

A CASE STUDY ON AYURVEDIC MANAGEMENT OF CERVICAL SPONDYLOSIS W.S.R. TO MANYASTAMBHA

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ABSTRACT

Nowadays neck pain is the most common painful condition in the world. *Manyastambha* is explained as one among the *Vataja Nanatmaja Vikara* the main characteristic features of *Manyastambha* are neck pain and stiffness can be correlated to cervical spondylosis. cervical spondylosis also called arthritis of the neck is a common age-related condition that affects the joints and disc of cervical vertebrae. In modern medicine, there is no expected solution for the disease yet. hence it is a need for time to find out a more effective and safe treatment for cervical spondylosis. *Ayurveda* plays an important role in such a situation that has the dominancy of *Vata-Kapha Dosh*. *Vata* is vitiated either by *Avarana* or by *Dhatukshya*. The vitiated *Vata* is lodged in *Kalpsthāna* thus involving *Kapha* dose in the pathophysiology. In the present case study, a diagnosed case of cervical spondylosis has been included for its ayurvedic management. chief complaints were pain and stiffness over the neck for 2 months and pain over the neck was radiating towards the right arm. externally *Greeva Basti* and *Patra Pinda Sweda* and internally *Panchatikta Ksheera Basti* were given in the during this procedure different parameters have been assessed before and after the treatment schedule, there is a complete relief in the parameters like neck pain and stiffness whereas the parameters like tingling sensation in upper arm and giddiness have also Shown significant improvement.

Keywords: *Manyastambha*, Cervical spondylosis, *Greeva Basti*, *Panchatikta Ksheera Basti*.

INTRODUCTION

Manyastambha is one among the 80 types of *Vataj Nanatmaja Vikara*.^[1] In today's busy world people work hours on computers do night jobs, take day sleep, take long drives, watch television for hours, sleepover abnormally soft mattresses and pillows and give the least importance to proper physical, and mental exercises and food habits. The modified, restless, sedentary lifestyle has resulted in its rise.^[2] According to *Aacharya Sushruta*, sleeping in the daytime, leaning or sleeping on an uneven place constantly gazing upwards lead to the disease *Manyastambha*.^[3] According to Monier Williams, *Manya* means the back or the nape of the neck.^[4] The meaning of the word *Stambha* is *Nishachalikaarana*. *Stambha* means stiffness, rigidity, making stiff or immovable. Thus, *Manyastambha* is the clinical entity in which the back of the neck becomes stiff or rigid and the movements of the neck are impaired. *Manya* system can be compared with the earliest symptoms of cervical spondylitis. Cervical spondylosis is a degenerative condition of the cervical spine where it may lead to cervical spondylitis myelopathy.^[5] *Ayurveda* plays an important role in such situations practically *Swedana*, *Greeva Basti* and *Panchatikta Ksheera Basti* help prevent further vitiation of doses and management of disease without progression. *Swedan Karma* acts like a muscle relaxant and reduces the inflammation and pain and stiffness in the cervical region *Manya Pradesh*.^[6] *Greeva Basti* is a procedure done as *Sthanika Bahya Snehana* of the affected area. It nourishes the *Asthi* in the affected area and pacifies the *Vata Dosha*, thereby *Taila* doesn't aggravate *Kapha* thus counteracting the pathology.^[7]

CASE REPORT

Name - XYZ
 Age - 41 years
 Sex - Male
 UHID - 29836
 IPO no. - 2021898
 DOA - 17/09/2021 DOD - 27/10/2021
 Address - Bhopal (MP)
 Occupation - Private Job

CHIEF COMPLAINS

1. Pain and stiffness in the back of neck region with a tingling sensation in upper limbs for 2 months.
2. Mild shoulder pain and giddiness
3. Difficulty in movement of the neck for 2 months.
4. Mild headache

HISTORY OF PRESENT ILLNESS

The patient was healthy before 2 months. According to the patient, he was healthy before 2 months then he starts pain of stiffness in the back of his neck due to weightlifting, after a few days tingling sensation in his right upper limbs, Giddiness, difficulty in movement of the neck, and mild headache.

HISTORY OF PAST ILLNESS

No significant illness was found

PERSONAL HISTORY

Addiction	-	Alcohol
Diet	-	Mix
Appetite	-	Normal
Micturition	-	Normal
Bowel clear	-	(Hard Stool) Not
Height	-	5'6"
Weight	-	55 KG
Sleep	-	Improper

ON EXAMINATION

General condition	-	Moderate, Afebrile
Pulse rate	-	78/min
B.P.	-	130/80 mm of Hg
R.R.	-	18/min

Range of motion-

Flexion	-	Painful
Extension	-	Painful
Neck movements	-	Restricted

ASSESSMENT CRITERIA

1.	Neck pain	G ₀ - No pain
		G ₁ - Mild pain
		G ₂ - Moderate
		G ₃ - Difficulty in moving due to pain
2.	Stiffness	G ₀ - Occasional/No
		G ₁ - For 5 mins to hrs
		G ₂ - For 2-6 hrs
		G ₃ - More than 6 hrs
3.	Tingling	G ₀ - No
		G ₁ - Mild
		G ₂ - Moderate
		G ₃ - severe and disturbed sleep
4.	Headache	G ₀ - No
		G ₁ - Occasional
		G ₂ - continuous
		G ₃ - severe
5.	Giddiness	G ₀ - No Dizziness
		G ₁ - Feeling of giddiness without hampering routine work
		G ₂ - Feeling of giddiness on movement
		G ₃ - Feeling of giddiness even on rest
6.	Movement	G ₀ - Movement without pain
		G ₁ - Movement with mild pain
		G ₂ - Restricted movement
		G ₃ - No movement

