



## A COMPARATIVE CLINICAL STUDY TO EVALUATE THE EFFICACY OF VALUKA SWEDA AND JAMBEERA PINDA SWEDA FOLLOWED BY NASYA WITH MASHADI YOGA IN THE MANAGEMENT OF MANYASTAMBHA W.S.R. TO CERVICAL SPONDYLOSIS

Pravallika K

B.A.M.S, M.D (Panchakarma)

Corresponding Author: [pravallika.kamsanpally@gmail.com](mailto:pravallika.kamsanpally@gmail.com)

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### ABSTRACT

Manyastambha is one among these vatavikaras which result in karma kshaya of manyapradesha and is widely observed in the present era. Manyastambha is the disorder in which vitiated vata gets localized in the manyapradesha and causes sankocha of the siras; in turn leads to stiffness of the neck with restricted and painful movements. Manyastambha can be related to Cervical Spondylosis . Cervical Spondylosis is one of the degenerative conditions of the cervical spine. Manyasthamba occurs in Kapha Sthana hence snehana cannot be used primly without kaphahara measures. Hence here an attempt is tried to induce swedana as a pradhana karma followed by Nasya. Nasya is an important Panchakarma therapy & considered as the best for Urdhwajathrugatavikaras. With an intention to find out an effective, economical and affordable treatment modality with minimal hospitalization, the study was planned to evaluate and to compare the individual and synergistic therapeutic effect of Rukshavalukasweda followed by Nasya with Mashadi Yoga and Snigdhaushna Jambheera Pinda Sweda followed by Nasya with Mashadi Yoga in the management of Manyasthamba (Cervical Spondylosis).

**Keywords:** Manyastambha, Cervical Spondylosis, Valuka Sweda, Jambheera Pinda Sweda, Mashadi Yoga Nasya

## INTRODUCTION

Progress in life depends on movement and life without movement or difficult painful movements is the worst tragedy that can happen to any living organism. Ayurvedic literature explains that Vatadosha is responsible for all sorts of movements of the body and its derangement leads to loss of the same. Manyastambha is one among these vatavikaras which result in karma kshaya of manyapradesha and is widely observed in the present era. Manyastambha is the disorder in which vitiated vata gets localized in the manyapradesha and causes sankocha of the siras; in turn leads to stiffness of the neck with restricted and painful movements<sup>1</sup>. Manyastambha can be related to Cervical Spondylosis

Cervical Spondylosis is one of the degenerative conditions of the cervical spine including the cushions between the neck vertebrae (cervical disks) and joints between the bones of the cervical spine<sup>2</sup>. Presentations include Neck Pain (radiating to the arms or shoulder), loss of sensation or abnormal sensations of the shoulders- arms, weakness of the arms, Neck stiffness, Headache, Restricted movements etc. It was commonly seen in old age, but nowadays it is encountered in young and middle-aged people. In males the prevalence is 100% by age 70 yrs., 96% in women older than 70 yrs. 60-70% women and 85% of men show changes related with Cervical Spondylosis by the age 45<sup>2</sup>. Management of Cervical Spondylosis in modern medicine is mainly targeted for Symptomatic relief by Analgesics, Muscle relaxants, Steroids. These medications may cause many side effects and lack regenerative, holistic effects on the body. Manyastambha occurs in Kapha Sthana; hence snehana cannot be used primarily without kaphahara measures. Hence, here an attempt is made to induce swedana as a pradhana karma followed by Nasya. Nasya is a crucial Panchakarma therapy & considered the best for Urdhwajathrugatavikaras<sup>3</sup>. To find out a practical, economical, and affordable treatment modality with minimal hospitalization, the study was planned to evaluate and compare the individual and synergistic therapeutic effect of Ruksha Valuka sweda<sup>4</sup> followed by Nasya

with Mashadi Yoga<sup>5</sup> and Snigdhaushna Jambheera Pinda Sweda<sup>6</sup> followed by Nasya with Mashadi Yoga in the management of Manyastambha (Cervical Spondylosis).

