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Efficacy Of Anutaila Nasya In Manyastambha : A Case Study

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Abstract-

At current situation, Manyastambha is most commonly occurring disorder due to changing lifestyle i.e. dietary habits, travelling, stressful jobs, computer work, improper posture of sitting and sleeping etc. According to Charkacharya Manyastambha is a disease which occurs because of entry of Prakupita vayu in both ManyaNadis, it also called as Antaryam. But Sushrutacharya told that Manyastambha is of Kaphavrutta Vatavyadhi and it is different from Antaryam, in which the patient is unable to move his neck and back, unable to talk, unable to yawn, excess salivation is there, stiffness of the muscles of neck and back. Manyastambha can be co-related with cervical spondylosis in modern prospective. Cervical spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral discs of the neck as well as the contents of the spinal canal. Among elderly person above 42 years, it is more common. Nasya karma is one of the effective treatment in Urdwajatrugatavikara including Manyastambha.

Key Words-

Manyastambha, Cervical spondylosis, Panchkarma, Nasya, Anutail

Introduction-

At current situation, Manyastambha is most commonly occurring disorder due to changing lifestyle i.e. dietary habits, travelling, stressful jobs, computer work, improper posture of sitting and sleeping etc. Manyastambha is one of the vatavyadhi in which aggravated vata localised in manyasthan, produces constriction of sira. According to Sushrut Nidan sthan, by day sleep, sitting and standing in long durations and gazing obliquely, the vata covered by kapha causes Manyastambha.

Manyastambha can be co-related with cervical spondylosis in modern prospective. Cervical spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral discs of the neck as well as the contents of the spinal canal. Among elderly person above 42 years, it is more common. As per research study, the prevalence of Cervical spondylosis is 13.76%. It is similar in both sexes although degree of severities greater in males.

Ayurvedic texts have mentioned various treatment modalities for manyasthambha, snehan, swedan have been advised for vatavyadhis which gives nourishment of dhatus, increases in agnibala and increases in strength of the body. Nasya karma is one of the effective treatment in Urdwajatrugatavikara including Manyasthambha. Anutail is vatahar, bhrihan, snehan suksma strotogami and mahagunam sarvottam gunam property, is to be beneficial in the therapeutic efficacy of nasya in Manyasthambha. So as per need and major health issues to people, it can be solved with the help of treatment like Nasya in Panchkarma.

Case Report-

A 42 years male patient came to Panchakarma OPD with complaints of feeling neck pain even on rest, recurrent stiffness in the day, feeling dizziness even on rest, feeling tingling whole day even on rest. Patient was suffering from same complaint since 1 year. He took allopathic treatment like Analgesic, Anti-inflammatory etc. and got temporary relief but currently again he is suffering from same complaints.

Past history - There is no any significant past history.

Family history – There is no any significant family history.

Personal history – There is no any significant personal history

On Examination-

Samanya Parikshana -

- | | |
|--|--------------------------|
| 1.General condition of patient is moderate | 2.Pulse rate-78/min |
| 3. Raktachap- 110/80 mmHg | 4. Weight-68 kg |
| 5. RS-AE=BE clear | 6. CVS- S1 S2 normal |
| 7.CNS- well conscious, oriented | 8. P/A- soft, non-tender |

Ashtavidha Pariksha-

- | | |
|-------------------------|----------------------|
| Nadi-Vatapradhan pitta | Mala- Asamadhankarak |
| Mutra- samyak pravrutti | Jivha-Sama |
| Shabdha-Spashta | Sparsh-Ushna |
| Druk-Panduta | Aakruti- Madhyam |

Local Examination-

On examination neck stiffness was there, difficulty in movement associated with pain. Skin over the neck is normal. Tenderness over right side is more with less inflammation.

Methodology-

Study design – Simple Randomised Single Case Study

Treatment Schedule –

Panchakarma procedures	Duration	Follow up
Sthanik Snehan - Tila tail	7 days	14 th day
Nadisweda – Dashmool kwath		
Nasya – Anutail 6 drops in each nostril		

