

## RESEARCH PAPER

# A Comparative Clinical Study On Abhakta And Uttarabhaktika Nasya In Vishwachi W.S.R To Cervical Spondylosis-Case Series

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### ABSTRACT

**Background:** Nasya is one among the Panchakarma which is mainly indicated in the Urdhvajatrugata Vyadhi. The nose is the door to consciousness and the pathway to our inner pharmacy. Vishwachi, one amongst the Urdhvajatrugata Vataja Vikara is also treated with Snehana Nasya. Uttarabhaktika Nasya is explained in our classics which is not widely followed. Hence, an attempt is made to understand its clinical efficacy and this is compared with Abhakta Nasya. **Objectives:** 1-To evaluate the efficacy of Abhakta Nasya in Vishwachi. 2-To evaluate the efficacy of Uttarabhaktika Nasya in Vishwachi. 3-To compare the effect of Abhakta Nasya and Uttarabhaktika Nasya in Vishwachi. **Study design:** Present study is "randomized comparative clinical study". 40 subjects diagnosed as having Vishwachi fulfilling the inclusion criteria were selected randomly assigned using block randomization method into following two groups each comprised of 20 subjects. Group A: Dashamoola bala masha yamaka Abhakta Nasya. Group B: Dashamoola bala masha yamaka Uttarabhaktika Nasya. Subjects of both the group were administered Nasya for 7 days. In both the groups assessment was made on 0, 7th, 15th day and conclusion were drawn. Assessment of the condition was done based on the detail proforma adopting standard methods of scoring of subjective and objective parameters which was analysed statistically by using student 't' test with relevant subjective parameters like neck pain, radiating pain in arm, muscle weakness and objective parameters like tenderness, neck disability index and tendon jerks of biceps, triceps and supinator. **Results:** Within the groups all parameters except tendon reflexes showed significant results. Comparative effect of treatment on all the parameters in Group A and Group B showed non-significant results. Both the groups are effective in the management of Vishwachi. However clinically efficacy of Group B showed better results than Group A.

**Keywords:** Abhakta Nasya, Uttarabhaktika Nasya, Dashamoola bala masha Yamaka, Vishwachi, Cervical Spondylosis, Ayurveda

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### INTRODUCTION

The suffering of the whole mankind with one or other ailment is due to improper adaptations in life style to the environmental and social order. Due to highly workaholic, target oriented and fast life style people are not able to attend the basic physical and mental disease-free habits. The irregular and the non-healthy food habits, suppression of natural urges, improper sleep associated with the stressful atmosphere from working station to

home, has become the part of the life. Due to which, society has become more vulnerable for vast variety of physical and mental ailments. Among these, the musculoskeletal and neurological conditions are common in the people who are indulging continuously and excessively in activities like travelling, household work, office job, professionals; who sit in front of the computers for hours together. These etiological factors result in varieties of *Vata Vyadhi*. Amongst these groups of people,

*Vishwachi* is the common most condition with signs and symptoms of *Cheshthani* [Reduced movement] and *Karmakshaya* [functional derangement] of Bahu [shoulder] due to the affliction of *Khandara* of *Hastatala*[hand], *Bahuprishtha*[shoulder] and *Anguli* [fingers]. [1] In contemporary science it can be correlated to cervical spondylosis, a degenerative condition of the cervical spine. The prevalence of cervical spondylosis was 13.76%, although it differs significantly among the urban, suburban, and rural populations (13.07%, 15.97%, and 12.25%) respectively. [2] In Contemporary system of medicine, administration of muscle relaxants, NSAIDs, corticosteroids, etc., gives temporary relief from pain. At the end, the last option left is surgery, which has several complications and may even cause permanent disability. Acharyas have mentioned *Nasya Karma* (Nasal administration of drugs) as the prime treatment modality in management of *Urdhvajatrugata rogas*. As “*Nasa hi shirasodwaram*” the *Nasya karma* helps in relieving almost all diseases of the head and neck easily and also imparts strength to the *Skandha*[shoulder], *Greeva*[neck], *Mukha* [face] and *Vaksha pradesha* [thoracic region]. [3] The *Brimhana Nasya* is told as treatment for *Urdhvajatrugata roga* like *manyagata*, *bahugata* and *amsagata rogas*. [4] *Vishwachi*, one amongst the *Urdhvajatrugata Vata Vikara*[diseases occurring above the shoulder and neck region] is also treated with *Sneha Nasya*. *Uttarabhaktika Nasya* [Nasya administered after food] is explained in our classics which is not widely followed. Hence, an attempt is made to understand its clinical efficacy and this is compared with *Abhakta Nasya* [Nasya on empty stomach]. In the management of *Vatavyadhi*, classics explain the use of *Ghritha* and *Taila* for *Pana*, *Basti*, *Abhyanga* and *Nasya* to pacify the *Vata Dosha*. [5] *Dashamoola bala masha yamaka Sneha* is a *Yamaka Sneha yoga* consisting of *Dashamoola*, *Masha* and *Bala* indicated for *Nasya* in the treatment of *Vishwachi* which has been explained in *Yogaratanakara Vatavyadhi Chikitsa*, has been explored in the present study entitled as “A comparative clinical study on *Abhakta* and *Uttarabhaktika Nasya* in *Vishwachi* w.s.r to cervical spondylosis.” [6]

#### AIMS AND OBJECTIVES

1. To evaluate the efficacy of *Abhakta Nasya* in *Vishwachi*.

2. To evaluate the efficacy of *Uttarabhaktika Nasya* in *Vishwachi*

3. To compare the effect of *Abhakta Nasya* and *Uttarabhaktika Nasya* in *Vishwachi*

#### MATERIALS AND METHODS

Subjects of either sex fulfilling the inclusion criteria diagnosed as *Vishwachi* were selected for the study from the OPD and IPD of Shri Jayachamarajendra Institute of Indian Medicine Hospital, Bengaluru. They were randomly assigned into two groups- *Abhakta Nasya karma* group-(A) and *Uttarabhakta Nasya Karma* group - (B), consisting of 20 subjects in each group by using Block randomization method. Totally 43 subjects were registered for the study out of it 3 were dropped out and study was carried with the 40 subjects.

#### Selection criteria

##### a) Diagnostic criteria:

Diagnosis was done purely based on Lakshanas of *Vishwachi* (*Talam pratyangulinam tu khandara bahu prishata bahvou karma kshaya kaari Vishwachi hi sa smritah*) and X-ray image findings.

##### b) Inclusion criteria:

1. Subjects suffering from classical signs and symptoms of *Vishwachi* were selected.
2. Subjects fit for *Nasya karma*.
3. Subjects in between 18yrs and 70yrs of age

##### c) Exclusion criteria:

1. Subjects who had traumatic, infective and neoplastic conditions of the spine.
2. Subjects who had systemic disorders which had interfered the treatment.
3. Pregnant and lactating women.

#### Intervention of treatment:

Total 40 subjects diagnosed as *Vishwachi* were randomly divided into two equal groups and the groups were named as:

Group A: *Abhakta Nasya Karma* and

Group B: *Uttarabhakata Nasya Karma*

The procedure was administered summarized in the Table no-1, as follows:

