly affecting shoulders and arms.
- Pain spreading to the shoulders and base of the skull.
- Due to irritation of nerve, pain sometimes spreads down an arm to a hand or fingers.
- Loss of balance and Loss of bladder or bowel control.
- Some neck stiffness, particularly after a night's rest.
- Lack of coordination and difficult in walking.

What are all the Test available to find our Cervical Spondylitis?

A variety of imaging tests can provide details to guide diagnosis and treatment. Examples include:

- Neck X-ray./ CT Scan / MRI Scan /Electromyogram test (EMG) Nerve conduction study

How can we prevent /slow the onset of the condition:

1. Weight loss and Maintain a healthy body weight.
2. Eat healthy (a well-balanced, low-fat diet rich in fruits



- Being overweight and not exercising
- Having a job that requires heavy lifting or a lot of bending and twisting
- Past neck injury (often several years before)
- Past spine surgery
- Ruptured or slipped disk in the neck
- Severe arthritis
- Small fractures to the spine in neck.
- If there are injuries or trauma, in the spine nerves, it leads to the neck pain.
- Smoking and consumption of alcohol is severely affect nerves
- If your family history is



3. Sit and Stand properly. Avoid sitting in the cushion sofa.
4. Learn to lift correctly.
5. Exercise regularly (Aerobic exercise is especially good.)
6. Stop smoking and avoid use of alcohol.
7. Get plenty of rest and drink plenty of warm water.
8. Follow your doctor's treatment plan and continue your home exercise plan.
9. Avoid – sour, salty foods and drinks, curd, deep fried foods, Maida, Suji, pulses and various by products of pulses.
10. Avoid – Exposure to cold, cold water bath, violent exercises without proper guidance. Avoid pillow during sleep if necessary use light pillow.

What are all the treatment and Remedies available for Cervical Spondylitis?

- Physiotherapy / Acupuncture/Acupressure / Ayurvedic treatment Allopathic medicine for pain relief and Surgery / Home Remedy and Life Style Exercise / Massage / Yoga
- Here we will discuss about some remedies like Yoga, Exercise, Acupressure and Home Remedy and Life style to get relief from Cervical Spondylitis .

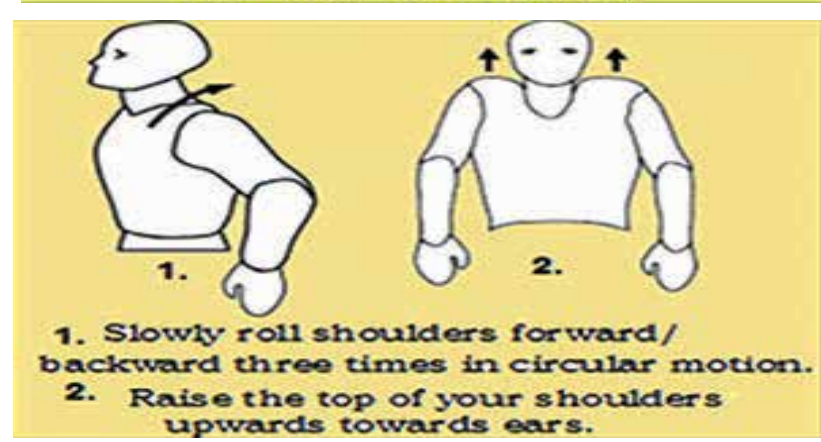
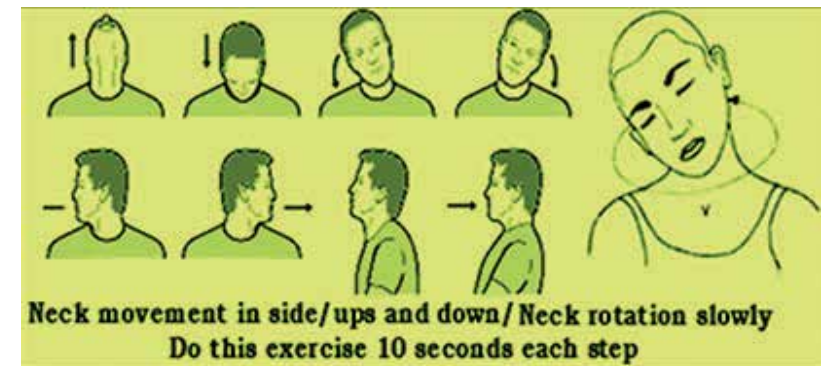
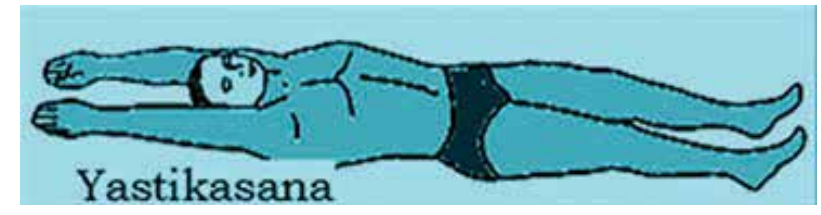
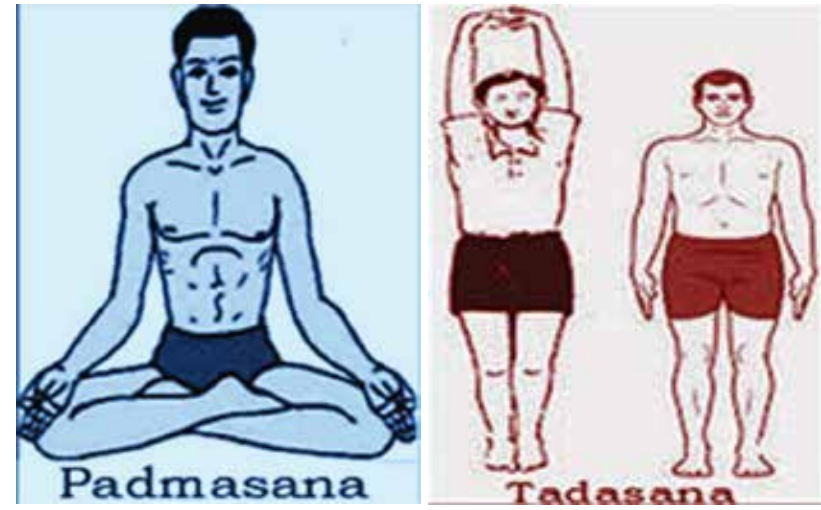
Yoga(Asana) and Exercise: In yoga three simple asana are recommended for Cervical spondylitis.

