



“PAIN MANAGEMENT IN *MANYASTAMBHA* - A CASE STUDY”

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Abstract :

Ayurveda is the science of life, which mentioned various principles for prevention and treatment of diseases¹. All diseases are mostly developed due to the vitiation of *Tridoshas* in the body. In which *Vata*, *Pitta* & *Kapha* are the 3 *sharirika doshas* and the *Rajas*, *Tamas* are the 2 *manasa doshas*. *Vatavyadhi* are commonly found in the body due to the predominance of *Vata* in the body, skin. *Manyastambha* is also one of the *Vatavyadhi*². *Acharya Sushruta* mentioned the vitiation of *Vata* & *Kapha doshas* in the body³. It can be correlated with Cervical spondylosis in the modern science. There are various treatment modalities are mentioned for this. It hampers the persons day to day life activities. *Ayurveda* described various treatments for the management of *Vatavyadhi*. In which *Shodhana*, *Shamana Chikitsa* are helps to reduce the vitiation of *Vata dosha* in the body. *Sthanika Snehana*, *Swedana*, *Nasya* are the mostly used for the management of *Manyastambha*.

Keywords : *Manyastambha*, *Shodhana Chikitsa*, *Shamana Chikitsa*.

Introduction :

Manyastambha mentioned as one of the *Vatavyadhi*. Mainly there is vitiation of *Vata dosha* & *Vyana vayu*. The vitiated *Vata dosha* is gets lodged in to the neck region. Which causes *Shoola*, *Sakashta Kriya*, etc. Formation. In modern science, it can be correlated with the cervical spondylosis. *Manyastambha* mainly occurs due to the *Diwasvapa*, improper movements of the neck, improper sleeping positions, improper use of pillows, etc⁴. It is one of the *Nanatmaja Vatavyadhi*. It is chronic degenerative condition which mainly affects the cervical spine, ligaments, vertebral bodies, etc. Which is managed by *Shodhana* & *Shamana Chikitsa* in *Ayurveda*.

Case study :

A 28 year old male patient came hospital with symptoms like *Manyashoola*, *Bhrama*, *Sakashta Manyakriya*, since from 1 month. Patients *Nidana* was done initially along with the *Ashtavidha* and *Dashvidha Pariksha*.

Name of Patient - ABC , 18 year - Male

Religion - Hindu

Occupation – Student

Chief Complaints :

1. Manyashoola
2. Bhrama
3. Sakashta Manyakriya

Ashtavidha Pariksha :

1. Nadi - 80/min.
2. Mala - Samyaka.
3. Mutra - Samyaka.
4. Jivha - Alpha Saam.
5. Shanda - Spashta
6. Sparsha - Anushna
7. Druka - Prakruta
8. Akrti - Madhyam

General Examination :

PR - 80/min
 BP - 110/70 mm of Hg
 RS - AE= BE , Clear
 CVS – S₁ S₂ N
 CNS - Conscious , Oriented
 P/A - Soft , No Tenderness

Past History :

H/O - Sitting work on Laptop, Office work.

Treatment :**A) Shodhana Chikitsa :**

	<i>Dravya</i>	<i>Duration</i>	<i>Period of Study</i>
a) <i>Sthanika Snehana</i>	<i>Narayana Taila</i>	20 minutes	15 days
b) <i>Sthanika Swedana</i>	<i>Dashmoola</i> + <i>Nirgundi</i> + <i>Rasna</i>	15 minutes	15 days
c) <i>Nasya</i>	<i>Ksheerbala taila</i>	8 drops in each nostrils	15 days

B) Shamana Chikitsa :

	<i>Matra</i>	<i>Kala</i>	<i>Anupana</i>
a) <i>Yogaraj Guggulu</i> ⁵	250 mg	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshna jala</i>
b) <i>Maha Vata Vidhwansa rasa</i> ⁶	250 mg	<i>Adhobhakta</i> (2 times a day after food)	<i>Koshna jala</i>

Along with treatment proper *pathya* had been followed by patient. In *Aahara* , *ghrita* , *taila* , *vasa* , *majja pan* , *godhum* , *masha* , *shashtika shali* , *patola* , *draksha* , etc , *vata shamak dravyas* are given. In *Vihara* , *Vyayam* is Important. Also some *apathyas* was advised that is *vata prakopaka aahara* such as *chanaka* , *vatana* , *mudga* , *jambu* , *shushka mansa* , *karvellaka* etc.

Observations :

Effect of the treatment on *Manyashoola*, *Bhrama*, *Sakashta Manyakriya*.

	Symptoms	Before treatment	After treatment
VAS Scale	<i>Manyashoola</i>	10	5
	<i>Bhrama</i>	8	5
<i>Sakashta Manyakriya</i>		+++	++

Gradation of Symptoms :

1 - 3 = Mild ; 4 - 6 = Moderate ; 7 - 10 = Severe

+ = Mild , ++ = Moderate , +++ = Severe

Discussion :

In this study , observations was done before and after treatment based on symptoms and though VAS Scale - is often used for pain, etc.

Snehana : It increases circulation and also it eliminates various *Vata* diseases effectively.

Swedana : *Sthanika Many Swedana* is helpful for pain relief.

Nasya : Helps to reduce *Vata prakopa*, provides strength to the neck region. Helps to reduce *bhrama*.

Abhyantar chikitsa :

1. **Yogaraj Guggula** : It contains *Triphala*, *Pippali*, *Hingu*, etc drugs which helps to reduce *Vata prakopa*.

2. **Mahavatavidhwansa Rasa** - According to *Rasa Sara tantra* , it is used for *Shoola Shamanartha* and for *Vata vrudhi*. It also decreases *kshobha* of *Vatavaha Nadi*.

Conclusion :

In this case all symptoms like *Manyashoola*, *Bhrama*, *Sakashta Manyakriya* are markedly diminished in 2 months study. In conclusion *Snehana*, *Swedana*, *Nasya* and *Shamana chikitsa* are significantly effective in *Manyastambha*, followed by proper *pathya-apathya*.

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