Table No-1 : Details of Treatment Plan

	Group-A	Group-B
<b>Purva karma</b>	Abhyanga to the face and the neck with lukewarm <i>Ksheerabala Taila</i> followed by <i>Pata Sweda</i> [towel dipped in hot water] was given	Abhyanga to the face and the neck with lukewarm <i>Ksheerabala Taila</i> followed by <i>Pata Sweda</i> [towel dipped in hot water] was given
<b>Pradhana karma</b>	<b>Nasya karma with 8 Bindu of <i>Dashamoola bala masha yamaka Sneha</i></b> was administered to each nostril for 7 days in <b>morning hours before food</b> (8:30 to 9 am)	<b>Nasya karma with 8 Bindu of <i>Dashamoola bala masha yamaka Sneha</i></b> was administered to each nostril for 7 days in <b>evening hours after food.</b> ( 3:30 to 4 pm)
<b>Paschat karma</b>	In both the Groups After completion of <i>Nasya karma Gandusha</i> with <i>Ushnajala</i> and <i>Dhoomapana</i> with <i>Haridra Varti</i> was performed.	
<b>Treatment Duration</b>	7 consecutive days	7 consecutive days
<b>Follow up</b>	2 weeks	2 weeks
<b>Total study duration</b>	22 days	22days

**Assessment criteria:**

*Samyak Swinna Lakshana* and *Samyak Nasya Lakshana* as well as any complications were noted. The assessment was done based on the effect of therapy on the signs and symptoms of the disease, which were assigned/graded by putting suitable scores. Assessment of the subjects was done on the 1st day (before treatment) and after completion of treatment on 7th day and 2 weeks after the procedure as the follow up of the study to know the results of the therapy.

**A. Subjective parameter:**

1. Neck pain
2. Stiffness
3. Radiating pain in the arm
4. Muscle weakness

**B. Objective parameter:**

1. Tenderness (Reference: Orthopaedic Physical Assessment by David J. Magee)

2. Neck disability index (Reference: Orthopaedic Physical Assessment by David J. Magee)
3. Reflexes- a) biceps b) triceps and c) supinator (Reference: The NINDS {National Institute of Neurological Disorders and Stroke} grading scale for deep tendon reflexes (DTRs))

**Statistical analysis:** The data collected on various parameters was subjected to statistical analysis in terms of Mean, Standard deviation and Standard error (SE). "Unpaired t" test was carried out at  $p < 0.05$ ,  $p < 0.01$ ,  $p < 0.001$ . The obtained results were interpreted as: Insignificant- $P > 0.05$ , Significant  $P < 0.05$ , Highly Significant- $P < 0.01$  and  $P < 0.001$ .

**RESULTS**

The results thus obtained before and after follow up were analysed statistically and summarized in the below tables.

**Effects of *Dashamoola bala masha Yamaka Nasya* in Group-A&B****Table-2, Effect of Group - A on Neck Pain**

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Neck Pain	3.05	AT	0.85	2.20	72.13	0.616	0.141	8.85	<0.05
		AFU	0.80	2.25	73.77	0.786	0.180	9.32	<0.05

Table-3, Effect of Group - B on Neck Pain

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Neck Pain	3.30	AT	0.65	2.65	80.30	0.587	0.135	12.62	<0.05
		AF	0.85	2.45	74.24	0.887	0.204	8.61	<0.05

Table-4, Effect of Group-A on Stiffness

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Stiffness	0.95	AT	0.05	0.90	94.74	1.119	0.257	3.45	<0.05
		AF	0.00	0.95	100.0	1.146	0.263	3.71	<0.05

Table-5, Effect of Group-B on Stiffness

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Stiffness	0.80	AT	0.00	0.80	100.0	0.951	0.218	3.76	<0.05
		AF	0.00	0.80	100.0	0.951	0.218	3.76	<0.05

Table-6, Effect of Group- A on Radiating Pain in the Arm

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Radiating Pain in the Arm	2.65	AT	1.05	1.60	60.38	0.503	0.115	4.35	<0.05
		AF	0.95	1.70	64.15	0.733	0.168	4.81	<0.05

Table-7, Effect of Group-B Radiating Pain in the Arm

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Radiating Pain in the Arm	2.60	AT	0.65	1.95	75.00	0.887	0.204	5.52	<0.05
		AF	0.70	1.90	73.08	0.912	0.209	5.40	<0.05

