

Clinical Application of Ruksha Swedana in Manyastambha

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ABSTRACT

In today's era, human life is more stressful. Due to change in life style, professional stress, travelling, food habits, peoples are more susceptible for various degenerative disorders like Manyastambha. Manyastambha is the clinical entity in which the back of neck becomes stiff or rigid, pain, Stambha in cervical region. It is a commonest degenerative disease by which larger group of community has been affected.

Manyastambha has been enumerated in eighty Nanatmja Vyadhis. It can be clinically correlated with Torticollis. Ruksha Swedana is described in the Bhaishhejya Ratnavali Vata and Kapha are the two main factors involved in the pathogenesis of Manyastambha with this pain and stiffness are two main symptoms present in this disease.

According to their symptoms, cervical Torticollis is co-related with *Manyastambha* in *Ayurvedic* perspective. *Manyastambha* is one of the *Vata Vyadhis* mentioned in *Vata Nanatmaja Vyadhi*. other *Ayurvedic* treatments, particularly *Panchakarma*, can aid in successful management.

KEYWORDS: *Manyastamba, Torticollis, Ruksha Swedana*

INTRODUCTION

Today is the era of modernization and fast life, everyone leads a busy, stressful life, and as a result of the modern human being's changing lifestyle, their biological system is experiencing many imbalances. The prevalence of toricollis is rising due to the advancements in a busy, professional, and social life, poor sitting posture in offices, continuous work, working long hours on computers, night jobs, watching hours of television, sleeping on abnormally soft mattresses and pillows, and placing the bare minimum importance on healthy physical, mental, and dietary habits.

The overall prevalence of neck pain in the general population ranges between 0.4% and 86.8% (mean: 23.1%) prevalence ranges from 0.4% to 41.5% (mean: 14.4%); and yearly prevalence ranges from 4.8% to 79.5% (mean: 25.8%) [1]. Torticollis is a symptom defined by abnormal asymmetrical head and neck position due to various reasons. It is characterised by involuntary tonic contractions or intermitted spasm of neck muscles.

Based on sign and symptoms mentioned above cervical spondylosis can be correlated to

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Manyastambha. *Manyastambha* is explained one of the *Vataja Nanatmaja Vikara* [3]. *Manya* is *Chala* i.e., locomotor part of the body. *Amarkosha* describes '*Manya*' (Neck region) as *Greeva Paschat Sira* [4] (Nerves of Neck region) due to its location and compound structure, and mobility, the cervical region

Ayurveda. Basically, there are two types of *Swedana Ruksha Swedana* and *Snigdha Swedana*.

According to *Acharya Susruta Manyastambha* is *Vata-Kaphajvyadh*. *Ruksha Sweda* is mainly predominant in *Agni* and *Vaayu Mahabhuta*. *Ruksha Swedana* is also indicate in *Samshamaniya Sweda* in *Sama Dosh*. *Swedana* dose *Agnideepana*, *Twakaprasadana*, and *Mradukar*. skin contains a lot of sweat glands which activate through *Swedana* therapy excrete various toxin substance of body in form of sweat. *Choorna Pinda Swedana* is a type of *Ruksha* and *Sankar Swedana* according to *Acharya Charaka* [7]. According to *Acharya Susruta* it is a type of *Tapa Sweda* [8].

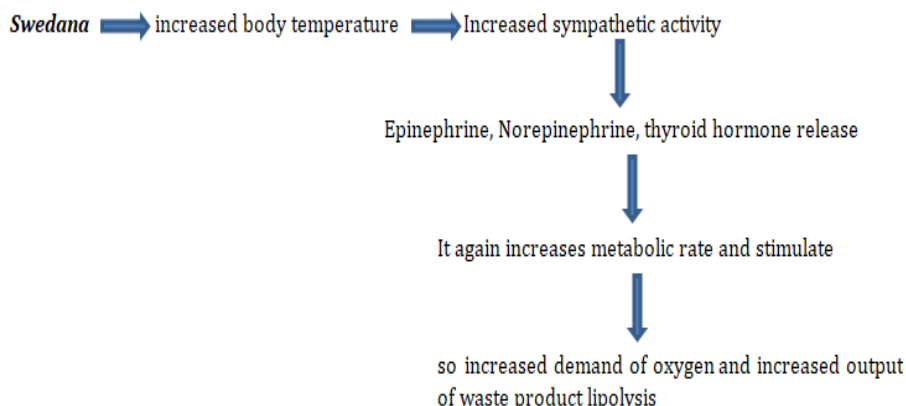
➤ **Mode of Action of Swedana Increased in Metabolic Rate**

According to *Sushruta Samhita*, the *Vata Dosha* and *Kapha Dosha* get aggravated and take *Ashraya* at *Manya Pradesh*, affecting the *Manya Siras* (nerves of neck) causing *Ruja* (pain) and *Stambha* (stiffness or difficulty in mobility) of the neck [5].

Acharya Charaka has considered the *Manyastambha* and *Antaryama* to be one and has described *Manyastambha* under the *Antaryama*

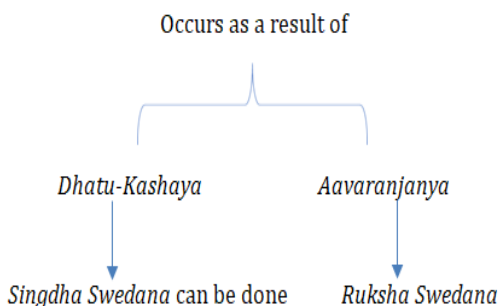
itself [6] based on the *Doshik* involvement *Manyastambha* can be divided into two stages.

- The acute stage of *Manyastambha* is the first stage of the disease when *Stambha* (stiffness) is predominant.
- *Kapha* is the dominant vitiated *Dosha* at this stage. For this *Ruksha Baluka Swedanass* is chosen because *Vata* plays a secondary role in the etiopathogenesis of the disease.

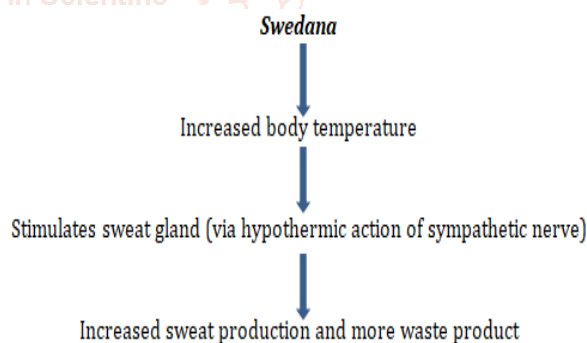


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Management of Manyastambha



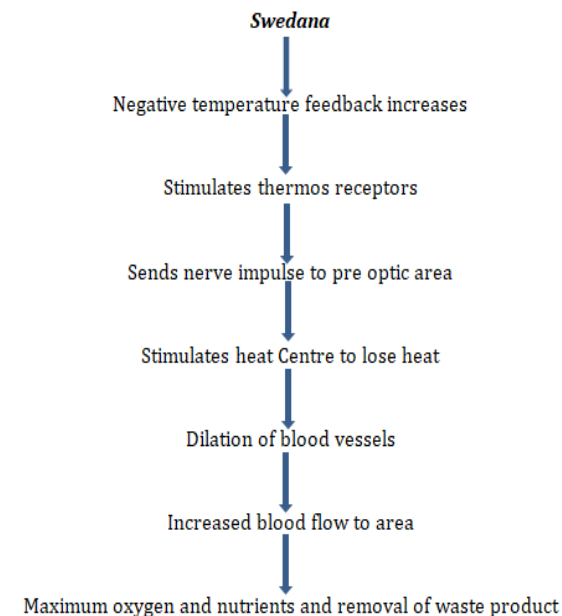
Sweat Glands



Ruksha Swedana

The term *Choorna pinda swedana* is derived from the words *any vatakaphara chorna*, *Pinda* (bolus), and *Swedana* (sweating). Sweating is used in this treatment procedure to eliminate bodily toxins. It has a higher therapeutic efficacy in orthopedic disorder. *Choorna pinda Sweda* is a variant of *Pinda Sweda*, which is nothing more than *Acharya Charaka's Sankara Sweda*. According to *Acharya Sushruta* and *Acharya Vagbhata*, it is a type of *Tapa Sweda*. *Choorna pinda Sweda* is a type of *Ruksha Sweda* that is unrivalled in the treatment of painful conditions caused primarily by *Vata Dosha* and *kapha Dosha*.

Choorna pinda Sweda is primarily used to relieve pain and stiffness caused by Muscles, joint, or musculoskeletal pains.



Required Temperature- 42-46°C

Duration- 30-45 min everyday for &days

Mode of Action

Sedative Effect

➤ *Swedana* increases blood supply

(removal of waste product hence getting good nourishment) [9]



Relieves the pain

➤ The pain gate theory of Melzack and Wall explains how heat, as a counter-irritant, can influence pain sensations [10]

Vata is the factor that causes pain, and the properties of *Vata* and *Swedana* are diametrically opposed. As a result, heat can reduce swelling, remove coldness at the site, and cause perspiration [11].

Relieves Stiffness (*Stambha*) [12]

Swedana – Snigdha, Ushna properties (Due to Usna Guna-Srotosuddhi, Amapachana)



Relieves *Stambha*

Rerlives Coldness [13]

Ushna Guna of Swedana



Increase metabolism

Increase output of waste product of cells (include metabolites causes dilation of the vessels)



Vasodilation (increase flow of blood)



Coldness of body gets removed

Conclusion

In modern medicine heat therapy is used for rehabilitation purpose. it may be effective self-care treatment for conditions like rheumatoid arthritis.it was found to increase extensibility of collagen tissue, relives muscle spasm increase blood flow. *Ayurveda* offers application of heat in various disorders. In *Manyastambha* there is a derangement of *Vata* and *Kapha* implying pain, stiffens and decreases movement of neck. heat therapy is form of *Ruksha* and *Snigdha Swedana* can be effectively which in-turn will decrease pain and stiffness by improving the local blood circulation and eliminating the toxic waste.

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