TREATMENT PROTOCOL

S.N.	Panchakarma treatment	duration
1.	<i>Greeva Basti with Dhanwantara tail</i>	16 days
2.	<i>Patra Pinda Sweda with Dhanwantara tail</i>	16 days
3.	<i>Shodhan Basti with Dashmoola Kashayam 480 ml</i>	3 days
4.	<i>Panchatikta Ksheer Basti 150 ml</i>	14 days

INVESTIGATION

Hb%	-	15.7 gm%
RBS	-	95.6 mg/dl
RA Factor	-	Negative

RESULTS

S.N.	Symptoms	BT	AT
1.	Neck pain	3	1
2.	Neck stiffness	3	1
3.	Tingling	2	0
4.	Headache	1	0
5.	Giddiness	1	0
6.	Movement	2	0

PERCENTAGE RELIEF

The following tables show the effect of treatment.

S.N.	Symptoms	Percentage relief
1.	Neck pain	66.6%
2.	Neck stiffness	66.6%
3.	Tingling	100%
4.	Headache	100%
5.	Dizziness	100%
6.	Movement	100%

DISCUSSION

In this case line of treatment was taken *Greeva Basti* with *Dhanvantara tail*, *Patra Pinda Swedan*, *Shodhan Basti*, and *Panchatikta Ksheera Basti*. *Patra Pinda Sweda* is a form of *Pinda Sweda*, which is nothing but *Sankar Sweda* of *Acharya Charaka*.^[8] *Dhanvantara Tail* is an *Ayurvedic* oil prepared from the drugs *Balamoola*, *Dasamoola*, *Yava*, *Devadaru*, *Chandan*, *Triphala*, *Sariva*, *Aswagandha*, *Vacha*, *Agaru*, *Manjistha*, *Punarnava*, *Yashti*, *Tiltail*, and *Cow milk*, etc. All these drugs *Ushna Virya*, *Guru*, and *Snigdha* are hence best for pacifying *Vata Prakopa*. It also lubrication and excellent *Vatashamaka* in nature. *Patra Pinda Swedan* was mentioned to treat painful conditions caused mainly by *Vata Dosha* usually in degenerative diseases. *Patra Pinda Swedan* is used mainly to relieve pain, inflammation, Swelling, and stiffness associated with bone, joint and musculoskeletal pains. *Patra Pinda Swedan* the leaves generally used is *Erand*, (*Ricinus communis*), *Nirgundi* (*Vitex negundo*), *Arka* (*Calotropis gigantea*), *Chincha* (*Tamarind*), *Dhatura* (*Dhaturometal*), *Shigru* (*Moringa leaves*), etc. This process is carried out until proper sweating occurs. Leaves of Medicinal Plants having analgesic and anti-inflammatory properties are the important ingredient of the procedure. After the procedure perspiration and increased Range of Motion can be observed which indicates the *Patra Pinda Sweda* is beneficial in pain and stiffness.

Basti is said to be '*Ardha Chikitsa*'^[9] 'i.e., half of all the treatments available in the creation. *Pakwashaya* or colon is said to be one of the sites of *Vayu*. The *Vayu* is located predominantly in the lower portion of the body, especially *Pakwashaya* from where it controls

all the activities of the body. The *Basti* given to purify or cleans *Pakwashaya* or colon will combat *Vata Viti*ation get it to normalcy and relieve one of all the disorders which have been caused by *Vitiated Vayu Shodhan Basti* with *Dashmool Kwath* was given. *Dashmool* has anti-inflammatory, analgesic, and anti-pyretic action. *Panchatikta Ksheera Basti* is described as the mainline of treatment in *Asthigata Vikara* by *Acharya Charaka*.^[10]

Panchatikta Dravays eg-Vasa, Patol, Nimb, Kantakari etc. is dominant of *Tikta Rasa* and *Ushna Virya*. *Tikta Rasa* increases the *Dhatvagni*. As *Dhatvagni* increases, the Nutrition of all the *Dhatu*s will be increased. As a result, *Asthi Dhatu* and *Majja Dhatu* may get stable and *Asthi Dhatu* and *Majja Dhatu Kshaya* will be decreased. Hence degeneration in the *Asthi Dhatu* may not occur rapidly. It can be inferred it shows down the degeneration processes. *Ksheer* possesses *Snigdha, Brihana, Balya*, and *Sandhaniya* property and hence used for *Dhatuposhan* purposes. *Ksheer Basti* relieves the *Margavarodha* and produced *Brihana* effect in this study, *Ksheer Basti* is used as *Yapana Basti* continuously for 14 days it gives strength to the neck and shoulder. *Manyastambha* is a *Vata Vikara* that occurs due to *Dhatukshya*. bringing *Dhatuposhana* in this condition can be best done by *Yapana Basti* of *Panchatikta Ksheera Basti* through the *Pakwashaya*.

CONCLUSION

Manyastambha or *Cervical Spondylosis* has a similar etiology and clinical presentation. *Greeva Basti, Pottali Sweda, Shodhan Basti*, and *Panchatikta Ksheera Basti* are all the types of *Snehana* and *Basti Chikitsa*

which provided to be very effective in this condition. All the subjective parameters showed a remarkable response to the treatment. Hence it may be concluded that *Snehana* accompanied by *Swedana* is effective management in *Manyastambha*. The symptoms of the patient like stiffness, pain, and neck movements were relieved with this unique Ayurvedic Treatment.

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