Table-8, Effect of Group-A on Muscle Weakness

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Muscle Weakness	1.95	AT	0.50	1.45	74.36	0.605	0.139	7.08	<0.05
		AF	0.40	1.55	79.49	0.605	0.139	7.61	<0.05

Table-9, Effect of Group-B on Muscle Weakness

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Muscle Weakness	2.15	AT	0.55	1.60	74.42	0.681	0.156	8.49	<0.05
		AF	0.35	1.80	83.72	0.768	0.176	7.52	<0.05

Table-10, Effect of Group-A Tenderness

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Tenderness	2.15	AT	0.55	1.60	74.42	0.681	0.156	8.48	<0.05
		AF	0.65	1.50	69.77	0.761	0.175	7.52	<0.05

Table-11, Effect of Group-B on Tenderness of *Vishwachi*

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Tenderness	1.95	AT	0.50	1.45	74.36	0.605	0.139	7.07	<0.05
		AF	0.40	1.55	79.49	0.605	0.139	7.61	<0.05

Table-12, Effect of Group-A Neck Disability Index

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Neck Disability Index	2.05	AT	1.45	0.60	29.27	0.503	0.115	3.14	<0.05
		AF	1.50	0.55	26.83	0.510	0.117	2.68	<0.05

Table-13, Effect of Group-B Neck Disability Index

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Neck Disability Index	1.95	AT	1.45	0.50	25.64	0.513	0.118	2.08	<0.05
		AF	1.30	0.65	33.33	0.489	0.112	2.53	<0.05

Table-14, Effect of Group-A on Biceps Reflex

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Biceps	2.00	AT	2.00	0.00	0.00	0.000	0.000	0.00	0.00
		AF	2.00	0.00	0.00	0.000	0.000	0.00	0.00

Table-15, Effect of Group-B on Biceps Reflex

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Biceps	1.95	AT	1.95	0.00	0.00	0.000	0.000	0.00	0.00
		AF	1.95	0.00	0.00	0.000	0.000	0.00	0.00

Table-16, Effect of Group-A Triceps Reflex

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Triceps	2.00	AT	2.00	0.00	0.00	0.000	0.000	0.00	0.00
		AF	2.00	0.00	0.00	0.000	0.000	0.00	0.00

Table-17, Effect of Group-B on Triceps Reflex

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Triceps	1.95	AT	1.95	0.00	0.00	0.000	0.000	0.00	0.00
		AF	1.95	0.00	0.00	0.000	0.000	0.00	0.00

Table-18, Effect of Group-A Supinator Reflex

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Supinator	2.00	AT	2.00	0.00	0.00	0.000	0.000	0.00	0.00
		AF	2.00	0.00	0.00	0.000	0.000	0.00	0.00

Table-19, Effect of Group-B on Supinator Reflex

SYMPTOM	Mean score				%	S.D (±)	S.E (±)	t value	p value
	BT			BT-AT					
Supinator	2.00	AT	2.00	0.00	0.00	0.000	0.000	0.00	0.00
		AF	2.00	0.00	0.00	0.000	0.000	0.00	0.00

**ASSESSMENT OF TOTAL EFFECT OF THERAPY**

Table No 20. Overall effect of Dashamoola bala masha Yamaka Abhakta Nasya in Group-A

EFFECT OF TREATMENT IN GROUP - A		
Class	Grading	No of subjects
0-25%	No change	2
26%-50%	Mild	7
51% - 75%	Moderate	11
76% - 100%	Marked	0

