

**VAIRECHANIKA DHOOMA NASYA IN THE MANAGEMENT OF MANYSTAMBHA –  
A CASE STUDY****Libna Yudith P.S<sup>\*1</sup>, Sukanya Lakshman<sup>2</sup>, Sanathkumar D.G<sup>3</sup>**

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**ABSTRACT**

*Dhooma Nasya* is defined as the inhalation of medicated fumes through the nasal route and exhalation through the oral pathway. *Vairechanika Dhooma Nasya* is one of the three types of *Dhooma Nasya* used to eliminate *Dosha* from *Jatru Urdwa Pradesha*. *Manyasthamba* is one among the *Vataja Nanatmaja Vyadhi* in which *Vata Dosha* gets vitiated and lodges in *Manya*, causing *Stambha* (stiffness) and *Ruja* ( pain) of the neck. The vitiated *Vata* is lodged in *Kaphasthana* and thus involves *Kapha Dosha* in the pathophysiology of the disease. In Ayurveda, there are various treatment modalities; among them, *Nasya* has been given much importance in *Urdhwajatrugata Vyadhis*. *Vairechanika Dhooma Nasya* is a type of *Nasya Karma* indicated in the management of *Manyastambha* as it relieves *Kapha Avrutha Vata Dosha*. A 24-year-old male patient had pain and stiffness in the neck region, and on examination, there was a decreased range of cervical movement. The patient was treated with *Vairechanika Dhooma Nasya* for seven days with *Vairechanika Dhooma Varti* in the dose of three puffs in each nostril, thrice a day. After a follow-up period of 14 days, there was a marked improvement in pain and range of movement.

**Key words:** *Dhooma Nasya, Vairechanika Dhooma Nasya, Manyastambha, Vairechanika Dhooma Varti*

## INTRODUCTION

*Dhooma Nasya* is a procedure in which medicated fumes are inhaled through the nostrils and exhaled through the mouth.<sup>1</sup> It is one among the *Nasya Karma*<sup>2</sup> and drug administered through the nose as *Nasya* enters into *Uttamanga* and does the *Vilayana* of morbid *Doshas* from *Urdwa Jatru Pradesha* and eliminating the vitiated *Doshas* residing in *Shiras*, thereby strengthening the *Jatru Urdwa Pradesha*, *Skanda* and *Greeva*. *Manyastambha* is a *Urdwajatrugata Roga* described under the *Vataja Nanatmaja Vyadhi*.<sup>3</sup> *Manyastambha* consists of two words, “*Manya*” and “*Sthamba*.” *Amarakosha* describes *Manya* as ‘*Greeva Pashchat Sira*.’ *Sthamba* means ‘*Rodhana*,’ which refers to stopping or retarding the functions. Hence, *Manyastambha* is a disease of the neck in which movement of the neck is restricted and disrupted. According to *Susrutha Samhitha*, *Vata Dosh*a gets aggravated due to the *Avarana of Kapha Dosh*a; taking *Asraya* at *Manyapradesha* affects the *Manya Shiras*, causing *Ruja* (pain) and *Sthamba* (stiffness or difficulty in mobility) of the neck.<sup>4</sup> Treatment of *Manyastambha* depends on the pathological conditions of the *Dosha* involved. Based on the *Doshik* involvement, *Manyastambha* can be divided into stages. The acute stage of *Manyastambha* is the first stage of disease when *Sthamba* (stiffness) is predominant. *Kapha Dosh*a is the dominant Vitiated *Dosha* at this stage. The chronic stage of *Manyastambha* is the later stage of disease in which *Vata* vitiated *Dosha*. So, *Vatakaphahara* measures are used in the management of *Manyastambha*. As it is considered a *Urdwajatrugata Vyadhi*, *Nasya* is the main line of treatment. Here, among the varieties of *Nasya*, *Vairechanika Dhooma Nasya* is deemed to be helpful in managing the disease as it relieves the *Kapha Avruta Vata*. It is performed using the *Dhoomapana* procedure since the procedure of *Dhooma Nasya* is not specified in the classics.<sup>5</sup> *Dhooma Varti* was prepared out of *Murdha Virechana Dravya*<sup>6</sup>; and *Nasya* was given with the help of *Dhoomanetra*, with a dose of three puffs in each nostril, three times a day for the duration<sup>7</sup> of seven days, and follow-up was done after 14 days.

