

A COMPARATIVE STUDY OF ABHADI CHURNA, MASHABALADI KWATHA NASYA & GREEVA VASTI IN MANYASTHAMBHA

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ABSTRACT

Back ground: *Manyasthambha* (Cervical Spondylosis) is one of the significant clinical problems worldwide. **Aim:** To evaluate and compare the effect of *Abhadi churna*, *Mashabaladi Kwatha Nasya* & *Greeva vasti* in case of *Manyasthambha*. **Materials and Methods:** It is Randomized open clinical trial. The study will be conducted on 45 clinically diagnosed patients of *Manyasthambha*. Total 45 patients randomly allocated into three groups (Group-A, Group-B and Group-C) after screening. Group A- *Abhadi churna*, Group B- *Nasya* with *Mashabalaadi kwatha*, Group C- *Greeva vasti* with *Mashabaladi kwatha*. Observation and results were assessed by using *Neck pain disability index questionnaire* and *Grading of Manyasthambha Symptoms* Statistical significant test for comparison was done by ANOVA followed by Dunnett's multiple comparisons test and Tukey's multiple comparisons test. **Results:** *Effect of the Nasya karma, Greeva vasti and Abhadi churna* on above parameters are extremely significant. **Conclusion:** The effect of *Nasya* on given parameters is better than *Greeva vasti* and *Abhadi churna*.

Keywords: *Manyasthambha*, Cervical spondylosis, *Nasya*, *Greeva vasti* and *Abhadi churna*

INTRODUCTION

Manyasthambha is mentioned under *Nanatmaja vyadhi*¹. It is caused by *kapha avrita vata*. Cardinal signs and symptoms of *Manyasthambha* are stiffness in neck and *Manya*, *Dantana danshanam*, *Lalasarva*, *Prishthayama*, *Shirograha*, *Jrimbha*, *Vadanasangha*². Our lifestyles consist many daily routine activities like over exertion, continuous and over strenuous work, prolong improper sitting postures, heavy physical work outs, travelling on broken roads, accidents due

to overtaking and over speeding. All these factors put strain and pressure on our spine, which finally causes disharmony in our biological system, which is further responsible in producing musculoskeletal problems like neck pain.

Manyasthambha, according to its signs and symptoms can be correlated with Cervical Spondylosis in modern system of medicine.

Cervical spondylosis is a degenerative disorder of the cervical intervertebral discs, leading to osteophyte formation and hypertrophy of adjacent facet joints and ligament. It leads to pain, stiffness in the joints, radiating pain into shoulders and forearm, headache, vertigo, giddiness, paraesthesia and numbness following dermatomal distribution etc.

In modern system of medicine there are various available modalities for the management of Cervical spondylosis, like conservative treatment (analgesics), epidural steroid injection and surgical treatment. All these modalities have their own limitations and complications. *Ayurvedic* principles of treatment for the management of this disease are proved to be effective on the same condition reported by in different clinical trials. *Manyasthambha* is a *Vatavydhi*. *Nasya* and *Greeva vasti* are preferred line of treatments for it³. Also *Nasya* is important *Ayurvedic* therapeutic measure for 'urdhwajatrugata' rogas. *Greeva vasti* is a type of local *sweda*. *Sweda karma* is very important treatment modality in *Panchakarma* Hence this study is planned to evaluate and compare the effect of *Abhadi churna*⁴, *Mahshabaladi Kwatha Nasya*⁵ & *Geeva vasti* in *Manyasthambha*.

Materials and Methods:

The study was conducted on 45 clinically diagnosed patients of *Manyasthambha*. The selection of patients was made from OPD/IPD of Dr. S. R. R. A. U. Jodhpur, voluntarily. Study was approved by Institutional Ethics committee with approval no. dsrrau/uca/iec/18-19/75 dated 17/07/2018.

A. Inclusion criteria:

1. The patients between the age group of 18 to 60years in either sex presenting with clinical features of *Manyasthambha*.
2. Prediagnosed patient of *Manyasthambha*.
3. Patient willing to sign the consent forms.

