A REVIEWED MANAGEMENT OF MANYASTAMBH

Pramod Chandra Dwivedi1*, Dinesh Patil2, Prachi Kawthekar3, M.K. Vyas3

1MD. Scholar, Department Of Panchakarma, Shubhdeep Ayurved Medical College & Hospital [P.G. Institute], Indore, Pin.452020, Madhya Pradesh, India
2Lecturer, Department Of Panchakarma, Shubhdeep Ayurved Medical College & Hospital [P.G. Institute], Indore, Pin.452020, Madhya Pradesh, India
3Professor, Department Of Panchakarma, Shubhdeep Ayurved Medical College & Hospital [P.G. Institute], Indore, Pin.452020, Madhya Pradesh, India

ABSTRACT

Manyastambha (Cervical spondylosis) is a very familiar disease in today’s fast lifestyle and usually hampers their day to day routine activity of the patient. It is a chronic degenerative disorder of cervical spine which is mainly age related and caused by wear and tear of the cartilages and bones of cervical spine, which affects the vertebral bodies and inter vertebral disk of the neck as well as the contents of the spinal canal. In modern medicine there is no hopeful solution for the disease yet. Hence it is the need of time to find out more effective and safe treatment for cervical spondylosis (Manyastambha). Ayurveda play an important role in such situation. In Modern medicine we can correlate cervical spondylosis with Manyastambha which has dominancy of Vat-Kapha Dosha, which is Urdhava Jatru Gata Vikara. Nasya is treatment for such type of Vikara. This is the case study of male patient suffering from cervical spondylosis came in SAMC Indore, Panchakarma O.P.D. with complaints of severe pain in neck, numbness in both hands, restricted movements of right shoulder joint and headache. The patient is treated with Nasya therapy and Shamana drugs. Patient found significant relief in their symptoms. This study proved the significance of Nasya therapy on the classical symptoms of Manyastambha. Nasya karma provides the relief by Shroto Shodhana as well as Brimhana property and found role as promotive, preventive and curative effect in cervical spondylosis. In the acute stage of Cervical spodylosis ayurveda play an important role but in advance stage of the disease still an awaited, but with the Panchakarma therapy along with shaman drugs improved the quality of life.

KEYWORDS: Cervical spondylosis, Manyastambha, Nasya, Ayurveda.

INTRODUCTION

Manyastambha (Cervical spondylosis) is a common degenerative osteoarthritis in between the joints of cervical vertebrae. Degeneration of the inter-vertebral discs and secondary osteoarthritis (cervical spondylosis) is often asymptomatic, but may be associated with neurological dysfunction.[1] Osteoarthritis of the cervical spine may produce neck pain that radiates into the back of the head, shoulder, or arms.[2] The prevalence of cervical spondylosis is similar for both sexes, although the degree of severity is greater for males.[3] Prevalence was about 3.5 in 1000; it increased to a peak at age 50–59 years and decreased thereafter.[4] Intervertebral discs lose
hydration and elasticity with age and these loosens lead to crack and fissures and further leads to
degenerative changes in the facet joints, ossification of longitudinal ligaments and hypertrophy
ligamentum flavum. In Ayurveda such type of degenerative disorders comes under Vataja
disorders. Due to much resemble clinical symptoms cervical spondylosis compare with
Manyasthambha. Manyasthambha is type of Vataja Nanatmaja Vyadhi.[5] In Manyasthambha
Vata is vitiated by either Avarana or Dhatu Kshaya which is covered by Kapha or other Dosha
combination and leads to Manyasthambha. In initial stage Kapha Dosha involvement but in latter
stage if not treated properly it leads to Vattik in nature, there is nerve root compression due to
osteophytic changes which produces sign and symptoms of Manyasthambha.

CASE REPORT
This 50 years old woman, from Indore presented with the complain of recurrent pain in neck
region & headache since 6 years and restricted shoulder and neck joint movements & stiffness
since 3 years and numbness in both hands since 2 years.

H/o present illness
Patient was healthy 6 years back as per his opinion, and then he developed pain in neck primarily
in the posterior and then laterals aspect also, the pain is recurrent in nature and sometimes there is
radiation towards the head and around the neck. After 3 years he is also developed the symptoms
of restricted movements and stiffness in bilateral hand joints but worse in the right shoulder joint.
Before 2 years ago patient also felt numbness in both hands. Complaints of the patient seem to be
worse in morning hours and end of the work day and also aggravated by workload & stress.
Traction therapy and pain killers provide some relief But his complains gradually increase in
severity and recurrence rate is once or twice in a week.

Family history: Not significant.
Past history: No relevant past history.

