



# STHANIKAARKA PATRA SWEDA AN INNOVATIVE TREATMENT IN THE MANAGEMENT OF MANYASTAMBAWSR CERVICAL SPONDYLOSIS: - A SINGLE CASE STUDY

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**Abstract:** Overuse of contemporary technology, including computer programs, faulty sleeping positions, and incorrect work habits, can result in the emergence of many *nanatmaj Vata Vyadhis*, including *Manyastambha*, which interfere with daily activities. This illness is now a serious health issue for both young people and the elderly. According to contemporary science, *Manyastambha* may be associated with cervical spondylosis based on its signs and symptoms. This is a single case study of 29 years old married female patient visited in Patient Department at shri dhanwantry ayurvedic college and hospital in Chandigarh, with complaints of severe neck pain since past 2 years. The patient was treated with *sthanika Arka patra sweda* to *greeva pradesha*.

**Keywords:** APS, Arka patra sweda, greevashula, cervical spondylosis

## I. INTRODUCTION

*Manyastambha* is a painful condition mostly linked to *vata* and *vyana vayu* vitiation. Muscle soreness in the neck area is caused by the vitiated *Vata* becoming trapped there. The cervical spine, vertebral bodies, facet joints, and longitudinal ligaments are the primary areas affected by this chronic degenerative disorder. When a person is ill, their quality of life declines and they find it harder to go about their everyday lives normally.

A frequent condition that becomes worse with age is cervical spondylosis. Since some families will see more of these changes over time while other families would experience fewer, there also seems to be a hereditary component at play. Males may develop cervical spondylosis than females. Five percent of adults are severely incapacitated by neck discomfort, which affects 66% of adults at some point in their lives. By the age of 60, 85% of men and 70% of women exhibit X-ray abnormalities that are compatible with cervical spondylosis<sup>1</sup>.

Ayurveda a collection of illnesses known as *vatavyadhis* are categorised by *hetu*, *sthana*, and *lakshana* and manifest as *dhatu kshaya* or *margavarana*. The classification of *dhatukshayajanya vatavyadhis* takes into account a wide range of degenerative disorders. One such condition that is comparable to *manyastambha* is cervical spondylosis.

The primary goal of modern medications is pain management. Nonsteroidal anti-inflammatory medications, various analgesics, and muscle relaxants are frequently used medications with a number of adverse effects, including hepato-renal damage, drug dependence, and stomach discomfort. Persistent pain and increasing cord damage occur even after such medical interventions. Additionally, the majority of people are unwilling to have expensive, non-permanent surgery<sup>2</sup>.

*Manyastambha* is considered under different types of *Nanatmaja Vata Vyadhi*. The localization of aggravated *Vata* in *Manya samshrita Nadi* leads symptoms of *Stambha* and *Shoola*.

The symptoms of *Manyastambha* are as follows

- Pain in neck & spine region
- Headache, Numbness & Tingling Sensation
- Difficulty in neck movements
- Dizziness and movement restriction.

#### AIM & OBJECTIVES OF THE STUDY:

To Known the efficacy of *Arka patra Sweda* in the management of *Manyastambha* .

#### CASE REPORT:

Name - XYZ

Age - 29 years

Sex - Female

UHID – 24040018295

#### Chief Complains

1. Pain and stiffness in the back of neck region Since 2 years
2. Mild shoulder pain and headache
3. Difficulty in movement of the neck from 2 months.

#### History of Present Illness

The patient was asymptomatic before 2 years then she starts pain and stiffness in the back of his neck due to excessive work in the home after a few days pain starts radiating to rt upper limb with tingling sensation. Then after four months she developed mild pain in bilateral shoulders with difficulty in movement of the neck and mild headache.

**History of Past Illness:** No significant illness was found

#### Personal History

Diet – Mix

Appetite – decreased

Micturition – 4times/day

Bowel – Constipated

Sleep – Improper

#### On Examination

Pulse rate - 78/min

B.P. - 130/80 mm of Hg

R.R. - 18/min

#### Range of motion

Flexion – Painful

Extension – Painful

Neck- stiffness was present with decrease range of cervical movement.

#### Investigations

Magnetic resonance imaging (MRI) of cervical spine that was done on 20/07/25, revealed right foraminal protrusion at C4/5 level, Diffuse disc bulge at C5/6 and C6/7 level indenting anterior subarachnoid space and bilateral exiting nerve roots (right>left).