B. Exclusion criteria:

1. Cervical fracture and dislocation of cervical vertebrae.
2. Ankylosing spondylitis
3. Cervical rib fracture
4. Cervical compressive myelopathy

5. Patients unfit for *Nasya karma*.
6. Malignancy
7. Post spinal surgical case
8. Space occupying lesions of brain
9. Psychiatric disorder
10. Uncontrolled Diabetes Mellitus

Design of the clinical study:

It is Randomized open clinical trial with Pre-test and Post-test design where the study was conducted on 45 clinically diagnosed patients of *Manyasthambha*. The selection of patients was made from OPD/IPD of Dr. S. R. R. A. U. Jodhpur, voluntarily. Total 45 patient randomly allocated into three groups (Group-A, Group-B and Group-C) after screening.

Intervention:

- **Group A-** *Abhadi Churna* given orally 5gm B.D. in divided doses with *Anupan*, Luke warm water for 15 days.
- **Group B-** *Nasya* given with *Mashabaladi Kwatha* in dose of 6 drops for 7 days and *Abhadi Churna* given orally 5gm B.D. for 15 days.
- **Group C-** *Greeva Vasti* given with *Mashabaladi kwatha* dose of 200ml for 15 days, time: 30-45 minute and *Abhadi churna* given orally 5gm B.D. for 15 days.

Duration of the treatment: 7 days -15 days

Assessment criteria:

Assessment was done three times i.e. initially before undergoing medical intervention, immediately after the completion of treatment and 15 days follow up after completion of treatment. Assessment was done based on-

1. *Neck pain disability index questionnaire*
2. *Grading of Manyasthambha Symptoms*

STATISTICAL ANALYSIS:

Statistical significant test for comparison was done by ANOVA followed by Dunnett's multiple comparisons test and Tukey's multiple comparisons test. *Graph Pad Prism* software used for Statistical Analysis.

Observation:

Among 45 patients included in the study, maximum 16 (35.56%) patients belong to the age group of 18-30 years, male 25 (55.56%), married 39 (86.67%), Hindu 41 (91.11%) and 16 (35.56%) are primary educated.

Maximum patients registered in the study are patients with sitting job or desk work i.e.14 (31.11%),24 (53.33%) patients belong to lower middle class, 28 (62.22%) patients are having mixed dietary habit, 22 (48.89%) in number are having no addiction. Maximum patients i.e. 25 (55.56%) are normal weight, *Vata-kapha prakrti* are 16 (35.56%). maximum patients 27 (60%) having *madhyama Sara*, 33 (73.33%) having *madhyama Samahnana*, 27 (60%) having *madhyama Satva*, 34(75.56%) having *pravara Satmya*. Maximum patients 29 (64.45%) having *madhyama Pramana*, 27 (60%) having *madhyama Ahara shakti*, 25(55.56%) having *madhyama Vyayama shakti*, All the patients in the present study have *Greeva stambha* and *Shirograha* as their main symptom. *Jrimbha* as symptom found in 15 (33.33%) patients, *Dantanam Damshanam* is present in 14 (31.11%), 4 (8.89%) patients have *Pristhayama* as the symptom and only 2 (4.44%) patients have *Lalasarava*. All the patients in the present study have *Pain Intensity*, *Difficulty in Lifting, work and Headache* as their

main symptom. *Difficulty in Reading* found 42 (93.33%) patient, *Sleep disturbed* as symptom found in 33 (73.33%) patients, *Difficulty in Personal Care* is present in 30 (66.67%) patients, 24 (53.33%) patients have *Concentration* problem as the symptom. *Difficulty in Driving* is present in 22 (47.82%), patients and 17 (37.78%) patients have *Difficulty in Recreation*.

Results:

Effect of *Abhadi Churna* given orally, *Nasya*, and *Greeva vasti* on *Neck pain disability index questionnaire*:

The effect of *Nasya Karma* and *Greeva vasti*, on *Neck pain disability index questionnaire*, immediately after treatment and on 15th day follow up after completion of treatment is extremely significant improvement. On the other hand though the *Abhadi Churna* shows significant improvement immediately after treatment, and on the 15th day follow up after completion of treatment, is extremely significant improvement compared to 0-day.

