



## Ayurveda management of Vatajanya Manyastamba - A Case Study

Abiram AK<sup>1\*</sup>, Das CR<sup>2</sup>, Ponsingh J<sup>3</sup>

DOI:10.21760/jaims.10.7.49

<sup>1\*</sup> Amirtha Kadesh Abiram, Post Graduate Scholar, Department of Panchakarma, Sri Jayendra Saraswathi Ayurveda Medical College and Hospital, Nazarethpettai, Chennai, Tamil Nadu, India.

<sup>2</sup> Chitta Ranjan Das, Principal and HOD, Department of Panchakarma, Sri Jayendra Saraswathi Ayurveda Medical College and Hospital, Nazarethpettai, Chennai, Tamil Nadu, India.

<sup>3</sup> Jeniffer Ponsingh, Assistant Professor, Department of Panchakarma, Sri Jayendra Saraswathi Ayurveda Medical College and Hospital, Nazarethpettai, Chennai, Tamil Nadu, India.

**Introduction:** Manyastamba characterized by stiffness and restricted movement of the neck, is classified under Vataja Nanatmaja Vyadhi in Ayurveda. It typically arises due to vitiation of Vata or Vata-Kapha Doshas. The condition commonly manifests with neck stiffness and pain, often impacting individuals with sedentary or strain-inducing occupations, such as driving.

**Methods:** A 37-year-old male driver with a 1 ½ years history of neck stiffness and restricted movement, without neurological deficits, was diagnosed with Manyastamba with Vata Pradhana Lakshana are seen. The treatment protocol included both internal medication and external therapies. The patient was treated over 14 days. Assessment tools included the Copenhagen Neck Functional Disability Scale (CNFDS) and measurements of cervical range of motion (ROM).

**Results:** Post-treatment, the CNFDS score improved significantly. The cervical ROM also showed considerable improvement across all measured directions. The patient reported marked reduction in stiffness and pain and the improvements were sustained during a one-month follow-up.

**Discussion:** The outcomes suggest that the Ayurvedic treatment protocol effectively pacified vitiated Vata, alleviated muscle spasm, and improved cervical joint mobility. The internal medicines possessed Vata-Shamaka, anti-inflammatory, and Rasayana properties, while the external treatments enhanced local circulation, reduced stiffness and pain.

**Conclusion:** This case study demonstrates the efficacy of Ayurvedic treatments in managing Manyastamba, The Ayurvedic approach targeting Vata vitiation led to significant symptomatic relief and functional improvement.

**Keywords:** CNFDS, Manyastamba, Stiffness, Vataja Nanatmaja Vyadhi

Corresponding Author	How to Cite this Article	To Browse
Amirtha Kadesh Abiram, Post Graduate Scholar, Department of Panchakarma, Sri Jayendra Saraswathi Ayurveda Medical College and Hospital, Nazarethpettai, Chennai, Tamil Nadu, India. Email: <a href="mailto:kadeshabiram@gmail.com">kadeshabiram@gmail.com</a>	Abiram AK, Das CR, Ponsingh J, Ayurveda management of Vatajanya Manyastamba - A Case Study. J Ayu Int Med Sci. 2025;10(7):318-322. Available From <a href="https://jaims.in/jaims/article/view/4498/">https://jaims.in/jaims/article/view/4498/</a>	

Manuscript Received  
2025-05-19

Review Round 1  
2025-05-26

Review Round 2  
2025-06-06

Review Round 3  
2025-06-16

Accepted  
2025-06-26

Conflict of Interest  
None

Funding  
Nil

Ethical Approval  
Not required

Plagiarism X-checker  
10.34

Note



© 2025 by Abiram AK, Das CR, Ponsingh J and Published by Maharshi Charaka Ayurveda Organization. This is an Open Access article licensed under a Creative Commons Attribution 4.0 International License <https://creativecommons.org/licenses/by/4.0/> unported [CC BY 4.0].



