

## EVALUATION OF THE EFFICACY OF MASHADI TAIL NASYA IN THE MANAGEMENT OF MANYASTAMBHA WITH SPECIAL REFERENCE TO CERVICAL SPONDYLOSIS

Vd. Sachin PandurangKale<sup>1</sup>, Vd.R.D.Sonwane<sup>2</sup>

<sup>1</sup>PG Scholar, <sup>2</sup>Guide & Associate Professor,

Department of Panchakarma, C.S.M.S.S.Ayurved Mahavidyalaya

### ABSTRACT

In today's era, human life is more stressful. Due to change in life style, professional stress, travelling, food habits, peoples are more susceptible for various degenerative disorders like *Manyastambha*. *Manyastambha* is the clinical entity in which the back of neck becomes stiff or rigid, pain, *Stambha* in cervical region. It is a commonest degenerative disease by which larger group of community has been affected. *Manyastambha* has been enumerated in eighty *Nanatmja Vyadhis*. It can be clinically co-related with cervical Spondylosis. *Nasya* is the best treatment of choice in *urdhwajatrugata Vyadhis*. In *Samhita*, elaborated that *Mashadi tail nasya* is effective in *manyastambha*. *Mash* is a *Balyakar* which give strength to the cervical muscles. *Mashadi Tail* has properties which are beneficial in *manyastambha*. Thus here an attempt has been made to Evaluation of the efficacy of *Mashadi Tail Nasya* in the management of *Manyastambha* with special reference to Cervical Spondylosis

**Keywords:** *Manyastambh, Nasya, Mashadi Tail.*

### INTRODUCTION

In today's era human life is affected by many degenerative problems because of change in life style, food habit, stress, travelling, lack of exercise are becoming part of life. These life style modifications have long term effect on healthy status of human being. The diseases of joints and locomotors system are one of sequels of modern advancement. Cervical Spondylosis is degeneration of cervical spine that most likely caused by age related changes in intervertebral disc.

The vitiated obstructs the channels of *Vata* leading to painful and restricted neck movements. The *Manyastambh* can be clinically correlated with cervical Spondylosis. It's a degenerative condition by

which the larger group of community has been affected.

The *Manyastambh* is disease which causes *Ruk* (pain), *Toda*, *Stambh* (stiffness), restricted movements in *Manya Pradesh*. According to *Ayurveda* texts, wrong sleeping positions, use of large pillows, *Di-waswap*, watching downwards, upwards for the side for long time, causing overstretching of neck are specific causes of *Manyastambh* due to above mentioned life style *Vata* and *Kapha* entity get vitiated causes *Manyastambh*.

There are medicinal & surgical treatment approaches to treat this condition which is often associated with many adverse effect. In *ayurvedic Samhitas* it is

elaborated that *Mashadi tail nasya* is effective in *Manyastambha*. *Nasya karma* is considered as the prime treatment for *urdhwajatrugata Vikara*. It is one of *panchakarma* in which the medicine is installed in nose. Strength of fibrous tissue that causes increased movements and flexibility of cervical joints and relieves the pain

According to *Ayurveda Nasya* is one of the best lines of treatment for the management of *Manyastambh*, which decreases level of *Prakupit Vata* and *Kapha Dosha* and improves the strength of fibrous tissue that causes increased movements and flexibility of cervical joints and relieves the pain.

*Taila (Snehan)* have properties which are opposite to *Vata Dosha* which decreases the *Prakupit Vata Dosha*. Hence the present study was undertaken to assess the efficacy of *Mashadi tail nasya* in the management of *Manyastambha* w.s.r. to cervical Spondylosis.

#### AIM AND OBJECTIVES:

**AIM:** Evaluate the efficacy of *Mashadi Taila Nasya* in the management of *Manyastambh*.

#### OBJECTIVES:

- To evaluate the effect of *Mashadi Taila Nasya* in *Manyastambh*.
- To study cervical Spondylosis by both *Ayurved* and modern science point of view

#### Study Design:-

##### Diagnosis Criteria –

Patients with classical sign and symptoms of *manyastambh* with that of cervical Spondylosis i.e. pain at neck region, *Stambha* (stiffness) were selected for clinical study.

##### Inclusion Criteria-

- Well diagnosed patients of *Manyastambh*.

- Patients between age group of 20-70
- Patients fit for *nasya karma*.