## CASE STUDY

A 24-year-old male patient came to the Panchakarma OPD at KVG Ayurveda Medical College and Hospital Sullia, Karnataka, complaining of pain and stiffness in the neck. As per the patient, he was asymptomatic four months back, and then he developed a mild aching type of pain. There was heaviness in the neck region with painful neck movements. The patient did not get proper relief in the past four months from different treatments like physiotherapy, local analgesic ointments, and NSAIDs, so they came to the hospital for treatment. Dietary history shows that he had irregular food habits and a mixed diet. No history of addiction was present. No personal or family history of any significant systemic illness was current. On physical examinations, the patient was found to be afebrile with a blood pressure of 120/80 mm of Hg, pulse rate of 78 /minute, and respiratory rate of 20/ minute. On systemic examination, no abnormality was found in respiratory, cardiovascular, and central nervous system activity. On examination, neck stiffness was present with a decreased range of cervical movement. The patient was *Vata Pitta Prakruti*, who had *Madyama Koshta* and *Madyama Bala*. *Rasavaha*, *Rakthavaha*, *Mamsavaha*, and *Asthivaha Srothodush-ti Lakshanas* are observed. The results were assessed based on readings of subjective and objective parameters before the treatment, after the treatment, and after the follow-up. Personal parameter like *Ruja* was evaluated using the VAS Scale, and objective parameters like *Sthamba* was assessed by impairment in cervical mobility during flexion, extension, right lateral bending, left lateral bending, and right and left lateral rotation of the cervical spine. Range of movement assessment was done with the help of a Goniometer, and grading was done on the degree of mobility of the cervical joint. The Neck Disability Index, a self-report questionnaire, was also used to assess the self-rated disability of the patient because of neck pain.

## PREPARATION OF DHOOMA VARTI<sup>8</sup>

50 gm of each *Sweta*, *Jyothishmati*, *Agaru*, *Ela*, *Shallaki*, *Devadaru*, *Sati*, *Shringavera*, *Pippali*, *Sar-*

*shapa, Vacha, Surasa, Rasna and Dashamoola* were taken and ground into fine powder. 50 gm of *Guggulu* is melted by adding 200 ml of water. The fine powder of drugs is taken in *Khalwa Yantra* and pounded by adding melted *Guggulu* and 3 liters of water. The pounding was continued till the mixture attained the proper consistency. Thirty 12 cm long bamboo sticks were taken and applied with medicinal

paste so that the middle part was thick, and the end part was tapering by leaving 1 cm on either side. Then, it is kept in the shade to dry. After complete drying, the bamboo stick was taken out. A total of thirty *Varti* with two holes at the end is obtained. (fig:1)

Figure No.1 Preparation of *Vairechanika Dhooma Varti*



*Guggulu*



Melted *Guggulu*



Adding *Churna* and melted *Guggulu*



*Kalka* obtained after *Mardana*



Prepared *Dhooma Varti*

## PROCEDURE

### Purva Karma:

- The patient was made to sit in a knee highchair.

### Pradhana Karma:

- The *Vairechanika Dhooma Varti* is lit with fire and is held at the distal end of the *Dhooma Netra*, and the patient is asked to inhale the *Dhooma*.

- The right side of the nostril is closed by pressing with the right index finger, and then the patient is asked to inhale the *Dhooma* through the left nostril.
- Then, the patient is allowed to exhale the *Dhooma* through the mouth.
- This is repeated three times by one nostril.
- The procedure is carried out to the opposite nostril by closing the left nostril with the left index

finger, and the smoke is inhaled through the nose and exhaled through the mouth.

