

**MANAGEMENT OF MANYASTAMBH WITH GREEVA VASTI – A CASE STUDY****Monika Gupta**

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**ABSTRACT**

*Manyastambha* is one among the eighty *Vata nanatmaja vikaras* in which the back of the neck becomes stiff or inflexible and the movements are diminished. In the case of *Manyastambha*, the vitiation of *vata* occurs either by *Avarana* or by *Dhatukshya*. Sleeping during the daytime, improper way of sitting, sleeping, and gazing upwards, *Vata* is aggravated and enveloped by *Shleshma (kapha)* and produces *Manyastambha*. The *Kaphavritta Vyana Vayu* is a chief causative factor to produce *Ruja* (pain) and *Gatisanga* (restricted movements & stiffness) of the neck. A similar disease that runs side by side in the contemporary system of medicine is cervical spondylosis. Cervical Spondylosis is one of the commonest decorative states of the cervical spine. In the present case, a 40-year-old female patient came to the OPD of Shri Krishna Government Ayurvedic College & Hospital, Kurukshetra, Haryana. She had complaints of pain and stiffness in the neck. Also, the pain was radiating to the right upper limb. On clinical examination, there was decreased in the range of neck movements. X-Ray showed spondylitis changes in the cervical spine. The patient was treated with *Greeva vasti* for 10 successive days. There was considerable improvement in pain and a full range of movements was achieved. Though Cervical Spondylosis is an intractable disease, *Greeva vasti* with *tila taila* can be a good option for better management.

**Keywords:** *Manyastambha, Greeva vasti, Tila taila, Vata Kapha dosha, Cervical Spondylosis*

## INTRODUCTION

Manyastambha can be correlated with Cervical Spondylosis<sup>1</sup>. Cervical Spondylosis is a natural age-related problem that is linked with degenerative changes in the intervertebral disc<sup>2</sup>. Not only this, but it may also involve pathology regarding facet joints, joints of Luschka, ligamentum flavum, and laminae of cervical spines. It mainly affects the people after the 5<sup>th</sup> decade of life. The patient feels pains and stiffness in the neck and also pain radiates to right or left upper limb or sometimes to both. Neck pain is 2<sup>nd</sup> most common complaint after low back pain. Cervical spondylosis affects males earlier than females. Sitting in front of the computers for the whole day, adopting the wrong postures while sitting, sleeping, and standing, traveling for long-distance with jolting movements have contributed to increasing the no. of patients with neck pain. Ayurveda is a science of life. *Manyastambha* is one among the eighty *Vata Nanatmaja vikaras* in which the back of the neck becomes stiff or inflexible and the movements are diminished.<sup>3</sup> In the case of *Manyastambha*, the vitiation of *Vata* occurs either by *Avarana* or by *Dhatukshya*. Sleeping during the daytime, improper way of sitting, sleeping, and gazing upwards, *Vata* is aggravated and enveloped by *Shleshma (kapha)* and produces *Manyastambh*.<sup>4</sup> The *Kaphavritta Vyanavayu* is a chief causative factor to produce *ruja* (pain) and *Gatisanga* (restricted movements & stiffness) of the neck<sup>5</sup>. Ayurveda offers the best remedies for neck pain and related painful conditions like *Abhyanga* (massage with herbal oils), *Swedana*, *Agnikarma*, *Nasya*, *Greeva Vasti*, etc

*Greeva Vasti*<sup>6</sup> has 2 terms: -

- **Greeva-** neck
- **Vasti-** to hold means a treatment in which medicated oils are poured over the cervical spine for a particular period to relieve pain, inflammation,

and stiffness.

*Greeva Vasti* is a hot therapy. It is done by making a cabin or ring over the back of the neck by using wet flour of black gram. *Vasti* is a term used to describe the urinary bladder in *Ayurveda*. The urinary bladder is a muscular bag-like structure that acts as a reservoir to hold urine.

### Indications of *Greeva Vasti*

1. Cervical Spondylosis
2. Vertigo
3. Tingling sensation or numbness of hands
4. Frozen shoulder
5. Whiplash injury
6. Strain or sprains
7. Migraine
8. Tension headache
9. Rheumatoid Arthritis
10. Ankylosis spondylitis
11. Osteoporosis
12. Fibromyalgia
13. Spinal stenosis
14. Paget disease of bone
15. Neck pain due to poor posture

### Case Study

A 40-year-old female patient came to Shri Krishna Government Ayurvedic Hospital, Kurukshetra, Haryana with a complaint of pain and stiffness in the back of her neck. The patient told that she was asymptomatic 5 years back and then she developed mild pain occasionally. But for 3 months she is very disturbed due to neck pain. The pain radiated to the right shoulder and then to the right upper limb. She also had numbness in her hands. The patient had taken different types of treatment for neck pain as analgesics, NSAIDS, massage, physiotherapy, etc. but she did not get a satisfactory result. So, she came to OPD of SKAGH in the hope of better treatment.