**Treatment plan**

*Greevastambha* comes under *Urdhjatrugat roga* and *Nanatmaj Vata Vyadhi*. In Ayurveda general line of management of *Urdhjatrugata roga* & *Nanatmaj Vata vyadi* such as *Abhyanga*, *Swedan* procedure were adopted for the case.

Table 1: Panchkarma Procedure

Treatment	Duration
<i>Arka Patra Sweda</i>	7 Days

Table 2: Oral Medications.

Name of the Drug	Dose
1.Cap- Cervilon	1-0-1 A/F
2. <i>Astavargam kashaya</i>	15ml-0-15ml B/F

Assessment criteria

1. VAS scale
2. Range of movement (ROM)

**ARKA PATRA SWEDA:****PURVA KARMA:**

All the requirements for the APS is arranged it before the treatment.

**REQUIREMENTS:**

*Arka patra* – 10 leaves

Cotton cloth – 40-50 cm length 8-10cm width

Thread – 30 cm length

Ghee- 50 ml

*Sindhava lavana* – 10grams

*Murchitha til taila*- 20 ml

Sissors

Preparation of Arka patra roll :

Step -1 Clean the *arka patra* leaves properly with cotton or cloth to prevent any bacterial or fungal infections.

Step-2 Arrange the arka leaves side by side on the cloth piece (Tip should be placing upwards).

Step-3 Cloth should be fold it inwards and roll it from the one side.

Step- 4 Tie it with the thread tightly it should not get opened easily

Preparation of patient:

Arrange the patient to sit comfortably over a stool of knee height.

*Sthanika abhyanga* with *murchitha til taila* to be done for 10 min.

Need to mark the tender points

**PRADHANA KARMA:**

Step-1 Cut the tip of the leaves let the *kshara* will get ooze out.

Step-2 Add the *gritha* and *sindhava lavana* in the heated pan.

Step-3 Dip the roll in the pan for 2 sec.

Step-4 Before placing it on the patient's body need to check temperature by placing it on the palm, to prevent the burns.

Step-5 It should be tap on the skin (neck region) for 5secs Again the tip of the roll should be cut with the Sissors and repeat the procedure until the roll should get finished.



**PASCHAT KARMA:**

Wipe the area with cotton cloth dipped in the hot water.



Image 1,2,3,4,5,6 shows the steps in the *arka patra sweda* procedure

**DRUG REVIEW :****1. Arka Patra** (*Calotropis gigantea/procera* – Leaf)

Sanskrit Term	Description
<b>Rasa</b>	<i>Katu , Tikta</i>
<b>Guna</b>	<i>Laghu , Tikshna , Ruksha</i>
<b>Veerya</b>	<i>Ushna</i>
<b>Vipaka</b>	<i>Katu</i>
<b>Prabhava</b>	<i>Shothahara ,Vedanasthapana , Ama pachana</i> external use reduces swelling, pain, and stiffness.

Table 3:*Rasa,guna,veerya,vipaka,prabhabva of arkapatra***2. Tila Taila**

Sanskrit Term	Description
<b>Rasa</b>	<i>Madhura , Kashaya, Tikta</i>
<b>Guna</b>	<i>Snigdha , Guru , Sara , Sukshma</i>
<b>Veerya</b>	<i>Ushna</i>
<b>Vipaka</b>	<i>Madhura</i>
<b>Prabhava</b>	<i>Balya , Vatahara, Tvachya , Vrishya , Jeevaniya ,</i> best for <i>Abhyanga</i> and <i>Swedana</i> therapies.