Examinations
General condition of patient was fair; appetite of the patient is decreased. Bowel is constipated,
mictuiritration is normal. Sleep is disturbed due to pain. Blood pressure increased but controlled by
medication, other vitals are normal. Cranial nerve examinations are normal. Cervical active
ranges of motion were painful during flexion, extension and lateral rotation. By Cervical
compression of the neck increased the pain and radiates pain towards patient’s arms (spurling
test[6] positive). During flexion of neck patient feel electric shock towards arms (lhermitte’s
sign[7]).
The patient was diagnosed with cervical spondylosis due to chronic postural strain.

- **Prakriti**: Vata-kapha.
- **Vaya**: Vruddha
- **Bala**: Madhyama
- **Agni**: Madhyama
- **Koshta**: krura

Investigations of the patient

<table>
<thead>
<tr>
<th>Investigations</th>
<th>Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hb%</td>
<td>13.6</td>
</tr>
<tr>
<td>ESR</td>
<td>20</td>
</tr>
<tr>
<td>TLC</td>
<td>5600/cumm</td>
</tr>
<tr>
<td>DLC</td>
<td>Neutrophiles - 62%, lymphocytes - 40%, basophiles - 0%, monocyte - 1%</td>
</tr>
<tr>
<td>X-Ray (cervical spine-AP/Lateral)</td>
<td>Degenerative changes with osteophyts formation at C4-C5 &amp;C6 - C7 vertebra.</td>
</tr>
<tr>
<td></td>
<td>Reduced space in between vertebra (C4-C5, C5-C6).</td>
</tr>
</tbody>
</table>

**Evaluation of Symptoms**

Evaluation of symptoms is based on the following criteria:

a) Pain in neck and head region
b) Restricted joint movement
c) Numbness in arms
d) X-Ray finding

**Treatment**


**Shamana Drugs**

1) Mashabaladi Pachana Kashaya 30ml twice a day, 2) Maha Yogaraj Guggulu [13] 500mg twice a day for 35 days.
Result of *Nasya Karma* with Shamana Drugs

<table>
<thead>
<tr>
<th>Time</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>IN 7 days course</td>
<td>Improvement in headache and stiffness.</td>
</tr>
<tr>
<td>After completion of course</td>
<td>Marked improvement in headache, neck pain without movement and stiffness of neck and shoulder joints.</td>
</tr>
<tr>
<td></td>
<td>Moderate improvement in numbness and restricted shoulder and neck joint movements.</td>
</tr>
</tbody>
</table>

**DISCUSSION**

**Probable mode of action of Nasya**

*Nasya* is a prime treatment modality to treat *Urdhavajatrugata Vikara*. In Ayurvedic text there is no clear description of mode of action of *Nasya* but we can understand the probable mode of action of *Nasya* by few following points.

According to our *Acharya Nasya* is the gateway of *Shira*, the drug which administered through the Nasya reaches at the *Sringataka Marma* which is connected with nose, ear, eye, throat. In *Mashabaladi Pachana Kashaya*, drugs are sheet *Virya*, *Sanigha Guna*, *Madhura Rasa* that subside the vitiated *Vata* by its nourishing property. The *Kashaya* also *Shidhadha* by *Ghrita*, *Sendhava* and *Hingu* due to *Ghrita* it is also helpful in nourishing and balancing *Vata* and *Hingu* and *Saindhava* responsible for *Kapha Vilayan* and *Shroto Shodhana*.

**Probable mode of action of Maha Yogaraj Guggulu**

*MahaYogaraja Guggul* reduced the inflammation due to presence of *Rajat*, *Vanga*, *Abhraka* etc *Bhasma* and *Ras Sindur*. The main ingredient of *Mahayogaraja Guggul* is *Sudhdha Guggulu*. In ayurvedic text *Guggulu* is considered as *Rasayana* effect.[14] Other ingredient also *Vata Shamaka* in nature.

So it is very useful in degenerative disorders, joint and muscular disorders and in inflammatory conditions.

By giving steam, the spasm of the muscle is relieved. This reduction in inflammation and spasm facilitates better blood supply and improved nerve conduction to be affected area leading to symptomatic improvement and ultimately to function status of the patient.

**CONCLUSION**

On the basis of this single case study it can be concluded that treatments like *Nasya* with allied *Panchakarma* procedures like *Abhyanga* and *Swedana* (*Ruksha* and *Nadi Sweda* both) and *Saman*
drugs had been very effective in the management of cervical Spondylosis (Manayastmbha) due to cervical disc degeneration. So, study should be conducted in large sample.

REFERENCES

2. Braunwald et al Harrison’s principles of internal medicine Volume I, Part 2, section 1, page no. 88.
9. Siddha Yoga Sangraha, vatarogadhikara 20/17, AFI Volume II.