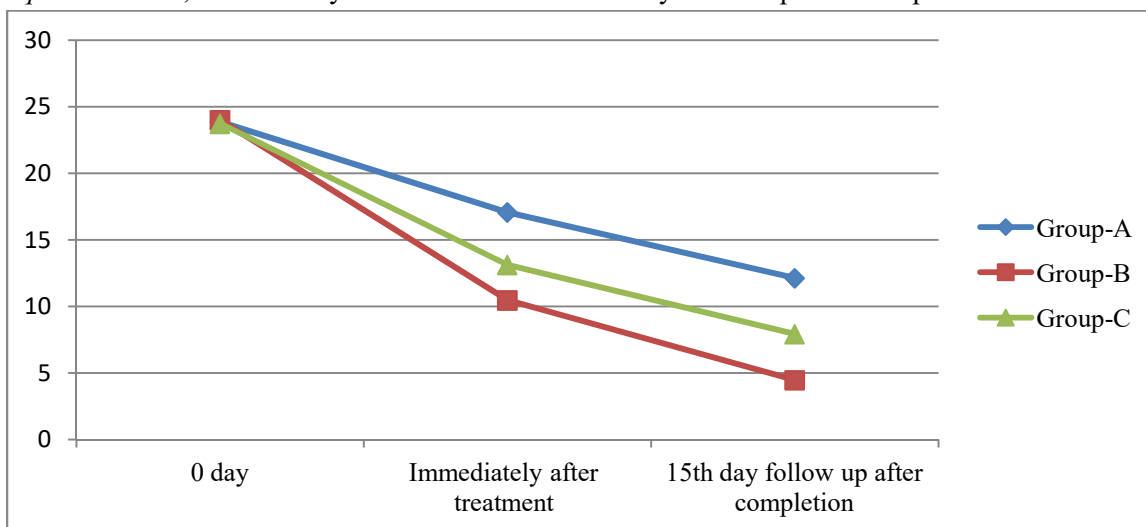
Table 1: Effect of *Abhadi Churna* given orally, *Nasya* and *Greeva vasti* on *Neck pain disability index questionnaire* immediately after treatment

Group	Mean ± SD		MD	q	P value	Remark
	0 - Day	Immediately after treatment				
Group-A	23.87± 6.906	17.07± 5.535	6.80	4.733	0.0048	**
Group-B	24± 7.061	10.47± 3.195	13.53	11.53	<0.0001	****
Group-C	23.73± 5.663	13.13± 3.796	10.60	9.692	<0.0001	****

Table 2: Effect of effect of *Abhadi Churna* given orally, *Nasya* and *Greeva vasti* on *Neck pain disability index questionnaire*, 15th day follow up after completion of treatment

Group	Mean ± SD		MD	q	P value	Remark	% Relief
	0- Day	15 th day follow up after completion of treatment					
Group-A	23.87± 6.906	12.13± 3.815	11.73	8.167	<0.0001	****	49.18%
Group-B	24± 7.061	4.47± 1.447	19.53	16.65	<0.0001	****	81.37%
Group-C	23.73± 5.663	7.93± 2.712	15.80	14.45	<0.0001	****	66.58%

Graph 1: Effect of effect of *Abhadi Churna* given orally, *Nasya* and *Greeva vasti* on *Neck pain disability index questionnaire*, immediately after treatment and 15th day follow up after completion of treatment



Intra group comparison the effect of *Abhadi Churna* given orally, *Nasya* and *Greeva vasti* on *Neck pain disability index questionnaire*:

The effect of *Nasya karma* on *Neck pain disability index questionnaire* is better than *Greeva vasti* and *Abhadi churna* because mean difference of *Neck pain*

disability index questionnaire in Group- B patients more than Group- A and Group-C. The effect of *Greeva vasti* is better than *Abhadi churna* because mean difference of *Neck pain disability index questionnaire* in Group- C patients more than Group-A.

Table 3: Comparison the effect of *Abhadi Churna* given orally, *Nasya* and *Greeva vasti* on *Neck pain disability index questionnaire*:

Group	Mean 1± SD	Mean 2± SD	MD	q	P value	Remark
Gp. A vs. Gp.B	11.73 ±3.453	19.93±6.204	-8.200	6.945	<0.0001	****
Gp. A vs. Gp.C	11.73 ±3.453	15.8±3.509	-4.067	3.444	0.0493	*
Gp. B vs. Gp.C	19.93±6.204	15.8±3.509	4.133	3.501	0.0450	*

Effect of therapy on *Greeva stambha*:

The effect of *Nasya Karma* on *Greeva stambha*, immediately after treatment and on 15th day follow up after completion of treatment is extremely significant improvement. On the other hand though the *Abhadi*

Churna and *Greeva stambha* shows significant improvement immediately after treatment and on the 15th day follow up after completion of treatment, is extremely significant improvement compared to 0-day.

