



A REVIEW ON MANYASTAMBHA (CERVICAL SPONDYLOSIS) AND ITS MANAGEMENT THROUGH AYURVEDA

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ABSTRACT

In the present era Manyastambha is the common disease due to stress, nature of work and unpleasant components of current lifestyle. Manyastambh term derived from words as “Manya” means nape of neck and “Stambh” means stiffness, rigidity^[1]. In this Kaphavruta Vata takes shelter in the Sira and Snayu of Manyapradesha. It is characterized by Guruta, Stambha in Manyapradesha, Ruk, Chestastambh^[2]. The clinical Presentation of Manyastambh resembles the Cervical Spondylosis. It is a type of Vatavyadhi. It can be occur as Nanatmaja Vikara^{[3][4]} as well as Kaphavruta Vata^{[5][6]}. In Allopathy use of Steroids, Analgesis and Antiinflammatory Drugs does not yield long term relief and cannot satisfy the objective of an ideal therapy. The treatment procedure described in Ayurveda focuses not only on drugs but also lifestyle modification thus, having a holistic approach in its management so the present study deals with systemic review of Manyastambh and aim of this work is to review and highlight the effectiveness of different Ayurvedic interventions in patients with Manyastambha.

KEYWORDS: *Manyastambh, Ayurveda, Cervical Spondylosis.*

INTRODUCTION

Degenerative diseases which are mainly seen in elderly persons are now becoming common in early & middle age persons also. Majority of individuals over 40 years of age demonstrate Significant radiological evidence & major percentage develops symptoms 60-70% of women and 85% of men show changes of cervical spondylosis.

The internationally incidence of cervical spondylosis is 2.5 cases per 1000 population. In India shows an incidence of 3.5 cases per 1000 Population. 70% of general population is affected with neck pain during their life.

AIMS AND OBJECTIVES

To explain the role of *Pathya-Apathya*, Drugs and *Panchakarma* therapy enumerated in ancient Ayurvedic texts which will be beneficial in management of Manyastambha.

MATERIALS AND METHODS

As the study is a review study, the available literature *Samhitas* and other books are searched for the disease and analyzed to get a comprehensive concept in the management of Manyastambh.

ELECTRONIC DATABASES:

Complementary and Alternative Medicine[CAM], PubMed, MEDLINE etc. were searched.

OBSERVATION

A] ETIOLOGY

The etiology of the disease has not been mentioned directly but Manyastambh is one of the Vatananatmaja Vikara. There is not much difference in the causative factors of Vatavyadhis^[7].

1) SANNIKRISTA HETU -

Nidanas	C.S. [8]	S.S	A.H [9]	M.N[10]
i) Ativyayam (Excessive physical exercise)	+	+	+	+
ii) Abhighata (Injury to neck)	+	+	-	-
iii) Marmaghata (Injury to vital points of cervical region)	+	-	-	+

2) VIPRAKRISHTA HETU -

- (I) Rasa- Kashaya , Katu, Tikta.
 (II) Guna - Ruksha, Sheeta, Laghu.
 (III) Aharakrama - Alpahara , Abhojana, Vishamashana, Adhyashana, Pramitashana.
 (IV) Manasika - Chinta, Shoka, Krodha, Bhaya.
 (V) Viharaja - Ativyayama, Ativyavaya, Atijagarana, Vishamopachara, Langhana.
 (VI) Anya - Dashasrava, Raktasrava, Dhatukshaya.

3) VISHISHTA NIDANA

Nidanas	S.S[11]	M.N.	B.P.[12]	Y.R.[13]
i) Diwaswapna	+	+	+	+
ii) Asanastha Vikruti	+	+	+	+
iii) Urdhwanireekshana	+	+	+	+

4) OTHER CAUSES [14]

- (I) Living in Jangaladesha is another causative factor of Vataprakopa.
 (II) During the end of Greeshma ritu, Varsharitu and Shishira kala.

B] SAMPRAPTI

In our classics Manyastambh Samprati explained as follows:

(I) Due to Nidana sevana Vata gets vitiated and gets Avrutha by Kapha^[15] which in turn does Sthabdatha of 14 Manya Siras situated in the back of neck and results in Manyastambh (Stambhana & Ruja of neck).

(II) Vata prakopa nidanas like Dhatukshaya which occur mainly during the mid and later decades of life time can be interpreted in terms of degenerative changes found in cervical spine and disc which is resultant of ageing process mentioned in the ailed science.

(III) Second one is due to Margavarodha -

Nidanas like Adhyasana, Vishamashana & other Vitiates Agni, leading to mandagni & production of Ama causing Margavarodha in this way all above Nidana factors will cause Vataprakopa.

SAMPRAPTI GHATAKAS:

Dosha	Vata- Vyanavata Kapha – Shleshmaka Kapha
Dushya	Asthi, Majja, Snayu, Mamsa
Agni	Jatharagni, Asthi & Majja Dhatwagni
Srotus	Asthivaha, Majjavaha
Srotodushti Prakara	Sanga
Udbhava Sthana	Pakwashaya
Sanchara Sthana	Rasayani
Vyakta Sthana	Greeva Vyadhi
Swabhava	Chirakari
Rogamarga	Madhyama Rogamarga

C] PURVAROOPA

Manyastambha come under Vatavyadhis so may not present any Poorvaroopa. According to Charaka Avyakta lakshanas of Vatavyadhi are to be taken as its Purvaroopa^[16].

D] ROOPA

Lakshanas of Manyastambha described by Sushruta are Guruta, Stambha in Manyapradesh, Ruka, Cheshtastambha^[17].

E] UPASHAYA

All drugs, diet and regimen which give long lasting relief in Manyastambh may be taken as Upashaya. For e.g. – Abhyanga, Swedana, Ushna Ahara, Ushna ritu, Avoiding pillows etc.

F] ANUPASHAYA

All drugs and regimen which exaggerate the diseases are takes as Anupashaya. For e.g. – The diet having Laghu, Ruksha, Sheeta gunas, Anashana, Alpashana, Sheeta Ritu, Evening time.

MANAGEMENT OF MANYASTAMBHA

As in Ayurveda the first line of treatment is Nidanaparivarjanama so the first aim should be lifestyle modification which can be achieved through change in dietary habits, Yoga and Regular exercises.

A] AHARA

- Vatahara, Madhura, Amla, Lavana & Snigdha diet should be given^[18].
- Shunthi is described under Vatanashaka Gana ,so it must be included in our daily diet^[19].
- Ghratapana is advised to alleviate vata^[20].

PATHYA AHARA:

- 1) Sneha & Other- Sarpi, Vasa , Taila, Majja, Ghrita, Dugdha, Dadhi, Kurchika.
- 2) Harita, Shakha, Shimbi & Phala Varga – Raktashali, Patola, Vartaka, Dadima, Kulatha, Masha, Godhuma, Parushaka, Badara, Lashuna & Draksha.
- 3) Amsa Varga – Chataka, Kukkuta, Tittira, Shilindhra, Nakra, Gargars, Khudisha, Bileshaya.
- 4) Rasa Pradhana- Madhura, Amla, Lavana
- 5) Manasika – Sukha
- 6) Vihara – Snehana, Swedana, Snehapana, Snana, Abhyanga, Rechana, Mardana, Basti, Avagaha, Samvahana, Agni Karma, Upanaha, Tailadroni, Shirobasti, Nasya, Santarpana, Brimhana.

APATHYA AHARA:

- 1) Harita, Shakha, Shimbi, Phala Varga- Chanaka, Kalaya, Shyamaka, Kuravinda, Mudga, Rajamasha, Guda, Jambuka, Kramuka, Mrinala, Nishpava, Taalaphala, Shimbi, Shaka, Udumbara.
- 2) Amsa Varga- All Jangala Mamsa Varga.
- 3) Rasa Pradhana- Kashaya, Katu, Tikta.
- 4) Manasika- Chinta, Prajagara.
- 5) Vihara- Vyavaya, Ativyayama, Basti, Ashva Yana, Chakramana, Vegadharana, Chhardi, Shrama.

B) CHIKITSA SUTRA^[21]:

- 1) Rooksha Sweda
- 2) Panchamoola kwatha or Dashamoola kwatha Sevana.
- 3) Nasya Karma
- 4) Kukkutanda Swedana

C) PANCHAKARMA

Procedure	B.P. ^[22]	Y.R. ^[23]	Sushruta ^[24]	Bhaishajya ^[25]	Chakradatta ^[26]
Snehana	+	-	+	-	-
Swedana	+	+	-	+	+
Nasyakarma	+	+	+	+	+
Dhoomapana	-	+	-	+	+

D) YOGA^[27]-

Yoga has proven positive effects on both Physiological & mental status in treatment of chronic conditions. Yoga techniques improve range of movement, strengthens back, neck, shoulder muscles. Many studies shown that effect of yoga with therapy has greater impact in reducing signs and symptoms of Manyastambha.

Asanas for Manyastambh

- Ardha Chakrasana
- Vakrasana
- Makarasana
- Balasana
- Shavasana

Time- Approximately 5 mins for each Yogic Posture (As per Capacity).

E) DRUGS FOR MANYASTAMBHA^[28]

- ❖ Tilvaksidhha Ghrita
- ❖ Dashamooladi Ghrita
- ❖ Moolak Taila
- ❖ Sahachara Taila
- ❖ Yogaraj Guggulu
- ❖ Rasona Taila

F) DIETARY PREPERATIONS^[29]

- Gramyambujanu Snehasayukta Yoosha, Payasa, Krushara.
- Mamsarasa with Ajashirshambuj anupamamsa.

CONCLUSION

The Treatment of Manyastambha mainly done by reducing the alleviated vata dosha. Since this is a degenerative disorder it may persist lifetime but through change in lifestyle & treatment the symptoms of Manyastambha can be reduced & the disease can be stopped in its primordial & primary stage to lead a good quality of life.

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