##### Exclusion Criteria-

- Cervical vertebra fracture
- Cervical rib, cervical canal stenosis
- Congenital Torticollis

##### Material & method:-

- *Mashadi tail :-Mash, Rasna, Bala, Arand, Rohishtrun, Ashwaganga, Hinga, Saindhaw, Kapikachu beej, Til Tail.*

- clinical study include total 20 patients which are diagnosed

**Type of Nasya & Dose:** *Marsh Nasya*. (6 *Bindu*)

**Total study Duration:** - 7days

##### METHOD OF TREATMENT NASYA:-

###### A) *Poorvakarma*:-

- Drug and instruments for *Snehan, Swedan* and *Nasya* collected.
- Patients lie down *Nasya* table comfortably for *Snehan* and *Swedan* purpose
- *Abhyanga* with lukewarm *Taila* done over forehead, shoulder, hand, cervical region
- *Mrudu Swedan* given after covering eyes with cotton swab till the *Swedot-patti* on forehead.

###### B) *Pradhankarma*:-

- After completion of *Poorvakarma* patients head lowered in 45 degree angle from edge of table.
- Patients advised to relax with the closing eyes
- Selected *Marsh Nasya* dose i.e.6 *bindu Mashadi Taila Nasya* administered to the Patients.

###### C) *Pashchyatkarma*:-

- After *Pradhankarma* patient advised to lie in supine position for 100 *Matrakala*.
- Forehead, frontal, maxillary and temporal areas massaged.

- *Pathya -apathya* of *Nasya Karma Vidhi* advised to the patient

**Subjective criteria**

- *Manyashool*(pain)
- *Stambh*(stiffness)
- *Gaurav* (Heaviness)
- *Chimchimayan*(Numbness)

a) **Manyashool(Pain)** by VAS analogue scale.

<b>Grade 0</b>	<b>No pain</b>
<b>Grade 1</b>	Mild, pain occasionally (1-3 score)
<b>Grade2</b>	More than mild but tolerable pain (4-6 score)
<b>Grade3</b>	Sevear pain continuous (7-10 score)

b) **Stambh(Stiffness)**

<b>Grade 0</b>	<b>Absent</b>
<b>Grade 1</b>	Mild, occasionally
<b>Grade 2</b>	Moderate, for 30-1 hr daily
<b>Grade 3</b>	Sevear, persistent

c) **Gaurav (Heaviness)**

<b>Grade 0</b>	<b>Absent</b>
<b>Grade 1</b>	Mild, occasionally for 10-30 min
<b>Grade2</b>	Moderate for 30-1 hr
<b>Grade3</b>	Severe Persistence>1 hr

d) **Chimchimayan (Numbness)**

<b>Grade 0</b>	<b>No Chimchimayan</b>
<b>Grade 1</b>	Mild ,occasionally
<b>Grade 2</b>	Moderate, during work
<b>Grade 3</b>	Severe, continuous

**Objective Criteria:**

<b>Cervical movement</b>	<b>Normal movement in degree</b>
<b>1)Flexion</b>	<b>50</b>
<b>2)Extension</b>	<b>60</b>
<b>3)Lf and Rt flexion</b>	<b>45</b>
<b>4)Rt and Lf Rotation</b>	<b>80</b>

a) **Mobility flexion**

<b>Grade 0</b>	<b>Normal i.e. 50 degree. able to touch chin &amp; chest</b>
<b>Grade 1</b>	38 to 49 degree of total neck movement
<b>Grade 2</b>	25 to 37 degree of total neck movement
<b>Grade 3</b>	13 to 24 degree of total neck movement
<b>Grade 4</b>	No flexion of neck

b) **Extension –**

**Objective Criteria**

- Flexion Left & Right
- Extension
- Rotation
- Flexion

**CRITERIA FOR ASSESEMENT**

- **Subjective criteria :-**

<b>Grade 0</b>	<b>Normal i.e. 60 degree extension of head up to back</b>
<b>Grade 1</b>	45 to 59 degree of total neck movement
<b>Grade 2</b>	30 to 44 degree of total neck movement
<b>Grade3</b>	15 to 29 degree of total movement
<b>Grade 4</b>	No extension of neck

**c) Lateral flexion (Rt& Lf)**

<b>Grade 0</b>	<b>Normal i.e. 45 degree ear touch to shoulder tip</b>
<b>Grade 1</b>	34 to 44 degree of total neck movement
<b>Grade 2</b>	23 to 33 degree of total neck movement
<b>Grade 3</b>	12 to 22 degree of total neck movement
<b>Grade 4</b>	No flexion of neck

**d) Rotation of neck (Rt & Lf)**

<b>Grade 0</b>	<b>Normal i.e.80 degree, able to make complete rotation</b>
<b>Grade 1</b>	60 to 79 degree of total neck movement
<b>Grade2</b>	40 to 59 degree of total neck movement
<b>Grade3</b>	20 to 39 degree of total neck movement
<b>Grade4</b>	No rotation of neck

This range of movement of the neck will be measure with the help of **Goniometry** as before, after & at follow up

**RESULT**

**Table for signs and Symptoms score**

<b>Sr.No</b>	<b>Criteria for assessment</b>	<b>Grade</b>
<b>1</b>	No effect of treatment	3
<b>2</b>	Mild improvement	2
<b>3</b>	Moderate improvement	1
<b>4</b>	Complete Relive of treatment	0

In the present study the trial was conducted on 20 diagnosed patients. All patients were assessed before and after treatment using above parameters and the measure-

ment of neck angle by **Goniometry**. Assessment criteria are subjective and objective hence chi square test & paired T test is used.