Table 4:*Rasa,guna,veerya,vipaka,prabhabva of til taila***3. Saindhava Lavana**

Sanskrit Term	Description
<b>Rasa</b>	<i>Lavana</i>
<b>Guna</b>	<i>Snigdha , Laghu</i>
<b>Veerya</b>	<i>Sheeta</i>
<b>Vipaka</b>	<i>Madhura</i>
<b>Prabhava</b>	Best among salts; balances <b>Tridosha</b> , especially <b>Vata</b> ; acts as a <i>deepana, pachana</i> , and <i>anulomana</i>

Table 5 :*Rasa,guna,veerya,vipaka,prabhabva of saindhava lavana***4. Ghrita**

Sanskrit Term	Description
<b>Rasa</b>	<i>Madhura</i>
<b>Guna</b>	<i>Snigdha, Guru, Mrudu , Sara</i>
<b>Veerya</b>	<i>Sheeta</i>
<b>Vipaka</b>	<i>Madhura</i>
<b>Prabhava</b>	<i>Sanskara anuvartitva</i> – it carries the properties of drugs processed with it. Enhances <i>ojas</i> , improves <b>memory, digestion</b> , and nourishes tissues. Balances <b>Vata-Pitta</b> , aggravates <b>Kapha</b> in excess.

Table 6:*Rasa,guna,veerya,vipaka,prabhabva of gritha*

**RESULT:**

After completion of treatment, the patient condition was reassessed. The patient had no giddiness and neck pain improved, There was no pain and tingling sensation in Rt upper limb. VAS score decreased to 3 and stiffness improved. Spurling sign was negative. The patient was stable in the follow-up period of 1 month.

Table 7: Visual Analogue Scale (VAS)

(Source: World Journal of Pharmaceutical and Medical Research)

Measurement	Before Treatment	After Treatment
VAS Score (0–10)	9	3

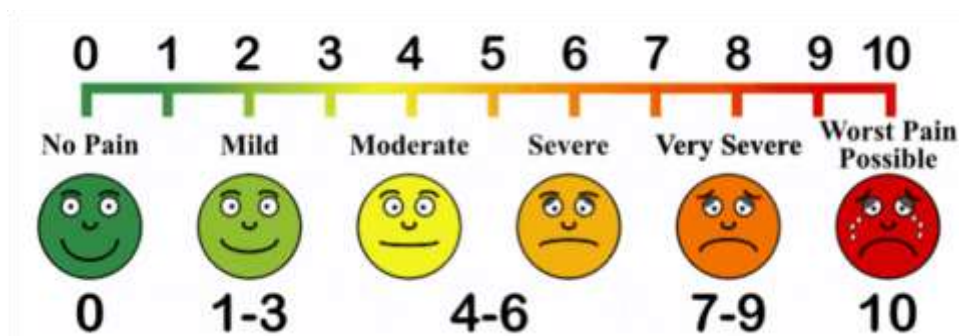


Table 8: Cervical Range of Movement (CROM)

Movement	Before Treatment (°)	After Treatment (°)
Flexion	20	45
Extension	30	50
Lateral Flexion (Left)	25	40
Lateral Flexion (Right)	20	35
Lateral Rotation (Left)	20	45
Lateral Rotation (Right)	25	45

**DISCUSSION**

Due to the *nidana* found in the patient *Vata* and *kapha Dosha* gets triggered and establishes the disease at the *manya*. The *manya sthana* consist of *snayu*, *peshi*, *kandara*, and *siras*. The *snayu*, *peshi*, *kandaras* are inter woven with *sleshma dhara kala* which lubricates and helps the movement of *manya*. This *shleshma dhara kala* is the site of *kapha sthana* which bears the *sleshma guna*. The *kapha* which got *dushti* with the above said *nidana* it vitiate the *sleshma dhara kala* and by possessing *ama guna* it causes *stambhata* in the *manyas* thus the movement of neck is arrested which we call as *Manyastambha*. Due to *kapha dushti* and *sama guna srota avrodha* takes place and causes hindrance to the movement of *Vata*. Thus *Vata* gets vitiation and causes pain in the neck. Hence the *stambhata* and *vedana* are manifested as two cardinal signs and symptoms of *Manyastambha* which are caused by *Vata kapha Doshas*.

According to Ayurveda *Vata*, the principle of movement is the predominant function of the skeletal-muscular system and the nervous system. Problems relating to these systems are predominantly caused by vitiated *Vata*.

The commonly occurring pain in the neck region in such conditions are due to spasm of muscles around the area and numbness/tingling sensation in the arm is felt due to the compression of cervical nerves passing through the location. But in Ayurveda *Greevatashambha* is considered as one among *Vatavyadhi*. Also 'Shula' is the characteristic of *Vata*. This pain can be produced by only involvement of *Vayu* or in association with other *Doshas* (*Dosha Avrita Vata*).