Chart No. -1, Showing Result on Group A

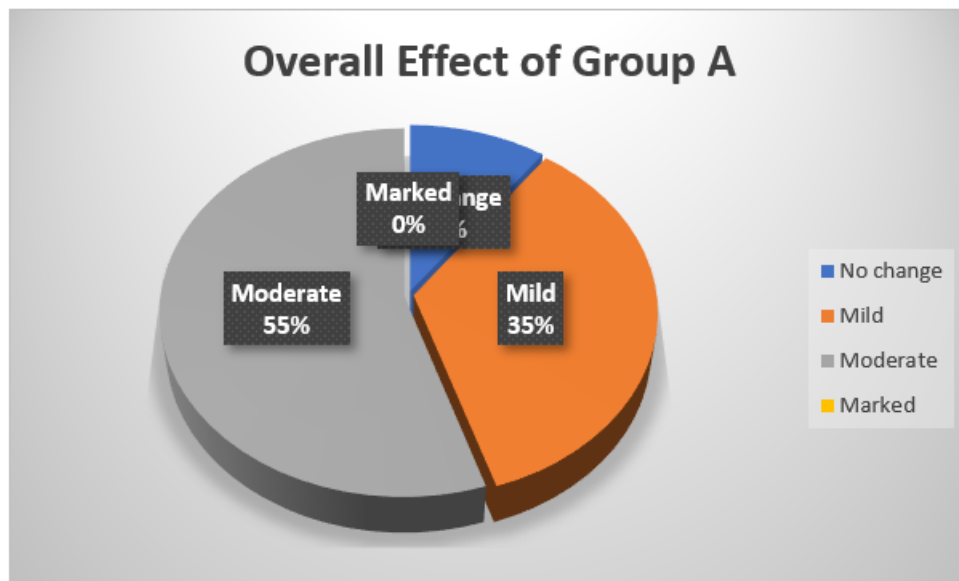
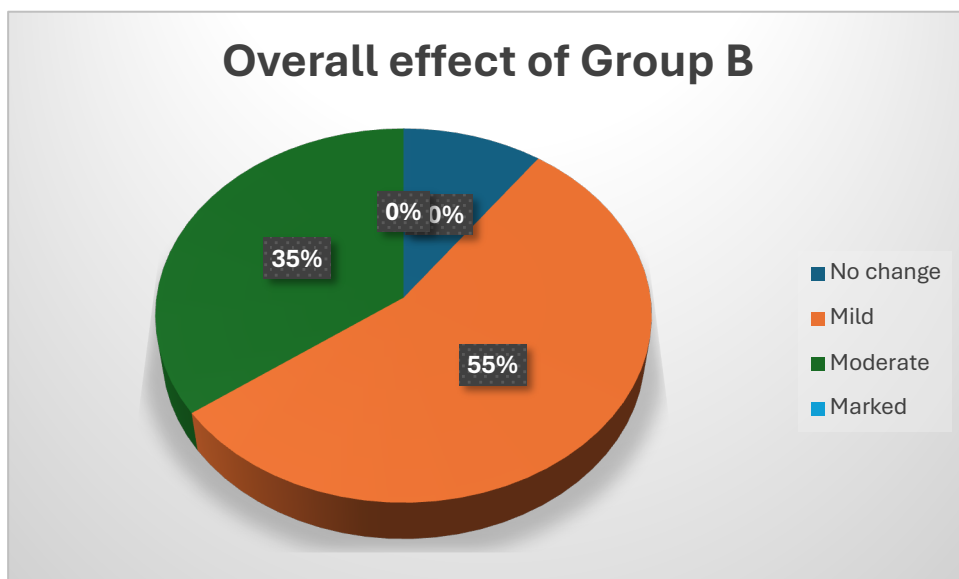


Table No. 21, Overall effect of *Dashamoola bala masha Yamaka Uttarabhakta Nasya* in Group-B

EFFECT OF TREATMENT IN GROUP - B		
Class	Grading	No of subjects
0-25%	No change	0
26%-50%	Mild	9
51% - 75%	Moderate	11
76% - 100%	Marked	0

