



Ayurveda management of Manya Stambha w.s.r. to Cervical Spondylosis - A Case Study

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Background: In today's fast-paced and stressful lifestyle, many people are experiencing various degenerative diseases. One such condition is Manyastambha, which is becoming increasingly common. Manyastambha refers to a condition where the neck becomes stiff, rigid, and painful, particularly in the cervical region, limiting movement. This condition is listed among the eighty Vata-related disorders and also under disorders affecting the upper limbs. It closely resembles cervical spondylosis in modern medicine, which is a degenerative condition of the cervical spine. The primary symptoms of both include stiffness and pain. If left untreated or severe, it can lead to pressure on the nerve roots, causing sensory or motor disturbances. The prevalence of cervical spondylosis is rising due to factors such as increased work-related stress, poor posture from sitting for long hours, excessive computer usage, long work hours, night shifts, prolonged television watching, sleeping on unsupportive mattresses and pillows, and neglecting overall physical, mental, and dietary health.

Aim: Ayurveda management of Manya Stambha w.s.r. to Cervical Spondylosis - A Case Study.

Methods: This study has been based on subjective parameter.

Results: The Result will be based on subjective parameter.

Conclusion: Through Greeva Basti, Patra Pinda Pottali Swedan, and Ayurvedic treatment management showed a remarkable response to the subjective parameter.

Keywords: Manyastambha, Many, cervical spondylosis, lifestyle, Ahara, Etiological factors, Nidana

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Introduction

In today's fast-paced world, people of all ages are increasingly affected by *Vata*-related disorders, such as *Manyastambha*, which impact muscles, bones, joints, and ligaments. *Manyastambha* refers to the lifestyle-related issues caused by factors such as frequent vehicle use, long-distance travel, prolonged sitting, late working hours, lifting heavy weights, lack of exercise, and consuming unhealthy or unhygienic foods. It is described as a *Vata*-related condition in *Ayurvedic* medicine. According to the *Amarkosha*, the "*Manya*" (neck region) is associated with the nerves in the cervical area, which is vulnerable to injury due to its structure and mobility. There is limited research and available literature on the management of *Manyastambha*. *Manyastambh* term derived from words as "*Manya*" means nape of neck and "*Stambh*" means stiffness, rigidity.[1] According to *Acharya Sushruta*, when *Vata* and *Kapha Doshas* become imbalanced in the neck region (*Manya Pradesh*), it leads to pain and stiffness due to the disruption of the neck nerves (*Manya Siras*).[2] The early symptom of *Vata* disorders is *Avyakta*, which becomes more defined as *Atmaroopa*. Aggravated *Vata (Kupitoanilah)* can cause symptoms similar to *Manyastambha*, such as neck stiffness and pain.[3] The etiological factors responsible for *Manyastambha* are sleeping at day time, leaning or sleeping on an uneven place i.e., irregular postures; constantly gazing upwards.[4] Cervical spondylosis is a term that encompasses a wide range of progressive degenerative changes that affect all the components of the cervical spine (i.e., intervertebral discs, facet joints, joints of Luschka, ligamenta flava, and laminae). It is a natural process of aging and presents in the majority of people after the fifth decade of life.[5]

The global incidence of cervical spondylosis is 2.5 cases per 1,000 people, while in India, it is slightly higher at 3.5 cases per 1,000 people. Additionally, approximately 70% of the general population experiences neck pain at some point in their lives. In allopathy, the use of steroids, analgesics, and anti-inflammatory drugs often fails to provide long-term relief and doesn't achieve the goals of ideal treatment. *Ayurveda*, however, takes a holistic approach, addressing not only medication but also lifestyle changes. This study aims to view the effect of *Ayurveda* Management of *Manyastambha* w.s.r. to Cervical Spondylosis.

Methodology

A 40 year old female patient named xyz consulted the *Kayachikitsa* OPD of Pt. Khushilal Govt Ayurveda Medical College with chief complaint of neck pain and stiffness, nausea, giddiness with associated complain of b/l wrist joints, lowerback pain and b/l knee joint pain.

History of illness

Patient is housewife, who was apparently well before 1.5 years after which she gradually developed neck pain & then stiffness. She took allopathic treatment for condition & got relief. Since 1week her pain & swelling incre. again & she came to our hospital for better *Ayurvedic* management.

