

## CONCEPTUAL STUDY OF NARAYANA TAILA NASYA IN THE MANAGEMENT OF MANYASTAMBHA

Bhusal Nirmal<sup>1</sup>, Vedpathak Surendra M<sup>2</sup>

<sup>1</sup>PG Scholar, <sup>2</sup>Prof. & Head, Dept. of Panchakarma, College Of Ayurved, Bharati Vidyapeeth Deemed University, Pune-43, India.

### ABSTRACT

*Manyastambha* is the clinical entity in which the back of the neck becomes stiff or rigid and the movements of the neck are impaired. *Manyastambha* has been enumerated in Eighty *Natanatmaja Vata Vyadhis*. It can be co-related with Cervical Spondylosis in modern prospective. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by it. In today's busy world people work hours on computers, do night jobs, take day sleep, take long drives, watch television for hours, sleep over abnormally soft mattress and pillows, and give least importance to proper physical, mental exercises & food habits. The modified, restless, sedentary, sophisticated lifestyle has resulted in its rise. *Nasya* (*Nasal administration of medicine*), being the treatment of choice in *Urdhvajatrugata Vyadhis* (*Disease above clavicle*) can be adopted in the management of *Manyastambha*. *Narayana Taila* is specially indicated in the treatment of *Manyastambha*. Majority of ingredients of *Narayana Taila* are having *Kapha Vatahara* properties and *Taila* having *Vatahara* and *Brihmana* properties is supposed to be beneficial in *Manyastambha*. Thus study is undertaken to study the therapeutic efficacy of *Nasya* in *Manyastambha*.

Key Words: *Manyastambha*, *Nasya*, *Urdhvajatrugata Vyadhis*, *Narayana Taila*, *Brihmana*.

### INTRODUCTION

According to *Acharya Sushruta*, sleep in day time, leaning or sleeping on an uneven place, constantly gazing upwards lead to the disease *Manyastambha*<sup>1</sup>. *Manyastambha* is the clinical entity in which the back of the neck becomes stiff or rigid and the movements of the neck are impaired. It can be co-related with Cervical Spondylosis in modern prospective<sup>2</sup>. Cervical Spondylosis is a degenerative condition of the cervical spine where it may lead to Cervical Spondylotic Myelopathy<sup>3</sup>. In today's busy

world people work hours on computers, do night jobs, take day sleep, take long drives, watch television for hours, sleep over abnormally soft mattress and pillows, and give least importance to proper physical, mental exercises & food habits. The modified, restless, sedentary, sophisticated lifestyle has resulted in its rise. Pain and stiffness are the primary symptoms. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by it<sup>4</sup>. *Narayana Taila* is specially indicated in the treatment of *Ma-*

*nyastambha*<sup>5</sup>. *Nasya Karma* (Nasal administration of medicine) being the treatment of choice in *Urdhvajatrugata Vyadhis* (diseases above the clavicle) can be adopted in the management of *Manyastambha*.

### Aim & objectives

1. To study about *Manyastambha* and *Nasya*.
2. To study efficacy of *Narayana Taila Nasya* in the management of *Manyastambha*.

### MATERIALS & METHODS

- All the references regarding *Manyastambha* and *Nasya* are collected from *Bruhat Trayi* and *Laghu Trayi* and various textbooks and compilation is done.
- Concept of *Nasya*, *Manyastambha*, and *Narayan Taila* is studied in detail.
- Collection of all the references is done and correlation between the data is done logically i.e. by using *Yukti Pramana* (logical inferences).

### Disease Review

**Nidana** (Etiology): As *Manyastambha* is *Vata Vyadhi*, the *Vata Vyadhi Nidana* has to be considered in general. But specific etiological factors described are *Diwaswapana* (day sleep), *Asansthana Vikriti* (improper positions during sleep), *Urdwanireekshana* (looking upwards). *Diwaswapna* increases *Kapha*, *Vikruth Asansthana*, *Urdhwa neerikshana* causes *Vata* vitiations. *Vata* & *Kapha* both gets vitiated and *Kapha* by encircling *Vata* causes *Manyastambha*.

**Purvaroop** (Premonitory signs): There are no premonitory symptoms of *Manyastambha* mentioned in *samhitas*<sup>6</sup> (Classical Texts).

