



MANAGEMENT OF MANYASTAMBHA (CERVICAL SPONDYLOSIS) THROUGH AYURVEDA- A CASE STUDY.

¹Dr. Prajakta D. Mundane,²Dr. Vaishnavi V. Amle,³Dr. Sadhana A. Kulkarni

¹ PG. Scholar Kaychikitsa Department, R.T. Ayurveda Mahavidyalaya Akola.

² PG. Scholar Kaychikitsa Department, R.T. Ayurveda Mahavidyalaya Akola.

³ Professor and HOD Kaychikitsa Department, R.T. Ayurveda Mahavidyalaya Akola.

ABSTRACT-

Ayurveda is the natural system of Indian Medicine practicing from ancient time and offers many holistic approaches for health management. Ayurveda suggested prevention and management of many diseases including treatment of Manyastambha. Manyastambha is vataja nanatmaja vyadhi Which occurs due to vata prakopaka nidan sevana. The vata dosha gets vitiated and lodges in manya causing stambha and ruja of the neck that ultimately leads to manyastambha.

Manyastambha can be correlated with Cervical spondylosis, a condition manifests as a result of degeneration of cervical vertebrae and osteophyte formation. In present case study, the patient was having complaints of neck pain radiating towards left arm upto index finger. Early degenerative disc spondylosis of cervical spine with multilevel disc desiccation, disc bulges, disc herniation, disc protrusion and disc extrusion with neural identification and compression were reported in his MRI-cervical spine. Effect of manyabasti (Griva basti) and patrapinda sweda along with oral medication of Gokshuradi guggulu, yograj guggulu, Dashmuladi kwath were given, there was complete relief in the complaints like neck pain and stiffness where as the pain in arm was also reduced.

KEYWORDS-

Cervical Spondylosis, Grivabasti, Manyabasti, Patrapinda Sweda, Gokshuradi Guggulu, Yograj Guggulu.

INTRODUCTION-

In Ayurvedic perspective, Grivastambha is one of the eighty types of Vatavyadhi which is characterized by stambha (stiffness) in the neck region, which is commonly seen in spondylosis.

Acharya Sushruta has described manyastambha which is caused by diwaswapa (sleeping during daytime) using pillows inappropriately sleeping and constant gazing in upward direction, leading to the vitiation of vata and kapha dosha. Such causes may stimulate the condition of cervical spondylosis or acute stage of cervical spondylosis.

Cervical spondylosis of the cervical spine produces neck pain radiating to the shoulders or arm with headache, narrowing of the spine canal by osteophytes. ossification of the posterior longitudinal ligament or a long central disc may compress cervical spinal cord. Age gender and occupation are the main risk factor for cervical spondylosis.

MATERIAL AND METHOD-

AIM –To study case of Manyastambha through ayurvedic management.

OBJECTIVE - To manage the case of Manyastambha through ayurvedic shaman and shodhan chikitsa.

CASE REPORT –

A male patient with 31 years of age, construction site worker by profession came on date 16/11/22 to Kaychikitsa OPD of R.T. Ayurveda Mahavidyalaya, Akola Maharashtra with the following main complaints

1. Pain and stiffness over neck
2. Pain over neck radiating to the left arm
3. Tingling sensation over the neck and arm.

After consulting an orthopedicspecialist for the same problem, MRI- wasdone in which

Early degenerative disc disease/spondylosis of cervical spine with multiple disc desiccation, disc bulges, disc herniation, disc protrusion and disc extrusion with neural indentation and compression as above. The patient was under allopathy treatment but there was no relief, so he came to our hospital.

PAST HISTORY

History of fall 6 months before **ASTAVIDH PARIKSHA**

Nadi -70/min Mala-Niram Mutra-SamyakJivha-Niram

Sparsh- Ishat ushna Drink-Prakrut Akrti-Madhyam

GENERAL EXAMINATION

1.B.P. -130/80mmhg 2.Temp-Afebrile 3.CVS-S1S2 Normal

4.CNS-Counscious and oriented

5.RS- Clear

ON EXAMINATION- patient was having

1. tenderness over neck.

2. Neck pain was increasing with forward and backward movement of shoulder, but relived on aduction After thorough examination.

Grivastambha (Manyastambh) or cervical spondylosis was diagnosed and patient was advised for griva basti patrapinda swed with oral ayurvedic medication.