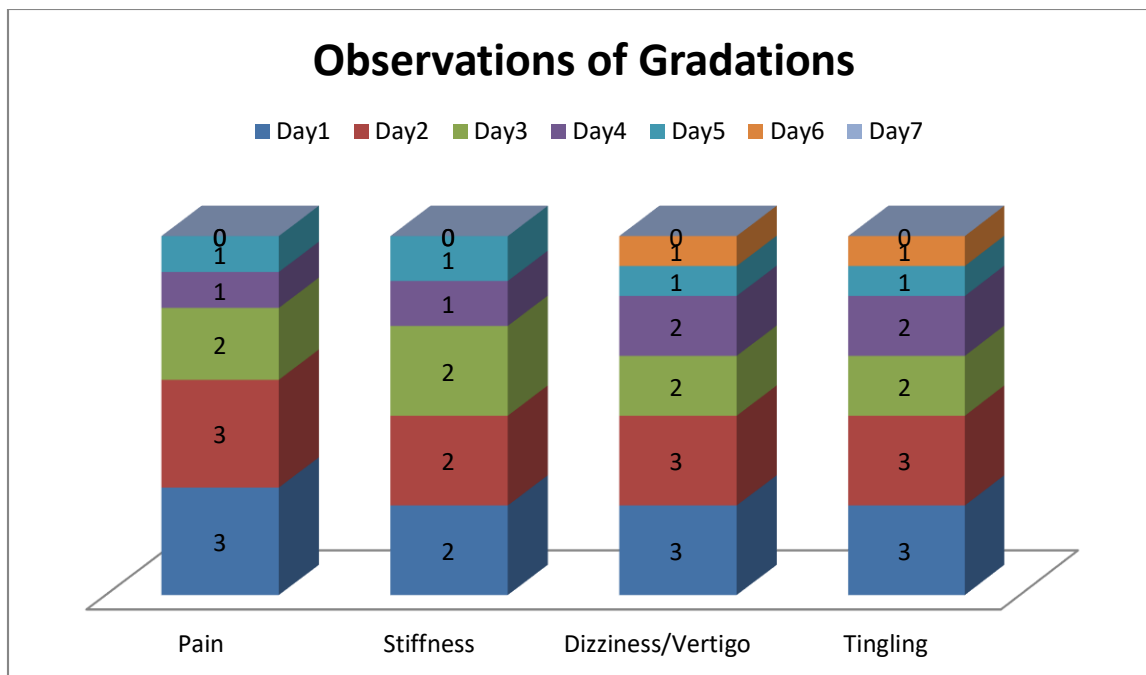
Assessment Criteria-**Subjective Parameters-**

Grade Criteria	0	1	2	3
Pain	No	Mild	Moderate	Severe
Stiffness	No	Mild	Moderate	Severe
Dizziness/Vertigo	No	Mild	Moderate	Severe
Tingling	No	Mild	Moderate	Severe

Grade Criteria	0	1	2	3
Pain	No neck pain	Feeling neck pain without hampering routine work	Feeling neck pain on movement	Feeling neck pain even on rest
Stiffness	No neck stiffness	Feeling stiffness in morning	Recurrent stiffness in the day	Stiffness all the time
Dizziness/Vertigo	No dizziness/vertigo	Feeling Dizziness/vertigo without hampering routine work	Feeling Dizziness/vertigo on movement	Feeling Dizziness/vertigo even on rest
Tingling	No Tingling	Feeling Tingling occasionally	Feeling Tingling on most of time	Feeling Tingling whole day even on rest

Observations-

Sr.no.	Symptoms	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1.	Pain	3	3	2	1	1	0	0
2.	Stiffness	2	2	2	1	1	0	0
3.	Dizziness/Vertigo	3	3	2	2	1	1	0
4.	Tingling	3	3	2	2	1	1	0



Results-

Sr. no.	Symptoms	Before Treatment	After Treatment	After Follow up
1.	Pain	3	0	0
2.	Stiffness	2	0	0
3.	Dizziness/Vertigo	3	0	0
4.	Tingling	3	0	0

There was significant relief in symptoms after 7 days of treatment with Anutaila Nasya.

Discussion-

Sthanik Snehana, Swedan are effective and gives quick result because they act at the site of samprapti of manya. In manyastambha, the vitiated vatadosha having sheet ,ruksha properties. After snigdha and ushnaguna of snehan alleviates the disease and swedan increases the sweat and brings out the maladravyas along with sweat . It decreases the kleda in the body resulting in the reduction of sthambha. After snehana and swedan , lubrication and liquification of doshas take place, helps to remove the doshas easily after nasyakarma.

“Nasa hi shirasodwaram”

Nose is a gateway of head. The nasal medicines enters in shringatakamarma of shira and spreads in the cranial cavity, eyes , ears, throat and the minute capillaries of face and the doshas are removed from the site. It pacifies morbid vyanavata shleshakkapha. It decreases the symptoms of sthambha, shool etc.

Anutail is vataghna ,bruhan, snehana and sukshma strotogami. Anutail firstly mobilises the kaphadi doshas from chest, head, pallet and throat region and then it acts as bruhana. It strengthens the muscles of neck, shoulders and chest.

Nasya karma is valuable approach for urdhwajatrugata vatavyadhi and manyastambha is considered as urdhwajatrugataavikar. Thus, Nasyakarma is more effective in manyastambha.

It increases the vasodilatation and enhances vital circulatory process of body especially in cervical region thus removes spasm and rigidity of the muscles. Nasyakarma not only relieves stiffness but also increases range of motion of cervical joints.

Conclusion –

On the basis of this single case study it can be concluded that Panchakarma treatment like Anutaila Nasya was very effective in the management of Manyastambha.

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