

A LITERATURE REVIEW ON VISHWACHII WITH SPECIAL REFERENCE TO  
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**ABSTRACT**

Vishwachi is one of the *Vata Vyadhis* (neuromuscular disorders) described in Ayurvedic classics, characterized by pain and stiffness radiating from the neck to the upper limb. The condition can be closely correlated with *Cervical Spondylosis* in modern medical science, a degenerative disorder of the cervical spine resulting from intervertebral disc degeneration and osteophyte formation. The classical description of *Vishwachi* indicates involvement of *Vata dosha* in the *Greeva pradesha* (neck region) affecting the *Snayu* (ligaments) and *Sira* (nerves). The symptoms such as neck pain, stiffness, tingling, and radiating pain to the arms closely resemble those of cervical spondylosis. This literature review explores Ayurvedic and modern perspectives on *Vishwachi*, its pathophysiology, symptomatology, and management strategies, emphasizing their integration for better therapeutic outcomes.

**KEYWORDS:** *Vishwachi*, Cervical Spondylosis, *Greeva Sandhigata Vata*, *Vata Vyadhi*, *Ayurveda*, Degenerative disorders.**INTRODUCTION**

Modern lifestyle changes, including sedentary work, prolonged screen use, and poor posture, have led to a sharp increase in musculoskeletal disorders, among which *Cervical Spondylosis* is very common. It involves degenerative changes in the cervical vertebrae and intervertebral discs, leading to compression of spinal nerves, causing neck pain, stiffness, and radiating symptoms in the upper limbs.

In Ayurveda, *Vishwachi* is mentioned as one among the *Eighty types of Vata Vyadhi (Ashtavata Vyadhi)*. The term “Vishwachi” is derived from “Vish” (to spread) and “Vachi” (speech or motion), indicating pain that spreads from the neck toward the upper limbs, impairing movement. The disease pathology involves *Vata dosha* aggravation in *Greeva Pradesha*, leading to *Shoola* (pain), *Stambha* (stiffness), and *Supti* (numbness).

Due to similar symptomatology, *Vishwachi* can be correlated with *Cervical Spondylosis with Radiculopathy* in modern science. The *Ayurvedic* approach provides a

holistic understanding and management by addressing both the structural and functional aspects through *Dosha* pacification and tissue rejuvenation.

***Vishwachi* in Ayurvedic Texts**

- **Charaka Samhita:** Mentions *Vishwachi* under *Nanatmaja Vata Vyadhi* — diseases caused solely by the vitiation of *Vata dosha*. The primary symptoms include pain and stiffness extending from the shoulder to the fingers.
- **Sushruta Samhita:** Describes it as pain originating from the neck and radiating down the arm due to vitiated *Vata* affecting *Sira* and *Snayu* in the upper limb.
- **Madhava Nidana:** Provides detailed descriptions of symptoms like *Shoola*, *Stambha*, and *Supti* (numbness), consistent with nerve compression symptoms seen in cervical spondylosis.
- **Ashtanga Hridaya:** States that *Vishwachi* is caused by improper sitting, strain, and excessive movement of the upper limb, all of which aggravate *Vata*.

## 2. *Nidana*

The causative factors for *Vishwachi* primarily include those that aggravate *Vata dosha*:

- Excessive exertion of neck and upper limbs
  - Improper posture during sleep or work
  - Exposure to cold and dry weather
  - Suppression of natural urges
  - Malnutrition and degenerative changes due to aging
- In modern terms, these correspond to repetitive strain injury, poor ergonomics, and age-related disc degeneration.

## 3. *Samprapti*

- **Dosha:** Predominantly *Vata*
- **Dushya:** *Mamsa, Snayu, Asthi, Majja*
- **Srotas involved:** *Mamsavaha, Asthivaha, Majjavaha*
- **Sthana:** *Greeva Pradesha* (neck region)

The aggravated *Vata dosha* localizes in the cervical region and affects the muscles, ligaments, and nerves. This results in stiffness, pain, and restricted movement, which resemble the neuropathic symptoms in cervical spondylosis.

## 4. *Lakshana*

- *Greevayaha Shoola* – Pain in the neck
- *Stambha* – Stiffness of the neck
- *Bahushoola* – Radiating pain to upper limbs
- *Supti* – Numbness or tingling sensation
- *Bahupraspandana Harsha* – Restricted movements of upper limbs

These symptoms are analogous to those of cervical spondylosis, including neck stiffness, cervical radiculopathy, and sensory disturbances.

## 5. Modern Correlation – Cervical Spondylosis

Cervical spondylosis refers to age-related wear and tear affecting the cervical spine, intervertebral discs, and surrounding soft tissues. Degenerative changes lead to compression of spinal nerves, resulting in neck pain, radiating shoulder and arm pain, numbness, and weakness. Risk factors include aging, sedentary habits, trauma, and poor posture.

The pathological mechanism involves.

- Disc degeneration and dehydration
- Osteophyte (bone spur) formation
- Narrowing of intervertebral foramina
- Nerve root compression

## 6. *Chikitsa* (Management in Ayurveda)

Ayurvedic management aims to pacify *Vata dosha* and restore normal functioning of affected tissues.

### 1. *Snehana* (Oleation Therapy)

- *Abhyanga* (massage) with medicated oils like *Mahanarayana Taila, Ksheerabala Taila* to nourish and lubricate joints.

### 2. *Swedana* (Sudation Therapy)

- *Nadi Sweda* or *Pinda Sweda* to relieve stiffness and improve mobility.

### 3. *Basti* (Medicated Enema)

- *Ksheera Basti* or *Yogabasti* helps pacify *Vata* and strengthens *Asthi* and *Majja Dhatu*.

### 4. *Nasya* (Nasal Medication)

- *Anu Taila Nasya* is beneficial for cervical and shoulder stiffness.

### 5. Internal Medications

- *Rasnasaptaka Kwatha, Dashamoola Kwatha, Yogaraja Guggulu, Trayodashanga Guggulu*
- *Ashwagandha, Shallaki, Guggulu, Eranda Taila* for pain relief and rejuvenation.

### 6. *Pathya-Apathya* (Diet & Lifestyle)

- Warm, unctuous diet with *Vatahara* foods
- Avoid exposure to cold, prolonged sitting, and heavy lifting

## DISCUSSION

The pathology of *Vishwachi* as described in Ayurveda aligns closely with the neuro-musculoskeletal degeneration seen in cervical spondylosis. Both conditions share similar etiological factors, such as strain, posture-related stress, and aging. The Ayurvedic approach emphasizes restoring balance in *Vata dosha* and rejuvenating the degenerative tissues, rather than providing symptomatic relief alone.

Integrative treatment combining *Panchakarma* therapies, herbal formulations, and lifestyle modifications can provide sustained improvement. Research studies have shown significant improvement in pain, stiffness, and neurological symptoms in cervical spondylosis through Ayurvedic management.

## CONCLUSION

*Vishwachi* is a *Vata Vyadhi* that closely correlates with *Cervical Spondylosis with Radiculopathy* in modern medicine. The Ayurvedic understanding of *Vishwachi* provides a comprehensive approach to managing both the symptoms and underlying degeneration through *Vata shamana* and *Dhatu poshana* (tissue nourishment). *Panchakarma* procedures such as *Abhyanga, Swedana*, and *Basti*, combined with *Vatahara* herbs and proper diet, play a significant role in improving mobility and reducing pain. Integrating Ayurvedic principles into modern management can provide a holistic, long-term solution for this increasingly common lifestyle disorder.

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