Table 4: Effect of therapy on *Greeva stambha* immediately after treatment

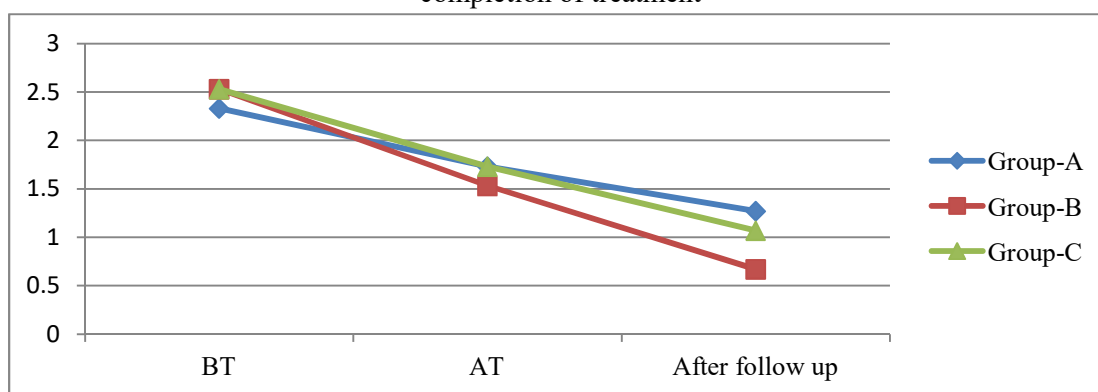
Group	Mean ± SD		MD	q	P value	Remark
	0 – Day (BT)	Immediately after treatment				
Group-A	2.33±0.488	1.73±0.457	0.60	4.965	<0.0030	**
Group-B	2.53±0.516	1.53±0.516	1	7.638	<0.0001	****
Group-C	2.53±	1.73±	0.80	5.084	<0.0024	**

	0.516	0.593				
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Table 5: Effect of effect of therapy on *Greeva stambha*, 15th day follow up after completion of treatment

Group	Mean ± SD		MD	q	P value	Remark	% Relief
	0-Day	15 th day follow up after completion of treatment					
Group-A	2.330± 0.488	1.27± 0.457	1.06	8.862	<0.0001	****	45.50%
Group-B	2.53± 0.516	0.67± 0.488	1.87	14.26	<0.0001	****	73.52%
Group-C	2.53± 0.516	1.07± 0.703	1.46	9.321	<0.0001	****	57.76%

Graph 2: Effect of effect therapy on *Greeva stambha*, immediately after treatment and 15th day follow up after completion of treatment



Comparison the effect of therapy on *Greeva stambha*:

The effect of *Nasya karma* on *Greeva stambha* better than *Greeva vasti* and *Abhadi churna* because mean difference of *Greeva stambha* in Group- B patients

more than Group- A and Group-C. The effect of *Greeva vasti* is better than *Abhadi churna* because mean difference of *Greeva stambha* in Group- C patients is more than Group- A.

Table 6: Comparison the effect of therapy on *Greeva stambha*:

Group	Mean 1± SD	Mean 2± SD	MD	q	P value	Remark
Gp. A vs. Gp.B	1.067 ±0.258	1.867±0.351	-0.800	7.937	<0.0001	****
Gp. A vs. Gp.C	1.067 ±0.258	1.467±0.516	-0.400	3.969	0.0203	*
Gp. B vs. Gp.C	1.867±0.351	1.467±0.516	0.400	3.969	0.0203	*

Effect of therapy on *Shirograha*:

The effect of *Nasya Karma* and *Greeva vasti*, on *Shirograha*, immediately after treatment and on 15th day follow up after completion of treatment is extremely significant improvement. On the other hand

though the *Abhadi Churna* shows significant improvement immediately after treatment, and on the 15th day follow up after completion of treatment, is extremely significant improvement compared to 0-day.