TREATMENT PLAN -

A Schedule was planned with two Panchakarma therapies sessions of griva basti and patrapinda swed .7 days for each session. along with this patient was advised to take following ayurvedic medication throughout the treatment schedule.

NAME OF MEDICATION	DOSE
1)Gokhshuradi guggul	Thrice a day
2)Yogaraj guggul	Thrice a day
3)Dashmul Kwath	20 ml twice a day

GRIVA BASTI –

Griva basti is distinctively developed ayurvedic procedure which is done primarily to pacify aggravated doshas in the neck region especially in chronic cases.

Procedure for griva basti – Paste of mash (black gram flour) is traditionally used to make circular boundary wall in griva basti. Where as in the present case study

. Plastic griva basti moulds has been used. these moulds are available in different sizes. patient is asked to lie down in prone position on the table and towel roll is placed under the chin to make neck region slightly flexed. After this plastic mold is placed over the neck and its margins are sealed with the masha paste (paste of black gram flour and water) then it is kept for 5 minutes to set. now, heated maharayan oil is poured in this circle by using a sponge piece or cotton .Precaution should be taken to maintain oil temperature as tolerated by patient and also for leakage of oil from basti yantra. The oil in basti yantra has to be replaced with warm oil at regular interval. After doing this procedure for 30 minutes, oil is drained out and plastic mold is removed after this a gentle massage is done over the neck and upper back region.

PATRAPINDA SWEDA-

As it is from of swedana, it is generally indicated in Vatakapha Vikara. It can be indicated in following aliment's- Gridhrasi, Sandhivata, Griva stambha, Avabahuka.

Preprocedure

The leaves generally used are Eranda, Nirgundi, Arka, Dhatura, Shigru, etc, other ingrediants like pieces of lemon, coconut grating, Rasnadi Churna , Methika, Saindhava Lavana, Taila etc, cloth for placing the roasted medicine, threads to tie the cloth into bolus , heating apparatus , spoon, pan ,spatula, etc are taken. Fresh leaves 500 gms in quantity should be collected and chopped into small pieces, required quantity of Eranda Oil is taken as per the condition in non- stick pan, Slices of 4 lemons are added into it. When the lemon slices become slightly fried the powder of sahtva and methika 100 gm is added. When the mixture turns brownish saindhav is added and stirred well. Then the leaves one by one are added, thicker leaves are added first then thinner. When the leaves are fried the mixture is taken out the slied leaves and the other ingrediants which are fried and proceed in the herbal oils are tied in a cleancloths. The upper free ends of the cloths are tied with a strong, thick treads so as to form bolus of Patrapinda. for proper conduction of procedure in undisrupted manner.

Procedure –

The bolus is dipped in oil which is kept on heating apparatus at a constant temperature in pan. Potali of Patra are gently rubbed with mild pressure in manner similar to the Abhyanga. The fomentation given by Patra Pinda Swedan was carried out for right arm The duration of the treatment was from 20 to 30 minutes. A uniform temperature of pottali was maintained by dipping

them in heated mixture of medicated decoction This process was carried out until proper sweating occur.

Post Procedure –

After completion of the process, Rasnadi Churna, was applied on the vertex of the patient. Patient was advised to take rest for one hour and take bath with warm water.

ASSESSMENT PARAMETER –

Neck pain Neck stiffness

Pain radiating in arm Vertigo

Sr NO	Parameter	Grading	Observation
1	Neck Pain	0	Absent
		1	Mild and intermittent pain
		2	Moderate and bearable pain
		3	Severe and unbearable pain
2	Neck Stiffness	0	Absent
		1	Mild Stiffness
		2	Moderate Stiffness with partially restricted stiffness

		3	Severe Stiffness with restricted movement
3	Pain in Arm	0	Absent
		1	Mild intermittent pain overarm
		2	Moderate pain with occasional tingling sensation
		3	Severe pain radiating from neck with tingling sensation
4	Vertigo	0	Absent
		1	Occasional
		2	1 to 3 times in a week
		3	More than 3 times in a week

OBSERVATIONS AND RESULTS

Observations seen in different parameters before and after the course of treatment are as follow

Sr No	Parameters	Before treatment	After First Session	After Second Session
1	Neck pain	3	2	1
2	Neck stiffness	3	1	0
3	Pain in arms	3	2	1
4	Vertigo	2	1	0

DISCUSSION –

In Ayurveda, the main etiological factors for the onset of manyastambha is considered as vitiated vata and kapha dosha. In the present case study, a special

schedule was adopted to manage cervical spondylosis with prime focus to elevate vata and kapha dosha. Mahanarayana oil was used for griva basti which has been indicated in different types of vata vyadhi and it also provides strength to the local soft tissues. Patrapinda swedan helps in elimination of vata, kapha dosha and clears obstruction in the channels. Yogaraj Guggulu is special Ayurvedic formulation for vata vyadhi which contains drug like Triphala, Shudha Guggulu, Pimpali, Chavya, Adraka, Hingu, Chitrak, Ajmoda, Sasharpa, Nirgundi, Kutaja, Vidanga, Gajapimpali, Ativesha, Kutaki, Vacha, Mustaka, Bharangi ,etc these drugs are having vata kapha elimination property. Gokshuradi Guggulu contains drug like Gokshur, Guggulu, Triphala, Trikatu, Nagarmotha, etc which are having vata kapha shothahar property Dashamula kwath is a well known ayurvedic medicine having anti-inflammatory analgesic effect. A combination of Yograj Guggul Gokshuradi Guggul and Dashamul Kwatha has vata kapha elevating, Anti -inflammatory and Analgesic properties. In this study patient was having neck pain with stiffness in which patient has significant relief after first session. Complete relief in pain, stiffness and tingling sensation were observed after second session other parameters like pain in arm has also shown a significant improvement during the treatment.

CONCLUSION-

It is to conclude that combination of ayurvedic therapies like Griva basti and Patrapinda along with oral medication Yograj Guggulu, Gokshuradi Guggulu, Dashamul kwatha have significant role in the management of cervical spondylosis of cervical spine.

REFERENCES

1. Trikamji Yadavji Acharya, Agniveshakrita Charka samhita , Chakrapani commentary, Sutrasthan, Chapter 20, Maharoga adhyaya verse no. 11 Varanasi Chaukhamba Surbharti prakashan; Reprint 2011.P-113.
2. Shastri Ambikadutta, Sushruta samhita by Maharani Sushruta, Nidan sthana, Chapter 1, Vatavyadhi nidana, Vere no. 67, Varanasi, Chaukhambha Sanskrit Sansthan,Reprint 2007, P-234.
3. Kasper,Fauci et al. Harrison's Principle of Internal Medicine, 19th edition,McGraw hill, 2015, P-122.
4. Sudhir singh et al. Risk factors in cervical spondylosis, journal of clinical orthopaedics and trauma, December 2014, Volume 5, Issue 4, P.221-226.
5. Chaturvediji Sutrasthana, Charka Samhita of Agnivesha Elaborated by Charka Samhita of Agnivesha Elaborated by Charka and Drudhabala Reprinted Part 1, Chapter 20, Shloka 13, Vidhyotini Vyakhya Chaukhamba Bharti Academy prakashan, Varanasi, 2008.P-402.
6. Charka,Charka Samhita ,Sutrasthana Swedoadhyay, 14/3, edited by Pandit Rajeshwaradatta

Shastri, Chaukhambha Bharti Academy ,Varanasi 2013,P-281.

7. Shastri Ambikadutta, Bhaishajya Ratnavali Chikitsa by Govind Das, Chapter 26, Vatavyadhi Chikitsa, Vere no.343-354 Varanasi, Chaukhamba prakashan, Reprint2011, P-650.

8. Mishra S. Bhaishjya Ratnawali of Kaviraj Shri Govind Das Sen Elaborated edited with Siddiprada Hindi Commentary, Shloka 152-157, 1st ed.Vol.1, Chapter 29, Chaukhambha Surbharti prakashan, Varanasi 2005, P-608.

9. Lochan K. Bhaisajya Ratnavali of Govindasji Bhaishajyaratna Commented upon by Vaidya Shri Ambika Datta Shastri, 2006 Edition, Verse No.37, Vol 2, Chapter 29, Chaukhambha Sanskrit Sansthana, Varanasi 2006, P-335.

10.Sarngadharacharya,Pandit Parasurama,ed.Sarngadhara Samhita,Madhyam Khanda,Verse No-84,85,86,Varanasi,Chaukhambha Orientalia,Page No204,205.