- The procedure is repeated three times.

**Paschat Karma:**

- After *Dhooma Nasya*, the patient is advised to rest for 5 minutes.

**OBSERVATION AND RESULTS**

Outcome of the treatment showed a reduction of pain from score 7 to 4 after the seven days of treatment (Table no.1). There was marked improvement in impairment in mobility of cervical joint; flexion and

extension score were reduced from 2 to 1 after the treatment and complete flexion was possible without pain on follow up, left lateral bending and left lateral rotation was possible without pain after the treatment and right lateral bending and right lateral rotation score was reduced from 2 to 1 after the treatment (Table no.2). Neck Disability Index Score was 33 before the treatment, reduced to 14 after the treatment and on follow up further reduced to 10 (Table no.3).

Table no.1 Subjective Parameters

Parameter	Before treatment	After treatment	On follow up
Ruja (VAS Scale)	7	4	4

Table no.2 Objective Parameters

Stambha		Mobility Of Cervical Joint		
		Before treatment	After treatment	On follow up
Flexion		2	1	0
Extension		2	1	1
Bending	Rt. Lateral	2	1	1
	Lt. Lateral	1	0	0
Rotation	Rt. Lateral	2	1	1
	Lt. Lateral	1	0	0

Tableno.3 Neck Disability Index

NDI	Before treatment	After treatment	On follow up
score	33	14	10

**DISCUSSION**

Manyasthamba is one among the *Vatajananatmaja Vyadhi*, in which the *Vyana Vata* and *Shleshmaka Kapha* are essential in manifesting the disease. The vitiated *Vyana Vata* takes *Sthanasamsraya* in the *Manyapradesha* site of *Shleshmaka Kapha*, thereby displaying the condition. *Ruk* and *Sthamba* in the *Manyapradesha* are the symptoms of *Manyasthamba*.

*Vyana Vata* causes *Ruk*, and the *Avarana* of *Shleshmaka Kapha* causes *Sthamba*. All the *Dravyas* used to prepare *Dhooma Varti* possess *Kapha Vatahara* property. Because of the *Sukshma Guna* of the drugs, it enters the *Srotas*, and by *Ushna, Tikshna Guna*, it does the *Vilayana* of the *Dosha* and eliminates the *Dosha* through the nearer route. *Swetha* and *Agnimantha* are *Vedhanasthapana* and *Sothagna* in nature. *Jyothismati* and *Pippali* are among the *Shiro-*

*virechana Dravyas. Devadaru, Sati, Patala, Brihati, Kantakari, Gokshura* has *Sothagna* Property. *Vata Shoolahara* Property is present in *Rasna*. *Bilwa* is *Shoolaprashamana* in nature. The ingredients, because of their *Ushna, Vatahara,* and *Shoolaprashamana* property pacifies the *Vata Dosha*, and due to *Ushna, Kaphahara,* and *Theekshna Guna* pacifies the *Kapha Dosha*, thereby the *Samprapthi Vighatana* and alleviates the manifestations of the disease *Manyastambha*. The medicine in the form of medicated fumes increases the bioavailability. The fumes are absorbed in the blood by pressure difference and greater surface area. *Dhooma Nasya*, in a dose of three puffs three times a day, increases the absorption at the maximum level.

## CONCLUSION

*Manyastambha* is described under *Nanatmaja Vatavyadhi*. It is a condition where the aggravated *Vata* gets localized in the *Manya Pradesha*, causing symptoms like *Ruja* and *Stambha*. *Vairechanika Dhooma Nasya* was performed thrice a day using *Dhooma Netra* for seven days, and a follow-up was done on the 21<sup>st</sup> day. The study revealed that *Vairechanika Dhooma Nasya* has *Vatakaphahara* and *Srotoshodhana* properties, resulting in therapeutic effects like *Shoolahara* and *Stambhahara*. The study can be conducted further with a large sample size.

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