

## Cervical-Origin Diseases

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Cervical spondylosis is a common condition that often presents with symptoms such as neck pain, numbness in the hands, and even paralysis. However, there are rarer types of cervical-related conditions that may exhibit symptoms that seem unrelated to cervical issues, leading to misdiagnosis and improper treatment. These symptoms, however, can also be attributed to cervical spondylosis and are referred to as "cervical-origin diseases."

**Cervical-Origin Dizziness** Cervical-origin dizziness occurs when cervical misalignment or herniated discs compress the vertebral artery or sympathetic nerves, leading to insufficient blood flow to the brain and resulting in dizziness. This type of dizziness is often triggered by neck movement, such as lying down, getting up, or looking down for extended periods, with symptoms ranging from short-lived to prolonged episodes.

**Cervical-Origin Headaches** The nerves that supply the head mostly originate from the neck. When the muscles or bones of the neck are affected by disease, the nerves in this region may be impacted, causing headaches.

**Cervical-Origin Hypertension** Pressure from bone spurs or herniated discs on the sympathetic nerves in the neck can disrupt their function, leading to high blood pressure. This type of hypertension often resolves when the cervical spondylosis is treated.

**Cervical-Origin Angina** If a patient experiences chest pain without relief from medication and normal heart tests, cervical spondylosis should be considered. This condition occurs when the sympathetic nerves that control the heart are irritated, leading to pain in the chest area. Pressing on tender points near the cervical spine can trigger this pain, and the symptoms may worsen with certain head positions but

improve when repositioned, with effective treatment for cervical spondylosis providing relief.

**Cervical-Origin Gastric Issues** Stimulation or injury to the sympathetic nerves in the neck can lead to functional gastrointestinal disturbances, such as excessive tension in the pyloric sphincter, weak peristalsis, and bile reflux. This can irritate the stomach lining and cause discomfort and pain.

**Cervical-Origin Dysphagia** Enlarged bone spurs in the lower cervical vertebrae can compress the esophagus, leading to narrowing and difficulty swallowing. This can often be misdiagnosed as esophageal cancer.

Therefore, when patients experience persistent symptoms such as headaches, dizziness, stomach pain, difficulty swallowing, nausea, or arrhythmias that do not respond to treatment, it may be worth investigating the cervical spine to avoid the common mistake of treating only the symptoms without addressing the root cause.

**Keywords:** Cervical Spondylosis, Dizziness, Headaches, Stomach Pain, Hypertension