



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

“MANAGEMENT OF MANYASTAMBHA WITH STANIKCHIKITSHA”

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ABSTRACT –

There are 80 *NanajmajaVatavyadi*. *Manyastambha* is one of the *NantatmajaVatavyadhi*. It can be correlated with cervical spondylosis in modern medicine. It is very common condition. Usually occurs in age group 30 to 60 yr old. Its assessment that 8 out of 10, due to modern lifestyle like computer technology in resent year. It is the degenerative changes of cervical spine that most likely to be caused by age related changes in inter vertebral discs. It may cause pressure on nerve root with pain or paresthesia in upper limbs. The main symptoms of cervical spondylosis are pain in neck radiating to shoulder, upper arms, hand and back of the head. Any movement causes aggravation of pain, so patients try to hold the neck rigidly. There may be muscle wasting, numbness, and loss of sensation in arms, hands and fingers⁽⁵⁾. *Manyabasti* is variety of *StanikChikitsa*. One of the *Chikitsa* is *Manyabasti*. It is procedure of applying heat to cervical region by retaining warm medicated oil in that area. It is localized form of *Basti* which is indicated in painful conditions of cervical region like cervical spondylosis. *Manyabasti* is found to be and effective treatment in many cases of cervical spondylosis.

Keywords-*Manyastambha, Manyabasti*

INTRODUCTION:

The *Manyastambha* is a *Vataja Nantmaja Vyadhi* the symptoms are *Ruka, Toda, Stambha, Gaurav, Shaitya* in *Manyapradesh*. It can be clinically correlate with cervical spondylosis. In present era human being is prone for numerous degenerative problems because of modern lifestyle, food, habits, and professional stain in association with road and traffic situation.

The *Vataja Dosha* gets vitiated and taken *Ashraya* at *Manyapradesh* affecting the *Manya Sira*, causing *Ruja* of neck. Hence pain at *Manyapradesh* and *Stambha* at *Manyapradesh*.

Cervical spondylosis is a condition involving changes to the bones, disc and joint at the neck. These changes *Stamba* and *Ruja* of the normal wear and tear of aging with age, the disc of cervical spine gradually breakdown, lose fluid and become stiffer. Cervical spondylosis usually occurs in middle aged and elderly people. Evidence of spondylosis changes is frequently found in many asymptomatic adults, with 25% of adult under the age of 40, 50% of adults over the age of 40, 85% of adults over the age of 60 showing some evidence of disc degeneration. *Manyabasti* is one of the *Panchakrma* procedures which is effective in *Manyastambha*.

Rasnapanchak Kwath. Manyabasti may improve the strength of fibrous tissue, increase movement and flexibility of joint and relieves the pain. Hence after consideration of all these aspects *Manyabasti* with *Rasnapanchak Kwath* has been selected for present study⁽²⁾.

AIMS AND OBJECTIVES:

AIM:

To evaluate the efficacy of *Manyabasti* with *Rasnapanchak Kwath* in management of *Manyastambha*.

OBJECTIVE:

- 1) To study the *Manyastambha* disease.
- 2) To study the cervical spondylosis acc to modern.
- 3) To study the effect of *Rasanapanchak Kwath Manyabasti* in *Manyastambha*.

SAMPRAPTI-⁽³⁾

Here *Asana* as *Upaveshanam* and *Sthana* as *Udhrva Vibhavanam*, which means the postural disturbances specifically with reference to sitting. Persons sitting or even lying down in bed postures, which in turn leads to improper positioning of cervical vertebrae, this puts uneven pressure over the spine nerve roots producing different signs and symptoms. We know that when a person is of middle age or old age as he has already developed degenerative changes in the cervical vertebrae. Which is due to ageing process, hence wrong posture cause minor trauma accelerates the

pathology of degeneration leading to set of clinical features.

Dalhana clarifies that by looking upwards continuously is *Vakra* position of *Manya*, which leads to minor trauma and precipitates the symptoms. In *Charak Samhita Abhigatwam* of *Siras* has told to be the reason of *Manya Sthamba*.

TREATMENT – (4)(5)(6)

Manyabasti with *Rasanapanchak Kwath Basti* does work of external and internal oleation, so above Basti is advocated to cure *Asthi* and *Majjagata Vata*. It may help in relieving like pain, tingling sensation, tenderness, odema, stiffness, sprain, by external *Snehana* and *Swedana*. All these symptoms tend to be present in cervical spondylosis hence it can work as line of treatment here.

MATERIALS AND METHODS:

MATERIAL:

- 1) Therapist-1
- 2) *Rasanapanchak Kwath*– 250 to 500 ml
- 3) Cotton pads
- 4) Vessels - 2
- 5) Towel – 1
- 6) Black gram dough

METHOD:

1. Done in prone position
2. Dough of black gram flour in form of a ring is placed over *Manya*.

3. Warm medicated *Kwath* is poured into it
4. Constant temperature is maintained.
5. Clean the part with lukewarm water.

INDICATION-*Manyastambha*

Time- 20- 30 min

Duration- 7 days

MODE OF ACTION-

It improves local blood and lymphatic circulation and then by improving local tissue metabolism.

Reduces inflammation by modifying secretion of various inflammatory mediators.⁽⁷⁾

Relaxes local musculature by physical efforts of heat and reduces stiffness and spasm of Para vertebral muscles.

Studies have shown that hyperthermia decreases the level of stress hormone. Nor epinephrine and hence produces parasympathetic dominance.

RESULT:

The study concluded *Manyabasti Rasanapanchak Kwath* local oleation and fomentation therapy showing quick relief in symptoms of *Manyastambha*, but its effect didn't last long.

DISCUSSION:

In *Manyabasti Rasanapanchak Kwath* having analgesics and anti-inflammatory properties. These are the important ingredients of procedure.

Manyabasti relieves pain, stiffness and swelling associated with cervical spondylosis. *Manyabasti* pacifies the morbidity of *Vata* in affected cervical spine. After treatment perception and increased range of motion can be observed. This is indicating the efficacy of *Manyabasti* in pain and stiffness. It gets immediate result and safe in all aspects.

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