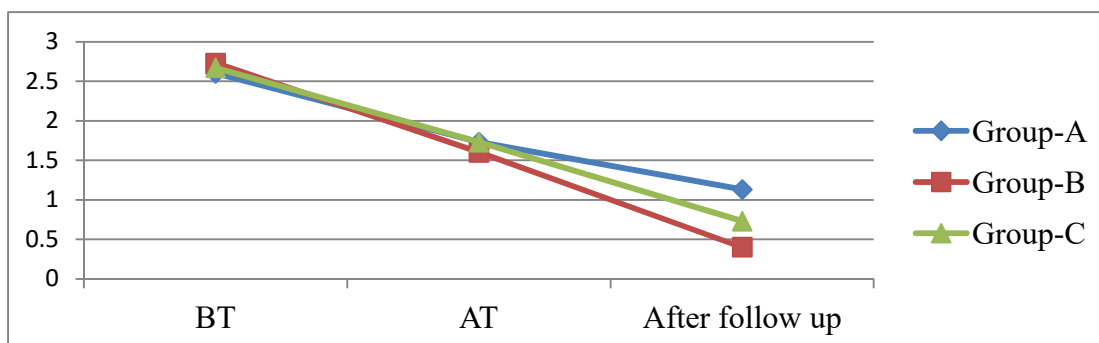
Table 7: Effect of therapy on *Shirograha* immediately after treatment

Group	Mean ± SD		MD	q	P value	Remark
	0 – Day (BT)	Immediately after treatment				
Group-A	2.60± 0.507	1.73± 0.593	0.87	6.211	0.0002	***
Group-B	2.73± 0.457	1.60± 0.507	1.13	8.936	<0.0001	****
Group-C	2.67± 0.488	1.73± 0.457	0.93	7.00	<0.0001	****

Table 8: Effect of effect of therapy on *Shirograha*, 15th day follow up after completion of treatment

Group	Mean ± SD		MD	q	P value	Remark	% Relief
	0-Day	15 th day follow up after completion of treatment					
Group-A	2.6± 0.507	1.13± 0.516	1.47	10.51	<0.0001	****	56.53%
Group-B	2.73± 0.457	0.40± 0.507	2.33	18.40	<0.0001	****	85.34%
Group-C	2.67± 0.488	0.73± 0.593	1.93	14.50	<0.0001	****	72.69%

Graph 3: Effect of effect therapy on *Shirograha*, immediately after treatment and 15th day follow up after completion of treatment



Comparison the effect of therapy on *Shirograha*:

The effect of *Nasya karma* on *Shirograha* better than *Greeva vasti* and *Abhadi churna* because mean difference of *Shirograha* in Group- B patients is more than

Group- A and Group-C. The effect of *Greeva vasti* is better than *Abhadi churna* because mean difference of *Shirograha* in Group- C patients is more than Group- A.

Table 9: Comparison the effect of therapy on *Shirograha*:

Group	Mean 1± SD	Mean 2± SD	MD	q	P value	Remark
Gp. A vs. Gp.B	1.467 ±0.639	2.333±0.488	-0.866	6.280	0.0002	***
Gp. A vs. Gp.C	1.467 ±0.639	1.933±0.457	-0.466	3.381	0.0546	Ns
Gp. B vs. Gp.C	2.333±0.488	1.933±0.457	0.400	2.898	0.1130	Ns

Intergroup comparison:

Effect of therapy on *Dantanam Damshanam*:

The effect of *Abhadi churn* on *Dantanam Damshanam*, immediately after treatment and on the

15th day follows up after completion of treatment is significant improvement. On the other hand though the *Nasya karma* and *Greeva stambha* shows significant improvement immediately after treatment and on

the 15th day follow up after completion of treatment, is extremely significant improvement compared to 0-day.

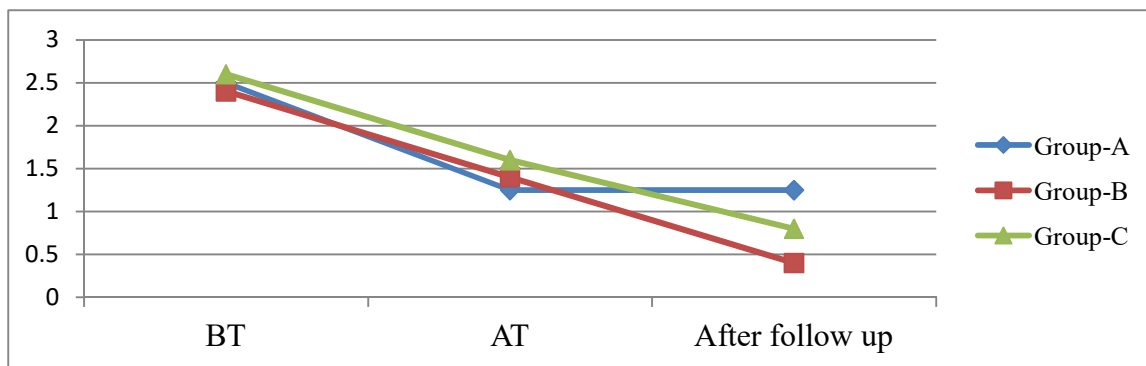
Table 10: Effect of therapy on *Dantanam Damshanam* immediately after treatment