## Introduction

*Manyastamba* forms of two words *Manya* means back of neck and *Stamba* means stiffness or rigidity. *Manyastamba* which constitutes meaning of stiffness at back of neck.[1] Here *Stamba* is not only stiffness but also limits movement and change in posture. According to classics *Manyastamba* is caused either by only *Vata dosha* or *Vata associated with kapha*. According to *Manyastamba* is being one of eighty *Vataja Nanatmaja Vyadhi*. [2] According to some *Acharyas* were *Kapha Dosha* hammers function of *Vata Dosha* leads to stiffness of neck and limitation in movements. [3] *Manyastamba* may be due to *Dhatukshayajanya Vyadhi* that is age related degeneration or *Vata Prakopa Vikaras*. The *Dhatukshayajanya Vyadhi* of *Manya* can be seen in condition called cervical spondylosis. The prevalence of cervical spondylosis may affect males earlier than females. 66% of adults experience neck pain in their lifetime. [4] In this case study presentation of *Manyastambha* resembles *Prakopa* of *Vata* in *Manya* region which causing stiffness and associated complaints. The treatment protocol has been scheduled both internal medication and external therapies for stipulated time period to restore condition.

## Case Report

Name - XYZ

Age - 37

Gender - Male

Occupation - Driver

OP number - 465/24

IP number - 183/24

### Chief complaint

Patient came to Panchakarma OPD with presenting complaints of severe stiffness in posterior aspect of neck region associated with pain and restricted movements of neck since 1½ years.

There are no associated complaints like radiating pain and numbness noted.

### History of illness

Patient was apparently normal before 1½ years, as his occupation is relating to driving, due to improper position results in strain at neck region which eventually developed severe stiffness and restriction of movements.

### Medical History

Diabetic - Under Allopathy medication

Fasting - 159

Post prandial - 300

### Family History

No relevant family history noticed

**Table 1: Personal History**

Diet	Mixed
Appetite	Regular
Sleep	Sound
Bowel	Irregular (Sometimes constipated)
Micturition	Normal
Habits	NIL
Addictions	Alcoholic (Occasionally)

**Table 2: General Examination**

BP	120/80mmHg
RR	16
Edema	Absent
Ichterus	Absent
PR	69
Nails	Normal
Lymphnodes	Normal
Weight	78 Kg
Pallor	Absent
Cyanosis	Absent

**Table 3: Ashta Sthana Pareeksha.**

Nadi	Vata Pitta
Mala	Sushka
Mutra	Prabhoota
Dihwa	Nirlipta
Shabda	Madhyama
Sparsa	Anushnasheeta
Drik	Madhyama
Akruthi	Madhyama

**Table 4: Dasavidha Pareeksha**

Prakruti	Vata Pitta
Vikruti	Vata
Sara	Medas
Samhanana	Madhyama
Pramanam	Madhyama
Satmyam	Sarvarasa
Satvah	Madhyama
Vayah	Madhyama
Ahara Shakti	Madhyama
Vyayama Shakti	Avara

**Line of Treatment**

Manyastamba comes under *Urdhvajatrugata Roga* and *Nanatmaja Vata Vyadhi*

In classics line of management for *Vata Vyadi* like *Abhyanga*, *Swedana*, *Nasya* etc. are incorporated in the case study.[5]

**Intervention Plan**

**Table 5: Internal Treatment**

SN	Medicine	Dosage	Anupanam	Time
1.	Astavarga Kashayam	15ml	45ml of luke warm of water	Bid - Before Food
2.	Yogaraja Guggulu	500mg	45ml of luke warm of water	Bid - Before Food
3.	Vishatinduka Vati	250mg	45ml of luke warm of water	Bid - After Food

**Table 6: External Treatment**

SN	Procedure	Medicine	Duration
1.	Abhyanga	Karpasasthyadi Taila	14 days
2.	Patra Pinda Swedana	Vatahara leaves like Sigru, Nirgundi, Eranda etc. are added along with medicated Choornam.	7 days
3.	Nasya	Anu Taila 2ml/Nostril	7 days

**Assessment Criteria**

1. Copenhagen neck functional disability scale (CNFDS)[6]
2. Range of movement (ROM)

**Results**

After completion of treatment, the patient condition was reassessed. The patient’s stiffness is reduced and neck pain improved. CNFD Scale score decreased.

The patient was discharged after 14 days and condition was stable in the follow-up period of 1 months.