*Arka patra sweda* is a type of *swedana* procedure (*Tapa sweda*). Due to this procedure cervical region blood supply of that part is increased and inflammation is reduced. There is degeneration of intervertebral disc and

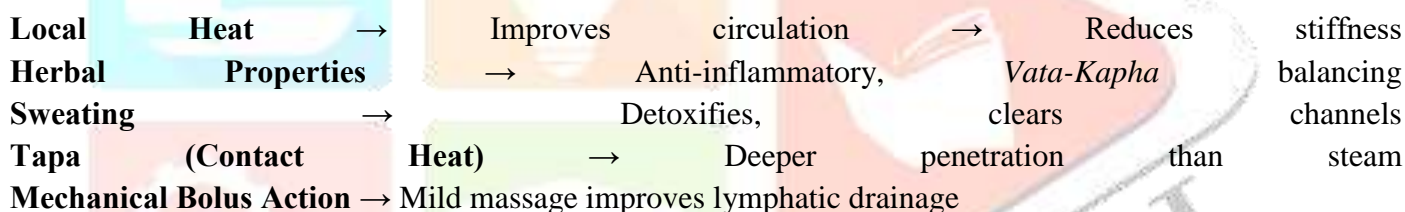


lubrication function of *Shleshmaka Kapha* is affected, which results in compression and irritation of nerve, resulting in severe pain & muscle spasm. Therefore, local *Swedana* is very effective and gives quick results because they act at the site of *Samprapti*<sup>3</sup>.

#### MODE OF ACTION<sup>4,5,6</sup>:

Mechanism	Explanation
<b>1. Thermo-Physical Action</b>	The direct heat from the <i>Arka pata</i> roll ( <i>Tapa</i> method) induces sweating, opens skin pores, dilates blood vessels, and increases local circulation. It softens the tissues and reduces muscle stiffness.
<b>2. Vata-Kapha Shamana</b>	<i>Arka</i> is <i>Ushna</i> (hot), <i>Tikshna</i> (penetrating), and <i>Vata-Kaphahara</i> . It counteracts cold, dry, and heavy qualities of aggravated <i>Vata</i> and <i>Kapha</i> . This helps in alleviating pain, swelling, and stiffness.
<b>3. Transdermal Drug Delivery</b>	Active phytochemicals in <i>Arka</i> (e.g., calotropin, alkaloids, flavonoids) penetrate through the skin and act locally to reduce inflammation, pain, and microbial load.
<b>4. Srotoshodhana</b>	Sweating helps in clearing the <b>blocked channels (srotas)</b> , improving tissue metabolism and facilitating proper nutrient and oxygen delivery.
<b>5. Ama Pachana</b>	The heating and sweating effects help <b>digest Ama (toxins)</b> accumulated in joints/tissues.
<b>6. Relaxation and Analgesia</b>	The warmth relaxes the muscles and nerves, reduces spasms, and provides a natural analgesic effect through local heat and herbal action.

Table 9:mode of action



#### Action of *gritha* and *sindhava lavana*:

*Gritha*: *Gritha* will reduce the *vata-pitta* dosha and also the *kshara guna* of *arka patra*.

*Sindhava lavana*: it will pacifies the *vata* and *kapha dosha* and also having *lekana*, *deepana*, *pachana*, *shotahara* actions.

#### CONCLUSION:

It is observed that the *Manyastambha* disease clinical features are similar to cervical Spondylosis. *Manyastambha* is one of the *Vataja Nanatmaja vyadhis*. The *Doshas* involved in this disease are mainly *Vyana Vata* and *Sleshaka Kapha*. *Arka patra* is having *Vatahara* and *kaphahara* properties. *Arka patra Sweda* Showed significant results in reducing the *manyastambha*.

*Arka patra Sweda* is a best Ayurvedic therapy that effectively addresses musculoskeletal and joint disorders, particularly those related to imbalances in the *Vata* and *Kapha Doshas*. With its action of *Swedana*, this treatment helps to relieve pain, stiffness, and inflammation. While its traditional efficacy is well-documented, further scientific is necessary to confirm its benefits in the context of modern medicine. Incorporating this therapy into contemporary healthcare could offer a natural, holistic alternative for managing chronic pain and inflammation, providing patients with a safer, non-invasive treatment option.

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