Physical Examination	Systemic Examination
Body built- moderate Height- 5' Weight- 70 Kg Pulse- 70/min BP- 110/72/ mm of Hg RR- 18/min	<b>Respiratory System:</b> NAD <b>Cardiovascular system:</b> NAD

**Past Surgical History:** Nil

**Family History:** Not Significant

**N/H/O:** DM

**N/H/O:** HTN

**Personal History:**

Diet- Vegetarian

Bowel habits- Constipated sometimes

Appetite- Normal

Micturition- Clear

Sleep- Disturbed

Allergic History- Not any

### Dashavida Pariksha:

Prakruti	Vata- pittaja
Vikruti	Vataja
Sara	Asthisara
Samhanana	Madhyama
Pramana	Madhyama
Satmaya	Sarvarasa Satmaya
Satva	Madhyama
Aahar Shakti	Madhyama
Vyayama Shakti	Madhyama
vaya	Adhiroodha

On clinical examination, neck stiffness was present with a decreased range of cervical movements. X-Ray findings were suggestive of spondylitis changes in the cervical spine. The range of movements was assessed with Goniometry. The patient was treated with Greeva Vasti by use of Tila Taila.

**Diagnosis:** - *Manyastambha* (according to Ayurveda).

**Diagnosis:** - Cervical Spondylosis (according to modern medical science).

**Line of Treatment:** - *Greeva Vasti* with *Tila taila*.

**Duration:** - 10 consecutive days.

**Procedure:** - It is divided into 3 phases:

*Poorvakarma- Pradhankarma- Paschat karma*

**Poorvakarma:** - All the materials required for the procedure were collected beforehand:

*Tila taila*, flour of black gram, water, gas stove, bow-

els, spoons, vessels, sponge, towel, etc. The light massage was done at the back of the neck with *Tila taila* and *Swedana* was done.

**Pradhankarma:** - Patient was made to lie down in the prone position. Warm water was added to black gram flour & kneaded well to make a bolus. A compartment (ring) for *Greeva Vasti* was constructed. This ring should have a diameter to enclose cervical vertebrae within it. The height of the ring should be at least 5 to 6 inches. A small amount of oil was poured into the ring and checked for leakage. *Tila taila* was heated passively. For this required quantity of *Tila taila* was taken in the small bowel and the bowel was kept in a vessel filled with hot water. When oil got warmed, the bowel was removed and *Tila taila* was poured into the ring.



The temperature was kept uniform throughout the procedure. For this, *Tila taila* was removed at regular intervals and replaced by warm oil simultaneously. *Greeva Vasti* was done daily for 10 days in the morning.

**Pashchatkarma:** - After 40 minutes, *Tila taila* was removed slowly from the ring and stored in a container. On the next day, the same oil was used after

adding some more *Tila taila* to replace the quantity consumed on the previous day. The whole *Tila taila* was replaced on the 4<sup>th</sup> day of treatment.

*Abhyanga* was given using the same oil for 10 minutes. The upper limbs, hands, and shoulders also shall be covered in the massage. *Greeva Vasti* was given to patients for 10 days daily.

#### Range of Movements of Cervical Spine by Goniometry

ROM	BT (Before Treatment)	AT (After-Treatment)	Follow Up 21 <sup>st</sup> Day
flexion	20 <sup>0</sup>	55 <sup>0</sup>	55 <sup>0</sup>
extension	15 <sup>0</sup>	60 <sup>0</sup>	60 <sup>0</sup>
Lateral Flexion	10 <sup>0</sup>	30 <sup>0</sup>	30 <sup>0</sup>
rotation	20 <sup>0</sup>	70 <sup>0</sup>	70 <sup>0</sup>

**Result:** - On the day of discharge i.e., on the last day of *Greeva Vasti*, there was significant relief in the pain and stiffness of the neck. Radiating pain in the right limb was also absent. The range of Movements was greatly improved.

#### DISCUSSION

Results were assessed before and after treatment based on a visual analogy scale for pain in the neck, headache, numbness and tingling sensation in hands, and painful neck movements. Improvement was observed in most of the symptoms due to a reduction in inflammation and spasm provided by *Greeva Vasti*.

*Greeva vasti* is a type of local sweda. It is directly done over the affected area. *Manyastambha* is a type of *Vatakapha* disorder. *Greeva vasti* helps break of *samprapti* of *Manyastambha*. Both vata & kapha have Shita property which is pacified by the hot property of tila tala. It also clears *srotodushti* in *Manyastambha*. *Swedana* improves blood circulation & provides nourishment to the affected area. Heat can improve the elasticity of fibrous tissue. The viscosity of the matrix decreases, consequently connective tissue such as tendon tissue and ligament become more elastic.

## CONCLUSION

Hence *Greeva vasti* with *tila taila* is effective in the case of *Manyastambha*. *Greeva Vasti* is one of the best treatment procedures in the case of *Manyastambha*. It provides significant and appreciable relief in neck pain.

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