Chart No. -2, Showing Result on Group B



**Table No.22, Comparative results of Group-A and Group-B**

Signs and Symptoms	Group A (Mean Score)	Group B (Mean Score)	SE	T Value	P Value
Neck Pain	1.57	1.60	0.967	0.155	>0.05
Stiffness	0.50	0.27	0.859	0.138	>0.05
Radiating Pain in the Arm	1.55	1.32	1.534	0.246	>0.05
Muscle Weakness	0.95	1.02	0.689	0.110	>0.05
Tenderness	1.03	0.95	0.657	0.105	>0.05
Neck disability index	1.35	1.57	0.804	0.129	>0.05
Biceps	1.95	2.00	0.224	0.036	>0.05
Triceps	1.95	2.00	0.224	0.036	>0.05
Supinator	2.00	2.00	0.000	0.000	>0.05

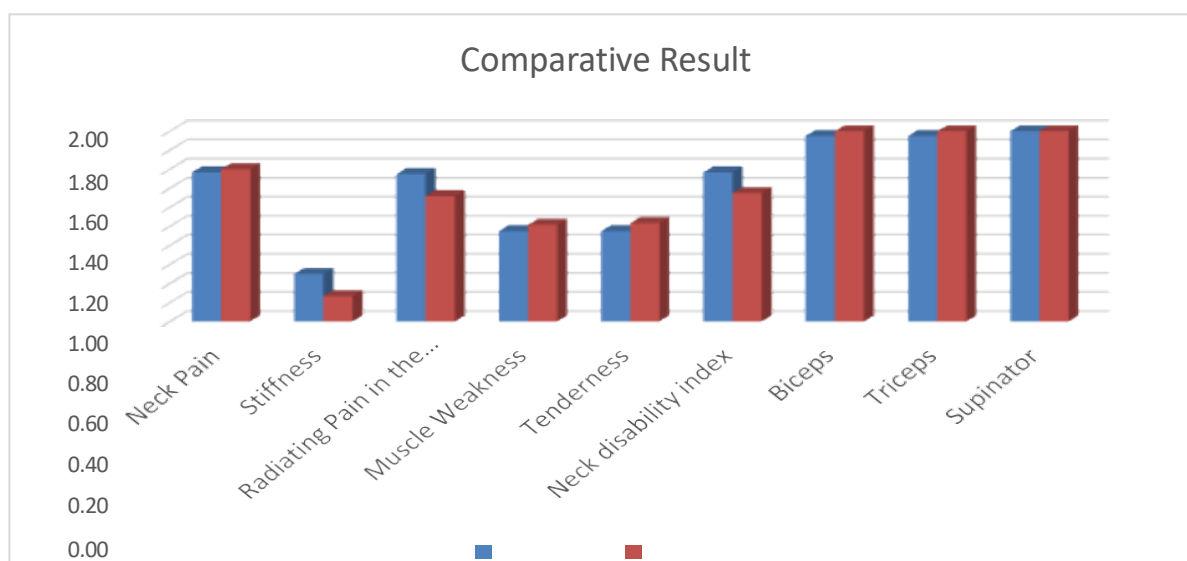
**Table no -23, Comparative results of Group A and Group B in terms of T value**

Group A	Group B	Mean Difference	SE (±)	T value	P value
46.81	52.86	2.16	4.28	1.64	<0.05

Comparative analysis of the overall effect of the treatments in both the groups was done by statistically with unpaired t test. The test shows that the treatment is

significant in Group B when compared to Group A. Group A overall result is 46.81% and Group B overall result is 52.86%.

**Graph no-1, Comparative results of Group-A and Group-B**



**DISCUSSION:**

Nasya Karma is done in the morning hours in empty stomach for 7 days. But Acharya Yogaratnakara and

