

AYURVEDA MANAGEMENT OF MANYASTAMBHA (CERVICAL SPONDYLOSIS)
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ABSTRACT

Ayurveda the natural system of Indian civilization practicing from ancient time and offers many holistic approaches for health management. Ayurveda suggested prevention and management of many diseases including treatment of Manyastambha. The sign and symptoms of Manyastambha can be correlated with Cervical Spondylosis. The disease not only affects health of an individual but also put burden on quality of life and hampers day to day activities significantly. The disease considered as Vata vyadhi which may occur due to the Diwaswapa, improper downwards & upwards movements of neck, overstretching of neck, improper sleeping positions and uses of inappropriate pillow, etc. Ayurveda described many approaches for the management of Manyastambha including Nasya Karma. Present article describing role of specific ayurveda modalities in the management of Manyastambha W.S.R. to cervical spondylosis.

KEYWORDS: Ayurveda, Manyastambha, Yogaraja Guggula, Gudadi Nasya.**INTRODUCTION**

Manyastambha is painful disorders mainly associated with vitiation of *Vata* & *Vyana vayu*. The vitiated *Vata* get lodged in neck region resulting muscular pain in neck area. It is chronic degenerative condition mainly affects cervical spine, vertebral bodies, facet joints & longitudinal ligaments. The quality of life of diseased person get deteriorates and it is becomes difficult to

conduct normal daily routine. The disease mainly occurs in male during the period of early ageing. *Manyastambha* is considered under different types of *Nanatmaja Vata Vyadhi*. The localization of aggravated *Vata* in *Manya samshrita Nadi* leads symptoms of *Stambha* and *Shoola*. The pathological consequences and related clinical manifestations of disease mentioned in **Figure 1**.

**Figure 1: Pathological consequences and related clinical manifestations of *Manyastambha*.**

The symptoms of Manyastambha are as follows

- Pain in neck & spine region
- Headache
- Numbness & Tingling Sensation
- Difficulty in neck movements
- Dizziness and movement restriction

The bone of the spine over grows and narrows the canal with aging which results compression of spinal cord and nerve. Ayurveda texts have mentioned uses of *Nasya Karma* for managing *Jatroordhwagata Roga*; *Nasya Karma* helps to relieves diseases of head and neck including *Manyastambha*.

Nasya yogas such as *Gudadi Nasya*, *Mashabaladi Nasya* and *Ksheerabala Taila* are indicated in *Manyastambha*. *Kwatha* also recommended in case of *Manyastambha* such as *Panchamooli Kwatha* and *Mashabaladi Kwatha*. Similarly *Rasa* drugs suggested for such types of painful disease, these drugs are *Vata Gajankusha Rasa* and *Vata vidhwamsa Rasa*. *Prasarini Taila*, *Mashabaladi Taila*, *Gandha Taila* and *Mahamasha Taila* also suggested as *Taila Kalpanas* for *Manyastambha*.

Present article reviewed uses of *Yogaraja Guggula* and *Gudadi Nasya* for the management of *Manyastambha* the details of drugs are as follows:

Gudadi Nasya

It is made by *Shunthi*, *Guda* and *Jala*. Equal quantity of *Guda* & *Shunthi* macerated with water. *Shunthi* possess *Katu* & *Laghu* properties along with *Ushna Virya* and *Madhura Vipaka*. *Guda* offers *Madhura Vipaka*, *Laghu Guna* and *Ushna Virya*.

Aushadha Matra

Uttama Matra of *Avapeedana Nasya* = 8 drops in each Nostril.

Yogaraja Guggula

It is made by *Triphala*, *Shuddha Guggula*, *Pippali*, *Chavya*, *Adraka*, *Hingu*, *Chitraka*, *Ajamoda*, *Sarshapa*, *Nirgundi*, *Kutaja*, *Vidanga*, *Gajapippali*, *Ativisha*, *Kutaki*, *Vacha*, *Mustaka* and *Bharangi*.

Recommended Procedure**Poorva Karma**

Mradu Abhyanga with *Tila Tail* in *Mukha Pradesha* and *Nadi Sweda*.

Pradhana Karma

Patient suggested lying down in supine position comfortably in a way so head remains in low position with the help of pillow. *Gudadi Nasya* can be administered 8 drops in each nostril. The palms and sole of the patient required to rub with hands. Patient is suggested to spit out secretions reaching to the mouth.

Paschata Karma

- *Mradu Abhyanga* and *Mradu Nadi Swedana* of *Mukha Pradesha*.
- *Dhumapana* of *Vacha Churna* and *Gandusha* with hot water.
- Patient can be advised to avoid excessive physical exertion.

DISCUSSION

Ayurveda recommended various drugs based on *Doshic* theory to cure *Manyastambha* which mainly retard inflammation and degeneration of tissue, these drugs also strengthen neck muscles, boosts *Dhathus* and pacify vitiated *Vata Dosha*. *Nasya* balances *Vata* and *Kapha* relives symptoms of pain and stiffness. *Gudadi nasya* relieves *Shoola* and *Stambha*. *Nasya* offers effects like *Twakprasada*, *Srotoshodhana* & *Stabdhatwa* in *Sandhis* thus normalizes functioning of upper body parts. *Gudadi Nasya* having *Laghu* and *Snigdha gunas* thus possess *Kapha Vata Hara* action. *Nasya* revert effects of *Kapha Avarana* which mainly involved in pathogenesis of *Manyastambha*. *Ushna*, *Teekshna* and *Laghu* property of *Gudadi nasya* pacify aggravated *Kapha* and *Vata dosha*. It normalizes direction of flow of *Vayu*. The *Snigdha*, *Ushna* and *Madhur guna* of *Gudadi nasya* mainly control *Vata dosha*.

Nasya karma is valuable approach for *Urdwajatru Gata Vatavyadhi* and *Manyastambha* is considered as *Urdwajatru Gatha Vikara* thus *Nasya karma* can offers beneficial effects in *Manyastambha*. *Dhatu Kshayajanya Vata Roga* also treated effectively with the help of *Nasya karma*. The *Vatahara* drugs used in *Nasya karma* offers pathological suppression diseases like *Manyastambha*. *Nasya karma* acts locally as well as systemic levels since it affects nerve terminals and enhances drugs absorption through nasal mucosa.

Nasya dravya reaches *Shringataka marma* of *Shira* and pacify morbid *Doshas* such as *Vyanavata* and *Sleshmaka Kapha*. *Nasya* decreases major symptoms of disease such as; *Stambha*, *Shoola* and *Toda*. It increases vasodilatation and enhances vital circulatory process of body especially in cervical region thus removes spasm and rigidity of the muscles. The drug used in *Nasya Karma* provides *Vata-Kapha nashak* and analgesic properties thus cure disease pathogenesis as well as symptoms. The anti-inflammatory property of *Yogaraj Guggulu* relieves pain and movement restriction. The *Nasya Karma* not only relieves stiffness but also increases range of motion of cervical joints.

CONCLUSION

Cervical Spondylosis is *Vata vyadhi* in which *Vyana Vayu* and *Slesmaka Kapha* produces *Asthigata Vata*. Vitiated *Vayu* get localized in *Greeva Pradesha* which result Cervical Spondylosis. The disease characterized with the symptoms of *Greevastambh*, *Greeva Shool*, *Gatra Suptata*, *Paniprastha shiroruja*, *Greeva Hundana*

and *Anidra*. Ayurveda described various approaches for the management of *Manyastambha* and *Nasya Karma* is one of them. Present review study concluded that uses of *Yogaraja Guggula* and *Gudadi Nasya* can offers therapeutic benefits in the management of *Manyastambha*. The *Nasya Karma* not only provides symptomatic relief but also suppress pathogenesis of disease since it acts on root causes of disease.

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