Family history: Nothing specific

Past history: Hypertensive and hypothyroidism has taken regular allopathy medicine

Asthavidha Pariksha

Nadi : *Vatakapha*
Mutram : Yellowish, 6 to 7 times
Malam : once in a day
Jihwa : coated
Sabda : Normal
Sparsha : *Anushnasheeta*
Drik : *Samanya*
Akrithi : *Madhyama*

Dashvidha Pariksha

Prakrithi : *Vata Kaphaj*
Vikriti : *Rasa, Raktha, Mamsa*
Sara : *Mamsa Sara*
Samhanana : *Madhyama*
Pramana : *Madhyam*
Satwa : *Madhyama*
Sathmya : *Sarva Rasa Satmya*
Aharashakthi : *Madhyama*
Vyayamashakthi : *Avara*
Vaya : *Madhyama*

Subjective Criteria

1. *Ruk* (Pain) in *Manyapradesha*
2. *Stambha* (Stiffness) in *Manyapradesha*
3. Weakness
4. Clumsy finger movements
5. Vertigo
6. Radiating pain to Occipito Frontal region, shoulder down to both arms.

Grading of Pain

SN	Pain in Manyapradesha	Grading
a.	No pain	Grade - 0
b.	Mild pain, can do strenuous work with difficulty	Grade - 1
c.	Moderate pain, can do the normal work with support	Grade - 2
d.	Severe pain, unable to do work at all	Grade - 3

Grading of Stiffness

SN	Stiffness in Manyapradesha	Grading
a.	No stiffness	Grade - 0
b.	Mild stiffness, can do strenuous work with difficulty	Grade - 1
c.	Moderate stiffness, can do the normal work with support	Grade - 2
d.	Severe stiffness, unable to move and do work at all	Grade - 3

Grading of Weakness

SN	Weakness	Grading
a.	No weakness	Grade - 0
b.	mild weakness, can do work	Grade - 1
c.	Weakness present, work with difficulty	Grade - 2
d.	Weakness present, cannot move	Grade - 3

Grading of Clumsy finger

SN	Clumsy finger movements	Grading
a.	Can do work unaffectedly	Grade - 0
b.	Can do strenuous work with difficulty	Grade - 1
c.	Can do daily routine work with great difficulty	Grade - 2
d.	Cannot do any work	Grade - 3

Grading of Vertigo

SN	Vertigo	Grading
a.	No Vertigo	Grade - 0
b.	Mild Vertigo, can do work	Grade - 1
c.	Vertigo present, work with difficulty	Grade - 2
d.	Vertigo present, cannot move	Grade - 3

Grading of Pain

S	Radiating pain to Occipito Frontal region, shoulder down	Grading
N	to both arms.	g
a.	No radiating pain	Grade - 0
b.	Mild pain, can do strenuous work with difficult	Grade - 1
c.	Moderate pain, can do the normal work with support	Grade - 2
d.	Severe pain, unable to do work at all	Grade - 3

Range of movements - Flexion

SN	Flexion	Grading
a.	No pain on movement	Grade - 0
b.	pain is very mild on movement	Grade - 1
c.	pain is moderate on movement	Grade - 2
d.	pain is fairly severe on movement	Grade - 3
e.	pain is severe on movement	Grade - 4
f.	pain is worst on movements	Grade - 5

Range of movements - Extension

SN	Extension	Grading
a.	No pain on movement	Grade - 0
b.	Pain is very mild on movement	Grade - 1
c.	Pain is moderate on movement	Grade - 2
d.	Pain is fairly severe on movement	Grade - 3
e.	Pain is severe on movement	Grade - 4
f.	Pain is worst on movements	Grade - 5

Range of movements - Lateral bending

SN	Lateral bending	Grading
a.	No pain on movement	Grade - 0
b.	Pain is very mild on movement	Grade - 1
c.	Pain is moderate on movement	Grade - 2
d.	Pain is fairly severe on movement	Grade - 3
e.	Pain is severe on movement	Grade - 4
f.	Pain is worst on movements	Grade - 5

Range of movements - Rotation

SN	Rotation	Grading
a.	No pain on movement	Grade - 0
b.	Pain is very mild on movement	Grade - 1
c.	Pain is moderate on movement	Grade - 2
d.	Pain is fairly severe on movement	Grade - 3
e.	Pain is severe on movement	Grade - 4
f.	Pain is worst on movements	Grade - 5