Group	Mean ± SD		MD	q	P value	Remar K
	0 – Day (BT)	Immediately after treatment				
Group-A	2.50± 0.577	1.25± 0.500	1.25	4.743	<0.05	*
Group-B	2.40± 0.547	1.40± 0.547	1	4.082	0.0339	*
Group-C	2.60± 0.547	1.60± 0.547	1	4.330	0.0248	*

Table 11: Effect of effect of therapy on *Dantanam Damshanam*, 15th day follow up after completion of treatment

Group	Mean ± SD		MD	q	P value	Remark	% Relief
	0 - Day (BT)	15 th day follow up after completion of treatment					
Group-A	2.50± 0.507	1.25± 0.500	1.25	4.743	<0.05	*	50%
Group-B	2.40± 0.547	0.40± 0.547	2	8.165	0.0002	***	83.33%
Group-C	2.60± 0.547	0.80± 0.447	1.80	7.794	0.0004	***	69.24%

Graph 4: Effect of effect therapy on *Dantanam Damshanam*, immediately after Treatment and 15th day follow up after completion of treatment



Intra Group Comparison the effect of therapy on *Dantanam Damshanam*:

The effect of *Nasya karma* on *Dantanam Damshanam* better than *Greeva vasti* and *Abhadi churna* because mean difference of *Dantanam Damshanam* in Group-

B patients is more than Group- A and Group-C. The effect of *Greeva vasti* is better than *Abhadi churna* because mean difference of *Dantanam Damshanam* in Group- C patients is more than Group- A.

Table 12: Comparison the effect of therapy on *Dantanam Damshanam*

Group	Mean 1± SD	Mean 2± SD	MD	q	P value	Remark
Gp. A vs. Gp.B	1 ±0.500	2±0.000	-1	4.629	0.0170	*
Gp. A vs. Gp.C	1 ±0.500	1.8±0.447	-0.8	3.703	0.0545	Ns
Gp. B vs. Gp.C	2±0.000	1.8±0.447	0.2	0.925	0.7933	Ns

Effect of therapy on *Jrimbha*:

The effect of *Abhadi churn*, *Nasya karma* and *Greeva stambha* on *Jrimbha*, immediately after is significant

improvement *and* on the 15th day follow up after completion of treatment, is highly significant improvement compared to 0-day.

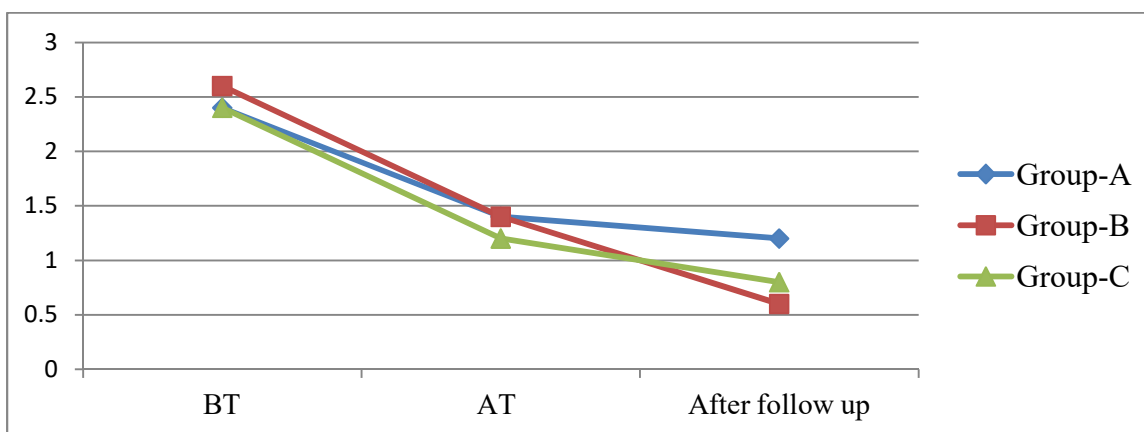
Table 13: Effect of therapy on *Jrimbha* immediately after treatment

