“PAIN MANAGEMENT IN MANYASTAMBHA - A CASE STUDY”

Authors:
1. Dr. Sonali Suresh Rathod, Assistant Professor, Dept of Kayachikitsa, MES Ayurved Mahavidyalaya, Khed, Ratnagiri
2. Dr. Pranjal Devendra Raorane, Assistant Professor, Dept of Kayachikitsa, MES Ayurved Mahavidyalaya, Khed, Ratnagiri
3. Dr. Suraj Ishwar Shirsath, Professor & HOD, Dept of Kayachikitsa, MES Ayurved Mahavidyalaya, Khed, Ratnagiri.

Abstract:
Ayurveda is the science of life, which mentioned various principles for prevention and treatment of diseases. 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. Acharya Sushruta mentioned the vitiation of Vata & Kapha doshas in the body. 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. Sihanika 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, etc. 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.
5. Shanda - Spashta
6. Sparsha - Anushna
7. Druka - Prakruta
8. Akruti - 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 :

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

B) Shamana Chikitsa :

<table>
<thead>
<tr>
<th>Matra</th>
<th>Kala</th>
<th>Anupana</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Yogaraj Guggulu</td>
<td>250 mg</td>
<td>Adhobhakta ( 2 times a day after food )</td>
</tr>
<tr>
<td>b) Maha Vata Vidhwansa rasa</td>
<td>250 mg</td>
<td>Adhobhakta ( 2 times a day after food )</td>
</tr>
</tbody>
</table>

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 shanak 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.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manyashoola</td>
<td>10</td>
<td>5</td>
</tr>
<tr>
<td>Bhrama</td>
<td>8</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gradation of Symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 3 = Mild ; 4 - 6 = Moderate ; 7 - 10 = Severe</td>
</tr>
<tr>
<td>+ = Mild , ++ = Moderate , +++ = Severe</td>
</tr>
</tbody>
</table>

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 Manya 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 vrudhdi. 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-apathy.

References: