



Effect of *Vatavidhwansana Rasa* with *Bhringaraja Taila Nasya* in the management of *Manyastambha* with special reference to Cervical Spondylosis – A Case Study

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ABSTRACT:

Manyastambha is one among the 80 *Vataja Nanatmaja Vyadhi*, is characterized by *Ruk* and *Stambha* in the *Manyapradesha* due to vitiation of *Vata* either by *Avarana* of *Kapha* or *Dhatu Kshaya*, and can be closely correlated with Cervical Spondylosis. Cervical spondylosis is rising trend worldwide, especially in younger age group because of using computers, smartphone, sedentary lifestyle and faulty posture. India shows an incidence of 3.5 cases per 1000 population. According to Indian State Level Disease Burden, Neck pain is the 3rd leading cause of YLDs in Karnataka.

The 36 years old female, who is non-hypertensive and non-diabetic presented with Pain and stiffness in Right side of neck and shoulder, radiating to Right hand since 3 to 4 months. Based on examination and classical symptoms, she was diagnosed with *Manyastambha*. The patient was administered *Vatavidhwansana Rasa* for 15 days, along with *Nasya Karma* using *Bhringaraja Taila* for 7 consecutive days. the patient reported significant relief in stiffness and pain, with improved range of motion in the cervical region. No adverse reactions were observed. Follow-up after 10 days showed sustained improvement with no recurrence of symptoms.

Keywords: *Manyastambha*, Cervical spondylosis, *Vatavidhwansana Rasa*, *Bhringaraja Taila Nasya*.

INTRODUCTION:

Manyastambha is one among the 80 *Vataja Nanatmaja Vyadhi*.¹ *Manyastambha* is understood by two words – “*Manya*” and “*Stambha*”. *Manya* is *Greeva Paschadbhaga*² (Posterior part of the Neck) and *Stambha* means *Nishalikarana*³ (stiff or immovable). *Manyastambha* occurs due to *Avarana* of *Vata* by *Kapha* leads to *Ruk* (pain) and *Stambha* (stiffness) at *Manyapradesha*⁴. The cardinal features of *Manyastambha* can be clinically correlated with symptoms of Cervical Spondylosis.

Cervical spondylosis is a degenerative condition of the cervical spine and symptoms manifest as neck pain, neck stiffness and can be accompanied by radicular symptoms when there is compression of neural structures⁵. It is common in the middle aged and elderly; India shows an incidence of 3.5 cases per 1000 population, with male to female ratio of 3:1⁶. According to Indian State Level Disease Burden, Neck pain is the 3rd leading cause of YLDs in Karnataka.⁷

In contemporary science, cervical spondylosis is managed by Analgesics, NSAID, Physiotherapy, cervical traction, short-wave diathermy, cervical collar and surgical intervention⁸. Long term intake of NSAID, Analgesics may cause mild to serious systemic illness⁹.

Ayurvedic textbooks have mentioned various treatment modalities like *Nasya Karma*, *Rooksha Sweda*¹⁰, *Nasapana*¹¹, *Kukkutanda Sweda*, *Abhyanga*¹² and also *Shamanoushadhis* for the management of *Manyastambha*. In this context, *Vatavidhwansana Rasa*¹³ which is having Analgesic and Anti-inflammatory action¹⁴ and *Bhringaraja Taila Nasya*¹⁵ offer effective in the management of *Manyastambha*.

CASE STUDY:

Chief complaints: Pain and stiffness in Right side of neck and shoulder, radiating to Right hand since 3 to 4 months.

History of present illness –The 36 years old female patient was apparently healthy 4 months back. Then she gradually developed pain and stiffness in Right side of neck and shoulder radiating to Right upper limb. Symptoms got aggravated with cold exposure, cloudy weather and physical exertion relived after rest and hot fomentation. For this she took allopathic treatment and got relief. After stoppage of medicine same symptoms reoccurred. So, the patient visited BVVS AMC&H, Bagalkot for further treatment.

Past history -Patient is not K/C/O Hypertension, Diabetes mellitus, Thyroid disorder.

Past treatment history –Tab. Zerodol- MR, Diclogel E/A

Family history – Nothing significant

Personal history

Diet – Mixed

Appetite – Good

Bowel- Regular

Micturition – Regular

Sleep- Sound

Habits- None

General examination-

Built – Normosthenic

PICCLE- NAD

BMI- 23.7kg/m²

Vital signs:

BP-120/70 mm Hg

PR- 74 b/min

RR- 17 c/min

Temperature- 98⁰ F

ASTASTHANA PAREEKSHA:

1.	Nadi	Vataja
2.	Mala	Prakruta
3.	Mutra	Prakruta
4.	Jivha	Nirlipta
5.	Shabdha	Prakruta
6.	Sparsha	Anushnasheeta
7.	Drik	Prakruta
8.	Aakriti	Madhyama

DASHAVIDHA PARIKSHA:

1	Prakriti	Vata Pittaja
2	Vikruti	Vata Kapha
3	Sara	Madhyama
4	Samhanana	Madhyama
5	Pramana	Madhyama
6	Satmya	Vyamishra
7	Satva	Madhyama
8	Ahara Shakti	
	Abhyavaharana Shakti	Pravara
	Jarana Shakti	Pravara
9	Vyayama Shakti	Madhayama
10	Vaya	Madhyama

Systemic examination-

CNS – Conscious, well oriented to time, place, person

CVS- S1, S2 heard, no added sounds

RS- clear, AEBE

PA- Soft, non-tender

Musculoskeletal Examination of Cervical Spine

A. Inspection

1. Deformity: absent

2. Swelling: absent

3. Discoloration: absent

4. Scar mark: absent

B. Palpation

1. Local temperature: absent

2. Tenderness: Right side of neck and shoulder

3. Swelling: absent

C. Range of Movement of Cervical Spine

Flexion	65
Extension	55
Left lateral flexion	60
Right lateral flexion	65

SPECIFIC TEST:**Spurling's test:** Positive**Neck distraction test:** Negative**Lhermitte's sign:** Negative**VAS score:** 04**NIDANA PANCHAKA****Nidana :**

Aharaja	Viharaja	Manasika
Rooksha	Vivruta Asana	Chinta
Sheeta	Vivruthadwa Nirikshana	
Vishamashana	Ati vyayama	

Poorvaroopa: Avyakta**Roopa :** Manya ruk, Manyastambha

Samprapti : Nidana
 ↓
 Vata and Kapha Prakopa
 ↓
 Kaphavarana
 ↓
 Sthanasamshraya in Manya Gata siras
 ↓
 Manyastambha

Upashaya: Vishrama, Abhyanga followed by Ushna Dhara**Anupashaya:** Ativyayama, Sheetamruta**Samprapti Ghataka:****Dosha:** Vata Kapha**Doosha:** Rakta, Mamsa, Meda, Asthi**Agni:** Dhatwagni mandya**Ama:** Dhatwagni mandya**Srotas:** Rakta, Mamsa, Asthi, Majja**Srotodushti:** Sanga**Udbhavasthana:** Amapakwashaya**Sanchara sthana:** Rasayani**Vyakta sthana:** Manya**Adhishtana:** Manya**Roga marga:** Madhyama**Vyadhi Swabhava:** Chirakari**CHIKITSA:**

Aushadhi	Matra	Kala	Anupana	Duration
Bhringaraja Taila Nasya	8 drops [Each nostril]	Morning	—	1 st -7 th day
Vatavidhwansana Rasa	1 tab (150mg) BD	After food	Sukoshna jala	1 st -15 th day

CRITERIA FOR ASSESSMENT OF PARAMETERS ¹⁶

Gradings for Assessment of Subjective Parameter

Grades	<i>Ruk</i> (neck pain)	<i>Stambha</i> (neck stiffness)
Grade 0	No neck pain	No stiffness
Grade 1	Neck pain aggravates with movement	Morning stiffness
Grade 2	Neck pain without movement	Later hour stiffness on same day
Grade 3	Neck pain which disturbs the sleep	Continuous stiffness

Gradings for Assessment of Objective Parameter

Range of Movements of Cervical Spine:

Grades	Flexion
Grade 0	No restriction i.e., able to touch the interclavicular line, 80°
Grade 1	Movement from 70° – 80°
Grade 2	Movement from 60° - 70°
Grade 3	Movement less than 60°

Grades	Extension
Grade 0	Normal i.e., able to extend the head up to the level when tip of the nose and forehead become in horizontal plane, 40°
Grade 1	Movement from 40° - 50°
Grade 2	Movement from 50° – 60°
Grade 3	Movement more than 60°

Grades	Lateral flexion (Right /Left)
Grade 0	Normal i.e., ear able to touch the shoulder tip, 45°
Grade 1	Movement from 45° - 55°
Grade 2	Movement from 55° - 65°
Grade 3	Movement more than 65°

RESULT:

SUBJECTIVE PARAMETERS:

Parameters	Before treatment 1 st day	Observation 7 th day	After treatment 16 th day	On Follow up 25 th day
<i>Ruk</i>	Grade -2	Grade -0	Grade -0	Grade -0
<i>Stambha</i>	Grade -2	Grade -0	Grade -0	Grade -0

OBJECTIVE PARAMETERS:

Parameters	Before treatment 1 st day	Observation 7 th day	After treatment 16 th day	Follow up 25 th day
Flexion	Grade -2	Grade -1	Grade -0	Grade -0
Extension	Grade -2	Grade -0	Grade -0	Grade -0
Left lateral flexion	Grade -2	Grade -1	Grade -1	Grade -0
Right lateral flexion	Grade -2	Grade -1	Grade -0	Grade -0

DISCUSSION:

Manyastambha occurs due to *Avarana* of *Vata* by *Kapha* at *Manyapradesha*. As *Manyastambha* is considered as one among the *Urdhwajatrugata Roga* and among *Panchakarma*, *Nasya Karma* is the prime line of treatment for *Urdhwajatrugata roga*. *Nasya* reaches the *Shringataka marma*, spreads all over, scratches the morbid *Doshas* of *Urdhwajatru* and excretes them from *Uttamanga*. It helps to relieve the pain and stiffness of the neck by increasing vasodilation and enhancing the vital circulatory process of the body and thus providing strength to the neck and shoulder. So, for *Nasya Karma*, *Bhringaraja Taila* was chosen.

Bhringaraja Taila acts locally as well as systemically to pacify *Vata-Kapha dosha* and relieve symptoms of *Manyastambha*. The *Ushna virya*, *Katu-Tikta rasa* and *Ruksha guna* help in clearing *srotorodha* in the head and neck region, thereby reducing stiffness and heaviness caused by *Kapha*. Its *Snigdha guna* and *Madhura rasa* provide unctuousness and nourishment, pacifying aggravated *Vata* which is the prime factor in *Manyastambha*. The *Shothahara* property of *Manjishtha* and *Nagakesara* helps reduce local inflammation and congestion in cervical and surrounding tissues. *Balya dravyas* like *Bhringaraja*, *Tila* and *Bala* strengthen the nervous and musculoskeletal structures and preventing *dhatu kshaya*. Additionally, *Bhringaraja* and *Yashtimadhu* act as potent

Rasayana, nourishing the *dhatu*s, enhancing tissue repair and regeneration, and improving overall vitality. Thus, *Bhringaraja Taila* exerts its action in *Manyastambha* through its *Vata-Kaphahara*, *Balya*, *Rasayana*, *Shothahara* and *Vedanasthapaka* properties. The *Vatavidhwansana Rasa* possesses *Katu* and *Tikta rasa*, *Laghu* and *Ruksha guna* along with *Ushna virya*, which help in pacifying *Kapha* by reducing *srotorodha* and clearing *ama*. Its *Snigdha guna*, *Ushna virya* and *Madhura vipaka* contribute to *Vata shamana*, thereby relieving stiffness and pain at the cervical region. Ingredients like *Trikatu*, *Gandhaka* and *Chitraka* enhance *Deepana-Pachana*, thus facilitating *Amapachana* and correcting impaired *Agni*, which is an important factor in any pathogenesis. *Vangabhasma* and *Trikatu* act as *Shoolagna*, providing analgesic effect, while *Gandhaka*, *Shunthi* and *Chitraka* exhibit *Shothahara* action, thereby reducing inflammation and swelling. The presence of *Parada*, *Vangabhasma*, *Lohabhasma*, *Tamrabhasma*, *Abhrakabhasma*, *Pippali*, *Vatsanabha*, *Amalaki* and *Bhringaraja* impart strong *Rasayana* properties, rejuvenating tissues and preventing further degeneration. In addition, *Parada*, *Gandhaka*, *Nagabhasma*, *Vangabhasma*, *Abhraka*, *Lohabhasma*, *Tankana* and *Vatsanabha* act as *Balya*, strengthening the body and promoting *Dhatupushti*, which helps in counteracting *dhatu kshaya*—a key factor in cervical spondylosis. The *Bhavana dravyas* like *Trikatu*, *Triphala*, *Chitraka*, *Bhringaraja* and *Nirgundi* further potentiate the formulation by contributing *Shoolagna*, *Anulomaka*, *Amapachaka*, *Shothahara*, *Balya* and *Rasayana* effects. Thus, *Vatavidhwansana Rasa* acts in *Manyastambha* mainly through its combined properties of *Vata-Kaphahara*, *Amapachana*, *Vedanasthapana*, *Shothahara*, *Rasayana* and *Balya* effects.

CONCLUSION:

Manyastambha is caused due to *Avarana* of *Kapha* by *Vata*, thus removal of *Avarana* is first line of management. *Bhringaraja taila* administered in the form of *Nasya* will remove the obstruction and strengthens the *Greeva* and *Skanda* and it exerts its action in *Manyastambha* through its *Vata-Kaphahara*, *Balya*, *Rasayana*, *Shothahara* and *Vedanasthapaka* properties. *Vatavidhwansana Rasa* by its Analgesic and Anti-inflammatory action provided significant improvement in the management of *Manyastambha*.

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