- 1.Padmasana (Lotus Pose) for keeping the spine erect.
- 2.Tadasana (Palm tree pose), helps rectifying postural defects.
- 3.Yastikasana(Stick pose) helps to de-stress.

Head and neck exercises like moving the neck up and down, moving to the sides, rotating the neck clockwise and anti-clockwise and nodding the neck from one shoulder to another; and shoulder exercises like lifting the shoulders up and down, moving the shoulder in clockwise and in anti-clockwise directions. All these exercises should be taken 3 times daily.

Home Remedies

1. Take – Bitter gourd, drum stick and Neem flowers as diet.
2. Wheat helps better than rice
3. Add more fibers and drink 2-3 liter warm water to avoid constipation.
4. Improve the milder physical exercises like walking, Surya Namaskara etc.
5. Proteins and Vitamin C are necessary for the development of a healthy bone matrix.
6. Vitamin D, calcium, phosphorous and minerals are essential for healthy bones.
7. Two or three raw garlic along with honey should be taken daily in the morning.
8. Drink one glass warm water with 2 tsp of Apple cider vinegar and 1 tsp honey.
9. Drink Lemon juice mixed with common salt twice or thrice daily.
10. A piece of the Kadukkai taken after principal meals also gives quick relief.
11. Add more in diet , vegetables tomato, carrot, cabbage, cucumber, radish, lettuce cauliflower, cabbage, carrot, spinach and plenty of fruits.
12. Make a powdered preparation of dried ginger root, celery seeds, and cumin seeds in equal quantities. Add rock salt to taste, and have 1 teaspoon with water at bedtime.



Do's and Don'ts in day to day life:

Please follow the correct postures and activities in your daily life, as shown here.

Acupressure and Massage:

Acupressure and massage in the affected area will give excellent relief. Here we can see acupressure points. In the acupressure points mentioned above first give pressure 10 seconds in each points. Fry 5-6 garlic in sesame oil till they are brown and apply in the back of the neck and side of the neck and give firm medium stroke of pressure and massage in downward direction/ upward direction as shown in the picture. Massage duration 2 minutes. In the finger apply firm medium strokes of pressure in upward direction. After one hour give hot water added with Epsom salt fomentation and ice pack fomentation alternatively for five to 10 minutes twice a day and will get pain relief.



If we give pressure for 1 minute in the Neck portion of thumb finger, in hand, stiff neck will get relief. The same procedure and pressure you can give in leg big toe neck portion for 1 minute you will get relief from stiff neck.

We have seen above all the remedies for Cervical Spondylitis. If you follow systematically, all the remedies mentioned above without fail, definitely your severity in neck pain and shoulder pain will reduce and get cured. Acupressure and massage will give instant relief. Maintain good health to enjoy healthy and happy life.

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