

A Case Study on Ayurvedic Management of Manyasthambha with Special Reference to Cervical Spondylosis

Dr. Soumya Patil MD (Ayu)

Assistant Professor Department of Kayachikitsa, SMVVS Rajeshwari Karpurmat
Memorial Ayurveda Medical College Hospital, Vijayapura, Karnataka, India

ABSTRACT

Manyasthambha is one among the Shoola and Sthambha Pradhana Vataja Nanatmaja Vyadhi, intervening with the functional ability of neck and upper limb. Cervical spondylosis is the major cause of morbidity throughout the world affecting mainly aged and young adults also. Life time incidence of Manyasthambha is more than 40%.

In the present day, man expects miraculous effects with treatment which are easily available with more efficacy and less restrictions in routine work. In this present Case study, a diagnosed case of Manyasthambha has been included for its ayurvedic management. Chief complaints were pain and stiffness over the neck for 3yr and pain over the neck was radiating towards right shoulder. Abhadya choorna was given with ushna Jala as Anupana for 30 days and assessment done before and after treatment with help of standard gradings, there is a complete relief in parameters like pain and moderate relief in stiffness and with added benefits like increase in appetite, relief from constipation and good sleep was observed.

KEYWORDS: *Manyasthambha, Cervical spondylosis, Abhadya Choorna*

INTRODUCTION

In today's busy world people work hours on computers, night jobs, take day sleep, take long drives, sleep over abnormally and give least importance to proper physical, mental exercise & food habits. Because of these activities, people become victim of Neck pain at one or the other time of their life¹.

The disease Manyasthambha presents with symptoms of Ruk and Sthambha in Manya Pradesha which is similar to Cervical Spondylosis – a degenerative condition of Cervical Spine, presents with occipital headache, vertigo, numbness and tingling sensation and radiation of pain to upper limbs with occasional loss of muscle strength in upper limb².

Cervical spondylosis is fast becoming the bane of modern life. It is an age-related wear and tear problem affecting the spinal disc in the neck, it is increasingly affecting the young because of use of cell phone and laptop. Neck stiffness is common problem seen among middle aged people with

How to cite this paper: Dr. Soumya Patil "A Case Study on Ayurvedic Management of Manyasthambha with Special Reference to Cervical Spondylosis" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-7, December 2022, pp.1018-1020, URL: www.ijtsrd.com/papers/ijtsrd52547.pdf



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sedentary job, it is also seen in people sleeping in awkward position, work with computer for longer period, strain a muscle because of bad posture, anxiety and stress cause tension in neck muscle, thus aggravate neck problem³.

In this disease Vata and Kapha gets Prakopa by Dhathukshaya, lodges in Manyagata sandhi, involving Sira and Snayu, Vata takes Adhistanana in above mentioned Sthanas leading to Manyakriya Hani⁴.

As it is Vata and Kapha, Pradhana Vata Vyadhi, drugs with Kaphavata Hara property helps in Samprapti Vighatana of disease and also strengthens the cervical area. The choosen drug Abhadya choorna indicated in Manyasthambha by Gada Nigrahakara as Shamanoushadhi. Abhadya choorna having KaphaVatahara and srotoshodhana property helps in relieving Kapha, as it is having Tikta, Kashaya Rasa Pradhanata helps in Rakta prasadana and gives stability to Dhatus, and also acts as Rasayana due to

presence of Vruddhadharu, hence reduction in symptoms may be achieved⁵.

CASE REPORT

Chief complaints: Patient complain of pain @ back of neck region. since 3yr Pain radiating towards right shoulder since 2yr.

History of present illness: patient was apparently normal 3yr ago, she gradually developed pain @ back of neck region, 3yr ago, pain got worsen with household work, later pain started aggravating and radiating to right shoulder region 2yr ago, associated with pain @ right shoulder and started facing difficulty in movements of neck since 3yr she took treatment at local hospital didn't get relief hence approached here.

History of past illness: no H/o DM / HTN /trauma

Personal history:

Built: Moderate

Nourishment: Moderate

Height: 5.4 ft

Weight: 50kgs.

BMI: 20

Temperature:98degree

Pulse: 72/ min Regular

Blood Pressure: 130/90/mm of Hg

Respiratory Rate: 16/ min

Cervical Spine Movements:

Flexion: Painful and Restricted
Extension: Painful and Restricted
Lateral Flexion: Painful and Restricted
Rotation: Painful and Restricted

CHIKITSA:

Drug	Abhadya choorna
Dose	6gm bd
Anupana	Warm water
Duration	30 days
Follow up	31 st day

ASSESSMENT

Symptoms	B/T 1 st Day	A/T 31 st Day
Ruk at Manya	G4	G2
Sthambha at Manya	G4	G2
Flexion	G1	G0
Extension	G2	G1
Lateral flexion	G3	G2
Rotation	G3	G3

Discussion:

Manyasthambha is a Kapha Pradhana Vata Vyadhi, even though it is mentioned in Vata Nanatmaja Vyadhi by all the Brihatrayees and Laghutrayees. The treatment mentioned in all the classics involve Vata-Kapha line of treatment (Nasya, Vamana, Ruksha Svedana) with drugs possessing Vata – Kapha Hara property. Abhadya Choorna was selected as a trial drug as it is mentioned by Yogaratnakara in Vatavyadhi Adhyaya as Kapha – Vata Hara.

Abhadya Choorna contains Abha (Jyotismati), Rasna, Guduchi, Shatavari, Shunti, Shatapushpa, Vruddhadharu, Yavani, Ajamoda and Hapusha as ingredients. Abha is Katu, Tikta Rasa Pradhana and ushna verya, hence possess Kapha Hara, Lekhana property. Hapusha is Katu, Tikta Pradhana, ushna Virya and possess Vata – Kapha Hara property. Shatavari is Tikta, Madhura Rasa Pradhana and possess Vata – Pitta Hara, Rasayana property. Yavani is Katu, Tikta Rasa Pradhana with Kapha – Vata Hara property. Shunti, Rasna, Shatapushpa, Yavani, Ajamoda having deepana, amapachan, srotoshodhana and kaphahara properties helps to relieve avarana and proper functioning of vata. Ashvagandha, Shatavari, Guduchi, Vruddhadharu, Jyotismati are having, snigdha guna, madhura Vipaka, acts as Balya, rasayana and asthisandhanakara helps to promote strength. Due to these properties, it pacifies Kapha and Vata Dosha and relieves the symptoms of Manyasthambha⁶.

Results:

The patient had obtained tremendous pain relief and shown substantial Improvement in the Range of movements. On the first day Ruk was grade4 which means there was pain even at rest, later on 15th day it was grade3, Ruk only on movement and on 31st day of follow up pain was grade2 which means it was markedly improved.

Sthambha on day 1 was grade4 which was loss of movements completely, later on 31st day Sthambha was grade2 which shows patient was able to do 50% of cervical movements.

In additional these benefits were seen in patient ie: Constipation relieved, good sleep, Increase in appetite.

Conclusion:

As Abhadya choorna a Shamanoushadhi, which is less time consuming and is beneficial in treating Ruk and Sthambha in Manyasthambha hence it can be concluded that patients who cannot afford their valuable time for panchakarma techniques can make use of Shamanoushadhi like Abhadya choorna and can get relief in their symptoms.

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