**Rupa** (Symptoms): *Ruka* (Pain) and *Stambha* (Stiffness)

**Samprapti** (Pathogenesis): Various etiological factors causes *Vata* vitiation and *Shleshma Avarana* to *Vata* and leads to *Sthana Samsraya* in *Manyapardeshi* resulting *Dhatu kshaya* in *Greevagata Sandhis* (neck joints) resulting Painful and restricted range of cervical movements.

### Procedure Review

**Nasya**: The procedure of instilling medicines through the nasal orifice is called *Nasyakarma*. The nasal orifices are believed to be the entrance of the head. The medicine instilled through them easily penetrates the *Sringataka* and spreads to the *Siras* (arterioles) of *Shira* (Head), *Netra* (Eyes), *Shrotra* (Ears), *Kantha* (Throat) and expels out the impurities<sup>7</sup>. According to the functions, the *Nasyakarma* is of 3 types: *Virechananasya*, *Brihmananasya*, *Shamana nasya*<sup>8</sup>. *Brihmana Nasya* is indicated in *Vataja* or *Vata* predominant diseases. *Manyastambha* is *Vataj* disease, so *Brihmana Nasya* is beneficial.

### Narayana Taila Review

*Narayan Taila* is having drugs like *Ashwagandha* (*withania somnifera*), *Bala* (*sida cordifolia*), *Bilva* (*Aegle marmelos*), *Paatala* (*Stereospermum suaveolens*), *Brihati* (*Solanum indicum*), *Kantakari* (*solanum xanthocarpum*), *Tribulus terrestris*, *Ablution indicum*, *Azadirchta indica*, *Oroxylum indicum*, *Boerhaavia diffusa*, *Paederia foetida*, *Premna integrifolia*, *Shatavari* (*Asparagus racemosus*), *Tila taila*, *Saussurea lappa*, *Elattaria cardamomum*, *Santalum album*, *Nardostachys jatamansi*, *Sandaiva* (Rock Salt), *Acorus calamus*, *Pluchea lanceolate*, *Antheum sowa*, *Cedrus deodara*, *Desmodium gangeticum*, *Uraria picta*, *Phaseolus trilobus*, *Masaparni*, *Valeriana wallichii*. Majority of ingredients of *Narayana Taila* are having *KaphaVatasamaka* or *Tridoshasamaka* properties<sup>9</sup> and *Taila* having *Vatahara*

and *Bramhana* properties is beneficial in *Manyastambha*.

## DISCUSSION

*Manyastambha* is *Nanatmaja Vata Vyadhi* but *Kapha Dosha* association is described in *Samprapti*. *Vata* is vitiated either because of *Avarana* or *Dhatu Kshaya*. In the initial stage of *Manyastambha* when vitiated *Vata* lodges in the *Kapha Stahana*, the *Kapha Anubandhatwam* is found but when it becomes chronic, it becomes a *Kevala Vata* disorder, which is degenerative condition. It clarifies the role of *Vata* & minimal or no involvement of *Kapha*. *Nasya* is considered as the best therapy in *Manyastambha*. As *Manyastambha* is one of the *Vatavyadhi*, *Snehana* type of *Brimhana Nasya* is most beneficial. The drugs used in *Snehana* type of *Brimhana Nasya* are having the *Gunas* like *Snigdha*, *Uṣṇa* which are antagonistic to *Gunas* of *Vata* and thus palliates the *Vata dosha*. *Nasya* with *Narayan Taila* helps in *Samprapti Bhanga* (breaking pathogenesis) of *Manyastambha*. *Narayan Taila* is *Vata Kaphaghna Sulahara* and *Sothahara*. Due to *Brumhana* properties of *Taila Dhatuksya Janya Manyastambha* is treated and due to *Snigdha Guna* of *Taila Stambha* is treated.

## CONCLUSION

1. *Narayan Taila Nasya* can definitely be used in *Manyastambha*.
2. The reduction in cardinal signs of *Manyastambha* Pain and Stiffness can be effectively done.

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## CORRESPONDING AUTHOR

**Dr. Bhusal Nirmal**

PG Scholar, Dept. of Panchakarma, College Of Ayurved, Bharati Vidyapeeth Deemeded University, Pune, Maharashtra, India

**Email-** bhusalnirmal7@gmail.com