**Statistical analysis**

<b>Assessment Criteria</b>	<b>Mean BT</b>	<b>Mean AT</b>	<b>SD</b>	<b>SEM</b>	<b>Pr&gt; t </b>
<b>Flexion</b>	31.77	50	3.821	0.6976	<0.0001
<b>Extension</b>	33.33	60	5.511	1.006	<0.0001
<b>Lt. Lat. Flex</b>	29.77	45	3.360	0.6134	<0.0001
<b>Rt.Lat.flex</b>	28.80	45	3.718	0.6787	<0.0001
<b>Lt. Rotation</b>	39.77	80	7.342	1.341	<0.0001
<b>Rt Rotation</b>	40.57	80	6.673	1.218	<0.0001

The statistical analysis was done using graphical prism software and observed that the obtained P value are <0.0001 at 29 de-

gree of freedom which is highly significant hence *Mashadi tail Nasya* is effective in the management of *manyastambh*.

## OBSERVATION AND DISCUSSION

Manyastambha is a disease of cervical region. It has symptoms of *Ruk*, *Stambha* and restricted movement of neck. *Nasya* is one of the panchakarma procedures in which medicated oil, *qwath*, *Gruta* is administered through nostrils. *Masahdi tail nasya* (6 bindu in each nostril) given to the 20 patients for 7days.

Follow up was taken on 1<sup>st</sup>& 7<sup>th</sup> day. Assessment of patients was done before & after treatment. It is found that out of 20 patients 15 got better relief, 3 patients got good relief and remaining 2 patients got satisfactory relief in above said symptoms. *Mashadi tail* is *Vatashamak*, *Kaphashamak* responsible to destroy the vitiated *Kapha* and *Vata*. Hence, the significant effect of *Mashadi tail nasya* observed in 7 days.

## CONCLUSION

Manyastambha is affected to larger population. It is degenerative disease. *Mashadi tail nasya* is effective in *Manyastambha*. Obtained P value are <0.0001 at 29 degree of freedom which is highly significant hence *Mashadi tail Nasya* is effective in the management of *manyastambh*.

Hence we can say that *Mashadi tail* is *strotoshodhak* and *vatahara* and also found that *Nasya* with *Mashadi tail* are effective treatment in *Manyastambha*. It better reduces pain, stiffness & restricted movement of neck in 15 patients, good relief in 3 patients and satisfactory result in 2 patients. It gives strength to the cervical muscles and most important gives relief to the patients and it prove the main objective of *Ayurveda* i.e. “*Aaturasya vicar prashamana!*”

## REFERENCES

1.1) Dr.Bramhanand Tripathi edited, Charka Samhita volume 2, Chikitsasthan Chapter no.28, Shloka

43-44, Choukhamba Surbharti Prakashan, Varanasi

2. Kaviraj Dr.Ambikadatta Shastri edited, Sushrut Samhita Chikitsa Stana chapter 40, Shloka-21, reprint 2005 Chaukhamba sanskrit santhani Prakashan, Varanasi p.no;-182
3. Dr.Bramhanand Tripathi edited, Sharangdhar Samhita uttarkhanda chapter 8 shoka 35-36 reprint 2010, Chaukhamba Surbharti Prakashan, Varanasi page no 378
4. 4)Astang Hruday sutrasthan 29/7, page no.172,Chokhamba prakashan
5. Vangsen, Ed. Dr.Ramkumar Roy, 1<sup>st</sup> edition, Prachya Prakashan, Varanasi; 1983
6. 6) Vaidya shri lakshmiapati shashtri Edited, Yogratnakar vidyidini Tika, Vatavyadhi page 515, Choukhamba Prakashan Varanasi
7. Ayurved Panchakarma Vidnyan, Vd.Haridas Kasture, 8<sup>th</sup> edition, Baidyanath Ayurved Bhawan, 2005

## Acknowledgement:-

Thankful to C.S.M.S.S Ayurved College, Department of panchakarma, provided Library and lab facility

## CORRESPONDING AUTHOR

Vd. Sachin Pandurang Kale

Email:sachinkales90@gmail.com

Source of Support: Nil

Conflict of Interest: None Declared