**Copenhagen Neck Functional Disability Scale**

Before Treatment	After Treatment
24/30	10/30

**Table 7: Range of Movement**

Range of Movement	Before Treatment	After Treatment
Flexion	20°	45°
Extension	20°	50°
Lateral Flexion (Lt)	25°	40°
Lateral Extension (Rt)	20°	40°
Lateral Rotation (Lt)	20°	35°
Lateral Rotation (Rt)	25°	40°

**Discussion**

**Probable mode of action of internal medicine**

**Astavarga Kashayam** is mentioned in *Sahasrayoga*. Its ingredients are *Bala*, *Sahachara*, *Eranda*, *Shunti*, *Rasna*, *Devadaru*, *Nirgundi*, *Lasuna* have the properties of *Vatashamaka* (pacify the vitiated *Vatadosha*), *Vedana Sthapana* (sedative) and *Shoola Prashamana* (analgesic), *Balya* (promote strength), *Rasayana* (rejuvenation), and *Sroto Shodana* (purifying channels). As the drugs used in the present study have the above properties, they are beneficial for diseases originating by vitiation of *Vata Dosha* and help in improving the qualities of *Asthi Dhatu* (bones) and reformation of wasting tissues. Anti-inflammatory and analgesic properties of these drugs are scientifically proved.[7]

**Yogaraja Guggulu** preparation contains 29 herbal drugs. but according to the different acharyas the ingredients are different. Mainly the drugs having property like *Tikta*, *Kashaya*, *Katu Rasa* and *Ushna*, *Ruksha Guna*, *Ushna Virya* and acts as *Kaphavatahara*. *Yogaraja Guggulu* due to its *Lekhana* property scraps away the excessive *Jalamsha* and *Amatva* which has got accumulated in the joints. *Ushna guna* helps in bringing back the vitiated *Vata* into normalcy. Most of the drugs of the compound act as *Vata Shamaka*. The drugs act as *Vedana Sthapaka*, *Nadi Balya*, *Shulashamaka*, *Shothahara* which is most essential in promoting symptomatic relief in *Vatavyadhi*. [8]

**Vishatinduka Vati** the primary component is *Kupilu*, supplemented by *Maricha*, *Chincha Phala*, and *Phugphala*. *Kupilu* possesses properties such as calming *Vata*, alleviating depression and strengthening the heart. *Kupilu* soothes symptoms like anxiety and agitation due to its antidepressant properties and addresses issues such as running nose, diarrhea, muscular pain, and joint pain through its properties such as *Grahi* and *Vatshamak*. These drugs share characteristics like a pungent-bitter taste, dryness, warmth, sharpness, hot potency, and the ability to pacify *Vata* and *Kapha Doshas*. [9]

**Probable mode of action of external therapies**

**Abhyanga** does not have their actions confined to skin alone. The drugs with which these are boiled permeate through the skin and reach different tissue elements of the body.

*Karpasasthyadi Taila* is said to be the best in treating *Vata Vyadhi* and all the details pertaining to its ingredients are explained in *Sahasra Yoga* and AFI Part-1. The medicated oil used for massage remain in the skin for 300 seconds and gradually and consecutively permeates through different tissues elements like *Rakta, Mamsa, Meda, Asthi, Majja*.**[10]** *Abhyanga* acts on the site for *Vatadosha*, *Abhyanga* directly acts on the lymphatic drainage. Lymph exhibits large amount of amino acid tryptophan. The internal fluid of the skin is subjected to movement in the massage because of osmotic pressure. Thus, massage results into mechanical hydrostatic pressure in the extra-cellular compartment. Massage helps fluid enter into viscera, tissues and dilute the accumulated toxins. After the completion of procedure, when it refills the peripheral vessels, the diluted toxins are brought into general circulation and during the course; they are expelled out via elimination procedures.**[11]**

***Patra Pinda Sweda*** is highly effective in pain as local *Snehana* and *Swedana* directly acts at the site of *Samprapti*. This is a procedure in which both *Snehana* and *Swedana* are incorporated. Before *Patra Pinda Swedana*, *Abhyanga* was done, *Abhyanga* has *kapha Vata Nirodhan* properties.**[12]** Application of heat causes vasodilation and improves blood circulation. *Swedana* helps eliminating *Mala Dravyas* (toxins) along with sweat, decreases heaviness and stiffness.

***Anutaila Nasya*** is *Vataghna*, *Brimhana* and *Snehana*. It is *Sukshma Srtoto Shodhana*, Chest, head, pallet and throat is invaded with *Kapha Dosha* are eliminated. *Anu Taila* firstly mobilizes the *Kaphadi Doshas* from these *Sthana* and then it acts there as *Brimhana*. Oil reaches to minute channels and remove all the *doshas*. The *Sneha* reaches in the *Srotas*, Olation and Strengthening action takes place on ligaments and tendons of upper part of the Body. Thus, it is helpful in facial palsy, immobilization of jaw, headache, migraine, stiffness of neck, hair fall etc.**[13]**

## Conclusion

In the present study stiffness at the neck, pain during neck movements were commonly observed symptoms in the patient. Most of the aforesaid symptoms were due to muscle spasm and nerve compression.