Group	Mean ± SD		MD	q	P value	Remark
	0 – Day (BT)	Immediately after treatment				
Group-A	2.40± 0.547	1.40± 0.547	1	4.330	0.0248	*
Group-B	2.60± 0.547	1.40± 0.894	1.20	3.928	0.0412	*
Group-C	2.40± 0.547	1.20± 0.836	1.2	4.243	0.0277	*

Table 14: Effect of effect of therapy on *Jrimbha*, 15th day follows up after completion of treatment

Group	Mean ± SD		MD	q	P value	Remark	% Relief
	0 -Day	15 th day follow up after completion of treatment					
Group-A	2.40± 0.547	1.20± 0.447	1.20	5.196	0.0083	**	50%
Group-B	2.60± 0.547	0.60± 0.547	2	6.547	0.0016	**	76.92%
Group-C	2.40± 0.547	0.80± 0.447	1.6	5.657	0.0046	**	66.67%

Graph 5: Effect of effect therapy on *Jrimbha*, immediately after treatment and 15th day follow up after completion of treatment



Comparison the effect of therapy on *Jrimbha*:

The effect of *Nasya karma* on *Jrimbha* better than *Greeva vasti* and *Abhadi churna* because mean difference of *Jrimbha* in Group- B patients is more than

Group- A and Group-C. The effect of *Greeva vasti* is better than *Abhadi churna* because mean difference of *Jrimbha* in Group- C patients is more than Group- A.

Table 15: Comparison the effect of therapy on *Jrimbha*

Group	Mean 1± SD	Mean 2± SD	MD	Q	P value	Remark
Gp. A vs. Gp.B	1.2 ±0.447	2.0±0.000	-0.80	4.382	0.0232	*
Gp. A vs. Gp.C	1.2 ±0.447	1.6±0.547	-0.40	2.191	0.3040	Ns
Gp. B vs. Gp.C	2.0±0.000	1.6±0.547	0.40	2.191	0.3040	Ns

DISCUSSION**Discussion on *Abhadi Churna Dravya*:**

Hence to explain the mode of action of a drug means to establish a relationship between the *Samprapti ghataka* of the disease and principles of *Rasa, Guna, Virya,*

Vipaka, Prabhava of a drug. The properties of the ingredients of *Abhadi churna* are shown in the table. From this we can get an idea about the probable mode of action of the drug.

Table 16: Properties of *Abhadi churna* Drvayas

Sr.No.	Drug	Rasa	Guna	Virya	Vipaka	Dosha haratva
1.	<i>Abha</i>	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Kapha Pitta Shamaka, Niryas - Vata pitta Shamaka</i>
2.	<i>Rasna</i>	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>
3.	<i>Guduchi</i>	<i>Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshashamaka</i>
4.	<i>Shatavari</i>	<i>Tikta, Madhura</i>	<i>Guru, Snigdha,</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vata pitta Shamaka</i>
5.	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Kaphahara</i>
6.	<i>Shatapushpa</i>	<i>Katu, Tikta</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kaphahara</i>
7.	<i>Ashwagandha</i>	<i>Tikta, Katu, Madhura</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Kapha shamaka</i>
8.	<i>Hapusha</i>	<i>Katu, Tikta</i>	<i>Laghu, R uksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridoshahara</i>
9.	<i>Vridhdadruka</i>	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphavata shamaka</i>
10.	<i>Yavani</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>
11.	<i>Ajamoda</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>

In Present study, the *Abhadi churna* contains ingredients which are mainly having *Vata Kaphahara* properties. Hence due to *Vata Kaphahara* properties of *Abhadi churna* drugs adopted in present study, it is effective to treat the *Manyasthambha*, because *Manyasthambha* mainly caused by vitiation of *Vata* and *kapha* dosha.

Discussion on *Nasya*:

Nasya karma is important *Panchakarma* procedures having less complication, intended to alleviate morbid *doshas* from *urdhajatrugata* part of body. It is more effective in “*urdhawa Jatrugata rogas*”.

Discussion on *Purvakarma* of *Nasya*:

***Abhyanga* and *Swedana*:**

Mridu Abhyanga and *Swedana* should be given on scalp, forehead, face and neck for Liquefaction of *dosha*. It is well known that sweating is one of the phenomenon involved in excretion of waste products thus, here induced sweating helps in similar fashion. Heat which is given in the *Swedana* process reaches subcutaneous blood vessels take place. As a result of vasodilatation, there is an increased flow of blood through that area, so that necessary oxygen and nutritive material are supplied and waste products are removed. Liquefied *doshas*, thus get expelled out by *Nasya*.