Aim and Objectives

1. Literary study of Manyastambha Vyadhi, Cervical Spondylosis, Valuka Sweda, Jambheera Pinda Sweda and Nasya Karma.
2. To evaluate the efficacy of Valuka Sweda followed by Nasya with Mashadi Yoga in Manyastambha.
3. To evaluate the efficacy of Jambheera Pinda Sweda followed by Nasya with Mashadi Yoga in Manyastambha
4. To compare the efficacies of Valuka Sweda and Jambheera Sweda followed by Nasya karma with Mashadi Yoga in managing Manyastambha w.s.r to Cervical Spondylosis.

Materials and Methods

**a) Patient: Patients** suffering from signs and symptoms of Manyastambha were selected from O.P.D & I.P.D of Department of Post-Graduate Studies in Panchakarma. Ramakrishna Ayurvedic Medical College and Research Centre, after satisfying the inclusion and exclusion criteria.

**(b) Literary:** Required literary information for the study was procured from Ayurvedic Samhitas and modern books and updated with recent journals.

**(c) MATERIALS:**

1. Mashadi Yoga Taila
2. Valuka Sweda
3. Jambheera Sweda

**INCLUSION CRITERIA:**

- 1 Patients presenting with Signs and symptoms of Manyastambha (Cervical Spondylosis) like Neck pain, Stiffness of the Neck, Radiating Pain in the arm, and Headache.
- 2 Patients of either sex aged between 20 to 60 years.
- 3 The patient indicated for Nasya and Sweda.

**h) EXCLUSION CRITERIA:**

1 Patients having associated conditions like Fibrosis, Rheumatoid Arthritis, and Ankylosing Spondylosis.

2 Patients with a history of traumatic injury to the cervical spine.

3 Patients having fatal complications of serious illness are excluded.

4 Patients showing Cervical Spondylosis features due to Fracture and malignancy.

#### **i) SAMPLE SIZE AND GROUPING:**

40 patients were randomly categorized into groups A and B, consisting of 20 subjects in each group.

**Group – A:** Patients were subjected to Valuka Sweda for seven days. Followed by Nasya with Mashadi Yoga for seven days.

**Group – B:** Patients were subjected to Jambheera Pinda Sweda for seven days, followed by Nasya with Mashadi Yoga for seven days.

- Duration - 14 Days
- Follow up - 21<sup>st</sup> Day.

#### **J) Intervention**

##### **Group-A Group- A**

1 Valuka sweda for 20mins duration for 7days.

- Purva karma:** patients were prepared to lay down comfortably for swedana.
- Pradhanakarma:** Valuka Pindasweda for 20 min duration for seven days.
- Paschatkarma:** Remove the pottali, clean the body part, and cover it with a blanket for 20 minutes.

2. patients were subjected to sthanika baspa Sweda followed by nasya with mashadi yoga for seven days.

- Purva karma:** Uttamanga Abhyanga with Murchita Tila Taila.
- Pradhana karma:**
  - Nasya with Mashadi Yoga
  - Nasyottara Nirikshana.
- Paschyat karma:**
  - Nasyottara Tatkalina Upachara.
  - Dhumapana.
  - Kavala Gandusha.

**Duration:**

- Dose: 8 Bindu( As Navana Nasya schedule) in each nostril.
- Duration: 7 days
- Parihara Kala: 7 days
- Total duration of treatment: 14 days
- Follow-up period: After the 21<sup>st</sup> day, a three-week follow-up will occur.

##### **Group-B:**

1. Jambheera Pindasweda is 20 mins duration for seven days.

- Purvakarma:** Patients were prepared to lay down comfortably for swedana.
- Pradhanakarma:** Jambheera Pinda swedana done for done for 20mins.
- Paschyat karma:** Remove the pottali, clean the part of the body, and cover it with a blanket for 20 minutes.

##### **2.SthanikBaspasweda followed by mashadiyoga-nasya**

- Purva karma:** Uttamanga Abhyanga with Murchita Tila Taila.
- Pradhana karma:** Nasya with Mashadi Yoga
  - Nasyottara Nirikshana.
- Paschyat Karma:**
  - Nasyottara Tatkalina Upachara.
  - Dhumapana.
  - Kavala Gandusha.

##### **>Duration:**

- Dose: Navana Nasya scheduled 8 Bindu in each nostril.
- Duration: 7 days.
- Parihara Kala: 7 days
- Total duration of treatment: 14 days
- Follow-up period: After the 21<sup>st</sup> day, a three-week follow-up will occur.