The results were assessed on the basis of symptomatic improvement using Copenhagen neck functional disability scale and ROM. Here the *Vatahara Chikitsa* is incorporated. Improvement was observed in most of the symptoms like reduction in stiffness and spasmic pain provided by both internal and external intervention.

## References

1. Easy Ayurveda. Manyastambha: Meaning, symptoms, treatment [Internet]. 2024 Apr 15 [cited 2025 Aug 8]. Available from: [https://www.easyayurveda.com/2024/04/15/manyastambha-meaning-symptoms-treatment/#meaning\\_of\\_manyastambha](https://www.easyayurveda.com/2024/04/15/manyastambha-meaning-symptoms-treatment/#meaning_of_manyastambha) [Crossref] [PubMed] [Google Scholar]
2. Agnivesha. Charaka Samhita, revised by Charaka and Dridhabala, with Ayurveda Dipika commentary by Chakrapanidatta. Edited by Acharya YT. Sutrasthana, Chapter 20, Shloka 11. Varanasi: Chaukambha Sanskrit Series Office; 2016 [Crossref] [PubMed] [Google Scholar]
3. Charaka A. Charaka Samhita, revised by Agnivesha, Charaka and Dridhabala, with Ayurveda Dipika commentary by Chakrapanidatta. Edited by Acharya YT. Chikitsasthana, Chapter 28, Shloka 43. New Delhi: Chaukambha Publication; 2016. p. 618 [Crossref] [PubMed] [Google Scholar]
4. Domino F. The 5-minute Clinical Consult. Philadelphia: Lippincott Williams & Wilkins; 2008. p. 240 [Crossref] [PubMed] [Google Scholar]
5. Chaturvedi G. Charaka Samhita of Agnivesha Elaborated by Charaka & Drudhabala. Sutrasthana, Chapter 20, Shloka 13. Varanasi: Vidhyotini Vyakhya, Choukhambha Bharati Academy Prakashan; 2008. p. 402 [Crossref] [PubMed] [Google Scholar]
6. Jordan A, Manniche C, Mosdal C, Hindsberger C. The Copenhagen Neck Functional Disability Scale: a study of reliability and validity. J Manipulative Physiol Ther. 1998 Oct;21(8):520-7. PMID: 9798180 [Crossref] [PubMed] [Google Scholar]
7. Abeena P, Acharya S. A comparative clinical study on the effect of Ashtavargam Kashaya and Gandharvahastadi Kashaya in the management of Katigraha w. s. r. to lumbar spondylosis. Int Ayurvedic Med J. 2020;8:4036-42. doi:10.46607/iamj0208082020 [Crossref] [PubMed] [Google Scholar]

8. Rohitakumar, Chavan RR. A critical review on Yogaraja Guggulu. *Int J Trend Sci Res Dev.* 2021 Aug;5(5):29–31. Available from: [www.ijtsrd.com/papers/ijtsrd43744.pdf](http://www.ijtsrd.com/papers/ijtsrd43744.pdf) [Crossref][PubMed][Google Scholar]

9. Understanding and addressing opium addiction: drug review on Vishtindukadi Vati. *World J Pharm Med Res.* 2024;10(6):152–8. . [Crossref][PubMed][Google Scholar]

10. Susruta. *Susruta Samhita with Nibandha Sangraha commentary of Dalhana. Chikitsasthana, Chapter 31, Shloka 2.* Edited by Acharya YT. 8th ed. Varanasi: Chaukambha Orientalia; [year not specified] [Crossref][PubMed][Google Scholar]

11. Sinha K, Lohith BA, Kumar MA. Abhyanga: Different contemporary massage technique and its importance in Ayurveda. *J Ayurveda Integr Med Sci.* 2017;3:245–51. doi:10.21760/jaims.v2i3.8238 [Crossref][PubMed][Google Scholar]

12. A case study on Ayurvedic management of Manyastamba with special reference to cervical spondylosis. *World J Pharm Med Res.* 2023;9(6):149–52. . [Crossref][PubMed][Google Scholar]

13. UJAHM. [Internet]. [cited 2025 Aug 8]. Available from: <http://ujconline.net/wp-content/uploads/2013/09/10-UJAHM-15165> [Crossref][PubMed][Google Scholar]

Disclaimer / Publisher's Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of Journals and/or the editor(s). Journals and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.