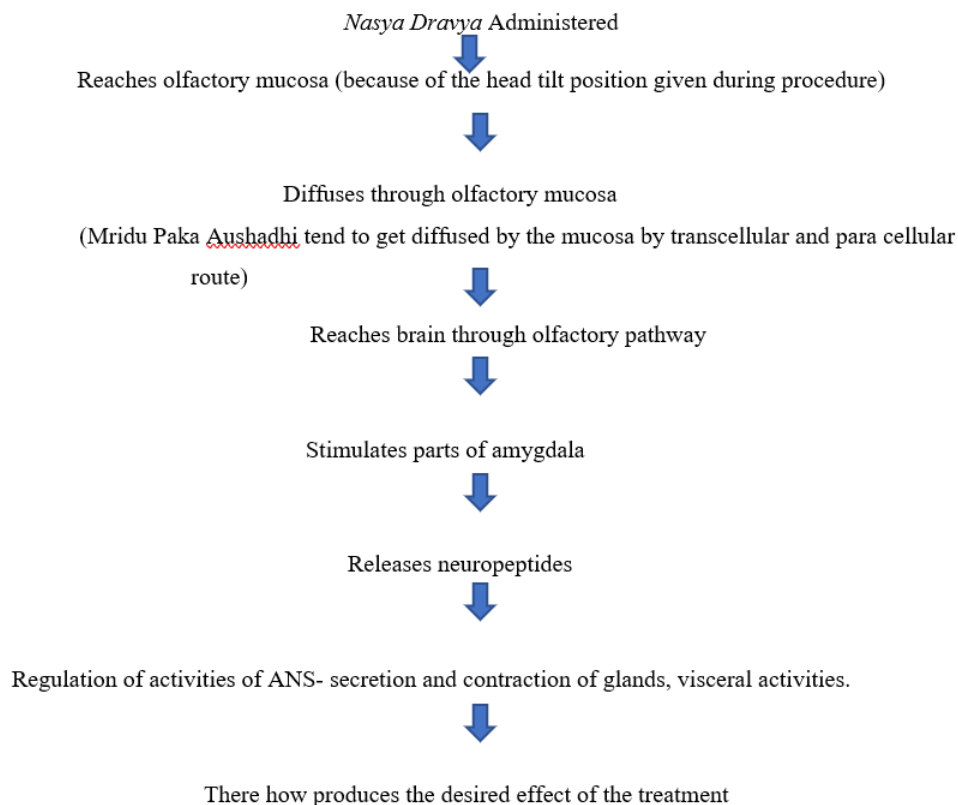
Chakradatta specifically mentioned Uttarahaktika Nasya in the Chikitsa of Vishwachi and Apabahuka in Vatavyadhichikitsa Adhyaya. [7] As Vishwachi is a Vata

*Pradhanaja Tridoshaja Vyadhi* in specific *Vyana vata* will be hampered. Acharya Sharangadhara has told *Anantara* sub class of *Divasabhojana Aushadha Sevana Kala* for *Vyana Vata* regulation and most of the acharyas have mentioned administration of *Nasya* in *Aparahna* (late noon) and *Sayankala* (evening) in *Vataja Vikaras* by considering evening time is predominated by *Vata Dosha*. [8] [9] *Nasya* was done with *Dashamoola bala masha Yamaka Sneha* in Morning hours at 8:30 to 9 am before food in group A and in evening time 3:30 to 4 pm after food in group B. Even though *Bhukata bhakta* (immediately after food) condition is contraindicated in *Nasya Karma* study was undertaken because of its specific reference in the management of *Vishwachi* as “*Sayam bhuktam pibben Nasyam*”. [10] *Ksheerabala Taila* was used for the *Mukhabhyanga* to provide synergistic action on the *Nasya Pradhana karma*. Effect of *Abhyanga* pacifies *Vata* due its action. Therefore, by the law of similarity and dissimilarity the heat generated in this fashion balances the *Sheeta Guna* of *Vata* and also helps to liquefy *Doshas*. *Mukhabhyanga* stimulates the sensory nerve endings thereby producing relaxation of localized musculature. [12] *Pata sweda* which was given as *Purvakarma* helped in reducing stiffness and pain in neck region by the virtue of its qualities like *Stambhaghnam* and *Sheetaghnam*. As *Pata sweda* is having *Ushna Guna* specifically helped to tackle stiffness by removing *Stambha*. The hyperemic action of *Swedana* causes vasodilatation in *Urdhwajatru* and resulting in

increased blood circulation in turn affected on better absorption of *Nasya Dravya*. [13]