**DURATION OF CLINICAL TRIAL:** 14 days of intervention and seven days of follow-up with weekly assessment.

##### **CRITERIA OF ASSESSMENT:**

##### **SUBJECTIVE PARAMETERS:**

- 1 Neck pain
- 2 Stiffness
- 3 Numbness (Supti)

4 Headache

**OBJECTIVE PARAMETERS:**

1. Tenderness over the cervical region
2. Movements of neck painful/restricted
3. Disc Space Reduction with or without Posterior Osteophyte Formation. (X-ray evaluation done before and after Treatment)

Pre- and post-treatment's subjective and objective parameters were compared to assess the results. The assessment was done on four occasions.

Table 01 - assessment of the Parameters

Group	0 <sup>th</sup> Day	After Swedana karma i.e 7 <sup>th</sup> day	After Nasya Karma i.e on 14 <sup>th</sup> day	After Virama Kala i.e on 21 <sup>st</sup> day
A				
B				

Then, the results were analyzed statistically.

**Assessment parameters Gradation with the score:**

**(A)Pain:**

0=No Pain

1=Pain in the neck

2=Pain in the neck and mild aggravates with movement

3=Pain in the neck; severe aggravates with movement

4 = Pain in the neck, radiation, and disturbed sleep.

**(B)Stiffness:**

0=No Stiffness,

1=Stiffness up to 1 hour

2=Stiffness up to 2-3 hours

3=Stiffness up to 4-6 hours

4=Stiffness more than 6 hours

**(C)Tenderness**

0=No tenderness

1=Mild pain in pressure

2=Pain & Wincing of the face on pressure

3=Pain & Withdrawal of the affected part on pressure

4=Does do not allow touching

**(E) Headache**

0= Absent

1= Present

**(F) Numbness ( Supti)**

0= Absent

1= Present

**(G)Disc Space Reduction with or without Posterior Osteophyte**

0= Absent

1= Present

**Results**

- Valuka Sweda, followed by Nasya with Mashadi Yoga treatment adopted in Group A, was clinically more significant in relieving symptoms like Neck Pain( 90%), Tenderness (85%), Supti Numbness (75%), Headache(100%), Restricted Movements(85%)

- Jambheera Pinda Sweda, followed by Nasya with Mashadi Yoga in Group B, was clinically more significant in relieving symptoms like Neck Pain (100%), Tenderness (95%), Supti Numbness (85%), Headache (100%), Restricted Movements (85%).

- Clinically, the overall restoration of disc space and reduction of osteophyte was not significant in either group, with a 5% outcome in Group A and a 10% outcome in Group B.

**DISCUSSION**

Manyastambha (Greevastambha) is a type of Vataja Nanatmaja Vikaras described under Vatavyadhi. It occurs due to the vitiation of Vata dosha, either by Kapha dosha Avarana or by Dhatukshaya, which later turns out to be Kevala Vatavyadhi. It is a progressive disorder, so timely, proper treatment is essential. Classical textbooks advised Rooksha Sweda (dry sudation) and Nasya Karma (Nasal instillation) to man-

age Manyastambha. Swedana (sudation) is a specialized treatment that provides unparalleled relief in pain, swelling, and stiffness associated with the disease. It is also responsible for Agnideepti, Mardavatha, Vikaropashamana, Sthamba Nigraha, and Shoolahani.

Nasya karma is explained as the best treatment for Urdhwajatrugata Vikara. In the initial stage of Manyastambha, Kaphavarana is there, and later, there is an aggravation of Vata dosha and Dhatukshaya. The ingredients of Mashadi Yoga are Tridosahara, Balya, Rasayana, Srothoshodhaka, and Vedanasthapaka properties, which may help to pacify Kaphavata. Nasya reaches the Shringataka marma, spreads it all over, scratches the morbid Doshas of Urdhwajatu, and excretes them from Uttamanga. It helps to relieve the pain and stiffness of the neck by increasing vasodilation and enhancing the vital circulatory process of the body, especially the cervical region, thus providing strength to the neck and shoulder. It removes spasms and rigidity of the muscles.

## CONCLUSION

- Manyastambha and Cervical Spondylosis have similar etiology, signs, and symptoms.
- Occupational and postural hazards are prone to Manyastambha.

- In this study, the drugs and procedures employed had avaranahara and Kapha Vatahara properties, resulting in substantial improvement in subjective and objective parameters.

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