

# A Review on Role of Itrifal-e-Ustukhuddus in Management of Cervical Spondylosis

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Publication Date: 2025/08/23

**Abstract:** Cervical spondylosis is a progressive degenerative disorder of the cervical spine, frequently associated with aging and lifestyle factors. It commonly presents with neck discomfort, stiffness, and sometimes nerve-related symptoms such as pain radiating to the arms, numbness, or weakness. Conventional management focuses on symptom control through pharmacotherapy, physiotherapy, and, in advanced stages, surgery. However, these interventions may have limitations, especially for long-term management. In Unani medicine, cervical spondylosis corresponds to Waja' al-Raqaba and is understood to arise from a predominance of cold and dry temperament affecting the cervical region, resulting in obstruction of nerve and vascular pathways. Among the classical herbal formulations, Itrifal-e-Ustukhuddus has been widely used for disorders of the nervous system, chronic headaches, and musculoskeletal ailments. It contains ingredients with proven anti-inflammatory, neuroprotective, and analgesic properties. This review compiles current understanding from both modern and Unani perspectives, explores the pharmacological basis of Itrifal-e-Ustukhuddus, and discusses its therapeutic potential in managing cervical spondylosis.

**Keywords:** Cervical Spondylosis, Waja' al-Raqaba, Itrifal-e-Ustukhuddus, Unani Formulations, Lavandula Stoechas.

**How to Cite:** Dr. Zubair Alam; Dr. Ahsan Farouqi; Dr. N. Narsimha; Dr. Lateef Siddiqui; Dr. Urmila Panchal (2025) A Review on Role of Itrifal-e-Ustukhuddus in Management of Cervical Spondylosis. *International Journal of Innovative Science and Research Technology*, 10(8), 984-986. <https://doi.org/10.38124/ijisrt/25aug689>

## I. INTRODUCTION

Cervical spondylosis is a degenerative condition involving wear and tear of intervertebral discs, facet joints, and vertebral bodies in the cervical spine. It is most prevalent in middle-aged and elderly populations, though increasingly reported in younger adults due to sedentary work and prolonged use of digital devices.

Clinically, patients may present with localized neck pain, reduced range of motion, and, in severe cases, radiculopathy or myelopathy. The disorder develops gradually, often beginning with minor stiffness before progressing to chronic pain and neurological symptoms.

In Unani literature, the condition shares characteristics with Waja' al-Raqaba and is described as resulting from Su'-mizaj Barid Yabis (cold-dry temperament imbalance), leading to accumulation of viscous morbid matter that

obstructs the pathways of nerve and blood supply in the cervical region.

## II. ETIOPATHOGENESIS

### ➤ Modern Medicine

- Disc degeneration: Loss of water content and elasticity in intervertebral discs.
- Osteophyte formation: Bony overgrowths impinging on nerve roots.
- Joint changes: Arthritic degeneration of facet joints causing stiffness.
- Contributing factors: Aging, poor posture, repetitive strain, trauma, and genetic predisposition.

➤ *Unani Perspective*

- Disruption of humoral balance, especially Balgham (phlegm) and Safra (yellow bile).
- Development of Sudad (blockages) due to morbid matter accumulation.
- Altered temperament leads to dryness and rigidity in cervical structures, producing pain and stiffness.

### III. MANAGEMENT PRINCIPLES IN UNANI MEDICINE

➤ *Unani Treatment Aims to:*

- Correct temperament imbalance (Ta'dil-e-Mizaj)
- Remove morbid matter (Istifragh-e-Mawad)
- Relieve pain (Taskin-e-Alam)
- Restore nerve and muscle function (Taqwiyat-e-A'sab)

### IV. ITRIFAL-E-USTUKHUDDUS

➤ *Composition*

- Ustukhuddus (*Lavandula stoechas*) – brain tonic, deobstruent, anti-inflammatory
- Halela Siyah (*Terminalia chebula*) – detoxifying, mild laxative, antioxidant
- Balela (*Terminalia belerica*) – anti-inflammatory, resolvent
- Amla (*Emblica officinalis*) – neurotonic, antioxidant, immune booster

➤ *Mode of Action*

- Neurological benefits: Enhances cerebral blood flow and nerve function
- Anti-inflammatory: Reduces swelling and irritation in cervical tissues
- Analgesic effect: Alleviates pain and stiffness
- Channel clearance: Removes blockages, improving mobility

### V. PHARMACOLOGICAL EVIDENCE

➤ *Lavandula Stoechas:*

Shown in experimental studies to have neuroprotective, antioxidant, and analgesic effects.

➤ *Terminalia Species:*

Reported to exhibit anti-inflammatory and free radical scavenging activity.

➤ *Emblica Officinalis:*

Demonstrates neuroprotective properties and supports collagen synthesis for joint health.

## VI. DISCUSSION

Itrifal-e-Ustukhuddus offers a multifaceted approach to cervical spondylosis management by addressing inflammation, nerve health, and temperament correction. Unlike modern painkillers, its herbal composition supports long-term use without notable toxicity. Its use alongside non-pharmacological measures such as Hijama bil Shurt, posture correction, and physiotherapy can provide comprehensive relief.

## VII. CONCLUSION

Itrifal-e-Ustukhuddus holds significant potential as a safe and effective herbal therapy for cervical spondylosis, particularly when viewed from an integrative medicine perspective. Further clinical trials are recommended to establish standardized dosing and validate its efficacy in larger populations.

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