In the present study the drug named *Dashamoola bala masha Yamaka* specifically taken for *Sneha Nasya* as mentioned in *Yogaratnakara* for research trial which contains *Dashamoola, Bala, Masha, Murchita Tila taila* and *Murchita Ghrita*. *Dashamoola* is having *Ushna, laghu, Vatakaphashamaka* properties along with *Shothahara, Vedanasthapana* actions. [14] The *Ghrita* has *Snigdha, Mridu, Guru, Manda, Vata-Pitta* hara property which is considered as *Uttama* among the *Sneha*. This drug also contains *Taila* which has *Ushna* and *Laghu Guna, Vata-kaphahara* action. As a whole *Dashamoola bala masha Yamaka Sneha* acts as a *Tridoshashamaka, Shothahara, Vedanasthapana* and carries *Balya* and *Brimhana gunas*. It also has anti-inflammatory properties that reduce swelling, antioxidant properties which removes damaging oxidizing agents that are responsible for various diseases and Analgesic properties which relieves pain.

The mode of action of *Nasya* in treating many of the conditions till date is not exactly explained. Still an attempt made to analyse its possible mode of action and briefed in following flowchart. [15] *Brimhana Nasya* is *Vatahara* so as to reduce pain. On the other hand, *Nasya* gives stimulation to the brain through the olfactory pathway thus inducing the production of *Neuro peptides* which act as pain relievers.



Comparative analysis of the overall effect of the treatments in both the groups was done by statistically with unpaired t test. The test shows that the treatment is significant in Group B when compared to Group A. Group A overall result is 46.81% and Group B overall result is 52.86%. From these results we can consider that *Uttarabhaktika Nasya* Group have better results when compared to *Abhakata Nasya* Group in the present study. This may be because *Nasya* was given after food in the evening time. Giving medicine after food (*Uttarabhakta*) has its own significance in correcting Vitiated *Vyanavayu*. In *Vishwachi* specifically *Vyanavata* gets Vitiates and has its *Sthanasamshraya* in *Greeva Pradesha*. Alongside evening time is considered as *Vata kala* and *Vishwachi* being a *Vatavyadhi*, so *Dashamoola bala masha Yamaka* might have acted more efficiently in combating Vitiated *Vatadosha*. Here in toto, *Nasya Karma* was the procedure of choice pertaining to disease site (*Urdhwajatru Vikara*) along with performing it in *Uttarabhaktika Avastha* and evening time might have given good results considering concepts of *Vyanavata dushti* and *Vatakala*.

## CONCLUSION

*Vishwachi* is a *Shoola Pradhana Vyadhi* which is commonly associated with the *Karma Kshaya of Bahu*. As it is a *Vata* dominated *Urdhwajatrugata Vikara*, the *Chikitsa* of *Vishwachi* includes *Snehana* and *Swedana* followed by *Brimhana Nasya*. All the subjects presented with *Samyak Nasya Lakshana* in both the groups. Hence

*Brimhana* type of *Nasya Karma* has given better results in treating the conditions of *Vishwachi* both clinically and statistically. The study showed that the qualities of individual content of *Dashamoola bala masha yamaka Sneha* had significant role in achieving different parameters through *Nasya Karma*. Compared to Group-A, Group-B showed better results in neck pain, radiation of pain, neck stiffness, muscle weakness in upper limb, tenderness and neck disability index. Performing *Nasya karma* in the *Uttarabhaktika Avastha* during evening time might be the reason for getting better results in Group B when compared to Group A. This shows the importance of *Uttarabhaktika Nasya* in *Vishwachi*.

## Authors Contribution:

Conceptualization and clinical management: S, SB

Data collection and literature search: S, MKH

Writing original draft: S

Reviewing & editing: S&SB

Approval of final manuscript: All authors

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