Nasya karma:

Nasya has an important role in the management of *Manyasthambha*. In *Manyasthambha*, Acharya Sushruta has described *Vata kapha hara Nasya* and *ruksh sweda* as the specific treatment of *Manyasthambha*.

The drug administered through nostrils, reaches *Shringataka* (a *shira marma*) by *Nasa Srota* and

spreads in the *Murdha* (Brain) taking route of vascular pathways of *Netra* (eye), *Srota* (ear) and *Kantha* (throat) etc. and scrapes the morbid *Doshas* in supraclavicular region and extricates them from the *Uttamanga*.

Absorption of the medicament in nasal passage takes place in 3 ways: vascular, neural and lymphatic pathways. On the other hand, the head low position may help in draining of blood from facial vein to cavernous sinus. *Sthanika abhyanga* and *Sweda* may enhance the drug absorption by increasing the blood circulation.

Hence explanation of the mode of action of a drug means to establish a relationship between the *Samprapti ghataka* of the disease and penta fold principles of *Rasa, Guna, Virya, Vipaka, Prabhava* of a drug. The properties of the ingredients of *Mashabaladi kwatha* are shown in the table below; from this we can get an idea about the probable mode of action of the drug.

Discussion on Mashabaladi kwatha Drvayas:

Table 17: Properties of *Mashabaladi kwatha* Drvayas

Sr.No.	Drug	Rasa	Guna	Virya	Vipaka	Dosha haratva
1.	<i>Masha</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata pitta Shamaka</i>
2.	<i>Bala</i>	<i>Madhura</i>	<i>Laghu, Snigdha, Picchila</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vata pitta Shamaka</i>
3.	<i>Kapikachchhu</i>	<i>Madhura, Tikta,</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Shamaka</i>
4.	<i>Rohisha ghasa</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>
5.	<i>Rasna</i>	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>
6.	<i>Ashwagandha</i>	<i>Tikta, Katu, Madhura</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Kapha shamaka</i>
7.	<i>Eranda</i>	<i>Madhura</i>	<i>Snigdha, Tikshna, Sukshma</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Kaphahara</i>
8.	<i>Hingu</i>	<i>Katu,</i>	<i>Laghu, Snigdha Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavata shamaka</i>
9	<i>Saindhava</i>	<i>Lavana, Madhura</i>	<i>Snigdha, Tikshna, Sukshma, & Laghu</i>	<i>Ushna & Shita</i>	<i>Madhura</i>	<i>Tridoshahara</i>

In Present study, the *Mashabaladi kwatha* contains ingredients which are mainly having *Vata Kaphahara* properties. *Manyasthambha* is *urdhwajatrugata vyadhi*,

urdhwajatrugata is *sthana* of *Kapha*. That is why *Manyasthambha* is caused by *dushti of vata* along with *kapha*. *Shoola* is *vatapradhan* and *stambha* are character

of *kapha dosha*. Hence, due to *Vata Kaphahara* properties of *Mashabaladi kwatha* drugs adopted in present study, it is effective to treat the *Manyasthambha*.

Discussion on Greeva vasti:

Greeva vasti is type of local *sweda*. It is directly done over the affected area. *Samprapti* of *Manyasthambha* is mainly affected by vitiation *Vata* and *Kapha dosha*. *Greeva vasti* help in *samprapti vighatan* because *vata* and *kapha* having *shita* property, which pacify by *ushna* property of *swedan*. It is also clear *srotodushti (sanga)*. *Swedan* improves the blood circulation and provides nourishment to affected area. It also relieves pain, stiffness and variety of obstruction by widening of the pores which allows easy movement of liquefied solid or semi-solid materials. In present study *Greeva vasti* is done by *Mashabaladi kwatha* having *vata kaphahara* property, which is *ruksha* type of *swedana*. It pacifies both *vata* and *kapha dosha*. Hence *Greeva vasti* with *mashabaladi kwatha* is adopted in present study.

CONCLUSION

The observations and results were analyzed statistically and significant improvement was found in the three groups. But *Nasya* group patients got better response than *Abhadi churna* group and *Greeva vasti* group patients. *Greeva vasti* group patients got better response than *Abhadi churna* group.

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