General Examination

Inspection - Swelling, Redness

Palpation - Tenderness

Percussion - Not specific

Auscultation - Not specific

Investigation



X-Ray

- c5 c6 reduced space
- osteophyte developed
- T3 -104.28ng per dl

- T4-7.5 ng per dl
- TSH-3.774micro IU per ml
- VIT D -22.46 ng per dl
- VIT B12-201 pg per ml

Treatment Given

SN	Medicine	Time
1.	Ras Rajeshwar Ras	1 BD - 15 days
2.	Prasarini Plant powder 11.5mg Bala Roots Powder 11.5mg Rasna Root Powder 11.5mg	BD 15 Days
3.	Hathajoda Churna - 500mg Pravalpisthi - 200mg	700mg powder BD 15 days
4.	Greeva Vasti + Sarvang Patra Pind Swedan (Vaata Shamak Tail)	15 DAYS

Result

Table showing improvement in the Subjective Parameter

SN	Symptoms	BT	AT
1.	Pain in Manya Pradesha	Severe pain unable to do work at all (G3)	Mild pain can do sternous work with difficulty (G1)
2.	Stiffness in Manya Pradesha	Severe Stiffness - unable to move and do work at all (G3)	Mild Stiffness do sternous work with difficulty (G1)
3.	Weakness	Weakness present cannot move (G3)	Mild Weakness can do work (G1)
4.	Clumsy finger movements	Can do daily routine work with great difficulty (G2)	Can do work unaffectedly (G0)
5.	Vertigo	Vertigo present, cannot move (G3)	Mild vertigo, can do work (G1)
6.	Radiating-occipito frontal, shoulder region down to both arms	Severe pain cannot do work at all (G3)	Radiating pain (G0)

Table showing improvement in range of movement

SN	Range of Movement	BT	AT
1.	Flexion	Pain is fairly severe on movement (G3)	Pain is very mild on movement (G1)
2.	Extension	Pain is very severe on movement (G5)	Pain is very mild on movement (G1)
3.	Lateral Bending	Pain is the worst on movement (G5)	Pain is very mild on movement (G1)
4.	Rotation	Pain is worst on movements (G5)	Pain is very mild on movement (G1)

Discussion

Hadjod Churna - *Hadjod* might be useful in the building and functioning of bones. It is rich in vitamin c which increases the cells that build bones, increases the absorption of calcium and also enhances the effect of another vitamin that helps in bone metabolism.

Praval Pisthi - As calcium supplement, anti-inflammatory property

Patra Pinda Swedan - Generally indicated in *Vata Kaphaja* condition.

Nirgundi Leaves - Analgesic, anti-bacterial, anti-inflammatory properties.

Dhatura Leaves - anti-inflammatory property.

Shigru Leaves - reduce severe pain.

Eranda Leaves - Use to pacify *Vata Dosha*

Arka leaves - analgesic, anti-inflammatory antimicrobial, *Vranashodhan*

Action - *Patra Pind Swedan* helps in increasing blood circulation to the affected area, gets rid of vitiated *Dosha*. *Strengthens* the muscle in this area, facilitates release of toxins and reduce inflammation. It also improves the tone of muscle.

Greeva Basti - *Greeva Basti* is kind of *Bahyasnehan* and *Swedan* procedure. *Snehan* mainly acts against *Ruksha Guna* caused by *Vata* and *Swedan* mainly act against *Shitaguna*. It also reduces *Stambha* and *Gauravta*. *Vaatshamak Tail* is used in *Vatajvyadhi* for massage & *Puran*, here in *Greeva Basti* this *Tail* is used as *Puran* (retention of oil). In *Greeva Basti Vaatshamak Tail* is absorbed through skin & produce an action according to the properties of *Vaatshamak* drugs. *Vaatshamak Tail* has *Vedanasthapana*, *Shothahar* & *Balya* properties. This helps in *Vata Shaman* and nourishes *Dhatu* due to its *Brimhan* property. It is reduced by *Ushnaveerya Guna* of *Vaatshamak* drugs and warmth produced during the procedure. Thus reduced pain and stiffness of the cervical region.

Conclusion

Manyastambha or Cervical Spondylosis has a similar etiology and clinical presentation. Through *Greeva Basti*, *Patra Pinda Pottali Swedan*,

And *Ayurvedic* treatment management showed a remarkable response to the subjective parameter. Hence it may be concluded that *Greeva Basti, Patra Pind Pottali Swedan* along with *Ayurvedic* oral medication effective management in *Manyastambha*. The symptoms of the patient like stiffness, pain, headache, giddiness and neck movements were relieved with this *Ayurvedic* Treatment management.

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