



EFFECT OF KSHEERBALA AVARTANA TAILA NASYA IN THE MANAGEMENT OF MANYASTMBHA W.S.R. TO CERVICAL SPONDYLOSIS- A CASE STUDY

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ABSTRACT

Manyastambha is one among the most common type of *urdhvajatrugata Vatvyadhi* found in clinical practice. It is a disorder which is prevalent in the most active period of life. It was mostly seen in old age, but now adays it is encountered in young and middle age Also people also and can be compared to cervical spondylosis of contemporary science. In Ayurveda *Nasyakarma* is the prime line of treatment for all *Urdhwajatrugata Vikara*. In this study, a diagnosed with case of *Manyastambha* has been included for its Ayurvedic management. A male patient 62-year-old age came with complaint of pain and stiffness in the last 6 months was treated by *Ksheerbala Avartana Taila Nasya*. A good relief was found in pain and stiffness. *Nasya* with *Ksheerbala Aavartana Taila* showed significant improvement in the case of *Manyastambha*.

Keywords: *Manyastambha, Cervical Spondylosis, Nasya, Ksheerbala Aavartana Taila*

INTRODUCTION

In present scenario, human life is affected by many degenerative problems because of change in life style, food habit, stress, excessive travelling, lack of exercise's are becoming part of life. These life style

modifications have long term effect on healthy status of human being.

According to *Acharya Sushruta*, sleep in day time, leaning or sleeping on an uneven place, constantly gazing upwards lead to the disease *Manyastambha*¹. In modern

terminology *Manyastambha* can be correlated with cervical spondylosis. Cervical spondylosis is degeneration of cervical spine². The *Manyastambha* is disease which causes *Ruk* (pain), *Stambha* (stiffness), restricted movements in *Manya Pradesh*³.

Nasya karma is considered as the prime treatment for *Urdhwajatrugata vikara*⁴ also it is a best line of treatment for the *Manyastambha*⁵, which decreases *Prakupita Vata & Kapha Dosha*. In general, for *Nasya karma* the *Taila yoga*'s are more commonly used as *Taila* have properties which are opposite to qualities of *Vata* and *Kapha Dosha*⁶, for *Nasya Karma* we require *Mrudu paka* or *Madhyama Paka taila yoga*'s and in practice we generally use *Madhyama paka*.

The classical dose of *Snehana Nasya karma* is very high which is practically not possible, so to reduce the classical dose of *Snehana Nasya karam* and to get desired effect from *Nasya karma* we can use the *Avartita Taila*, as it is found that *Avartita Sneha Nasya* is more potent and can get easily absorbed in deeper tissue.

There are many *taila yoga*'s are told for *Nasya Karma* in our classics and *Ksheerabala Aavartana taila* which is mentioned in *Sahasrayoga* is used in the management of *vatavyadhi*⁷. Is one among such *yoga* which is routinely practiced.

CASE REPORT.

A male patient aged 62 years came to Panchakarma OPD at Parul Ayurveda Hospital, Parul University, Vadodara, Gujrat. A patient came with the complaining of *Manyashoola*, *Stambha* and *Gaurava* in *Manyapradeshi*. He was unable to move his neck due to pain and stiffness in the last 6 months.

HISTORY OF PRESENT ILLNESS –

Patients was having chief complaints of *Manyashool* and *Gaurava* in the last 6 months, but from 4 months increase in severity of symptoms are noted with *stambha*, so he came to Parul Ayurved hospital for further treatment.

PAST HISTORY

No H/o any other major illness like DM/ TSH/ HYPERTENSION, etc., or surgical treatment.

PERSONAL HISTORY –

Aahar hetu	Vihar hetu	Manasik hetu
<i>Katu, Laghu, Rooksha, Tikta, Kashaya rasa pradhan aahar.</i> 2. Irregular meal timing.	He works about 10-12 hours daily	<i>Chinta</i>

GENERAL EXAMINATION –

1. Condition – conscious and afebrile.
2. Pulse rate – 78/min
3. B.P.- 130/90
4. R.R.- 18/min.
5. Systemic examination.
 - a. R.S.- A. E= B.E- clear.
 - b. C.V.S.-S1S2 Normal. No abnormal sound.
 - c. C.N.S. – Conscious and oriented.
6. P/A: - Soft. Liver, Kidney, Spleen- not palpable.
7. Prakruti: - Vata Pradhan Pitta.
8. Satva: - Avara.
9. Sara: - MADhyam.
10. Aahar Shakti: - Madhyama
11. Vyayam Shakti: - Avara

ASHTAVIDHA PARIKSHANA-

- 1) Nadi – Vatapradhan pitta
- 2) Mala- Prakruta
- 3) Mutra- 2-3 times per day.
- 4) Jivha- Alipta
- 5) Shabda- Prakruta
- 6) Sparsha- Ushna
- 7) Druk- Prakruta
- 8) Akriti- Madhyama.

CLINICAL EXAMINATION OF SPINE

Inspection- No any abnormality was seen.

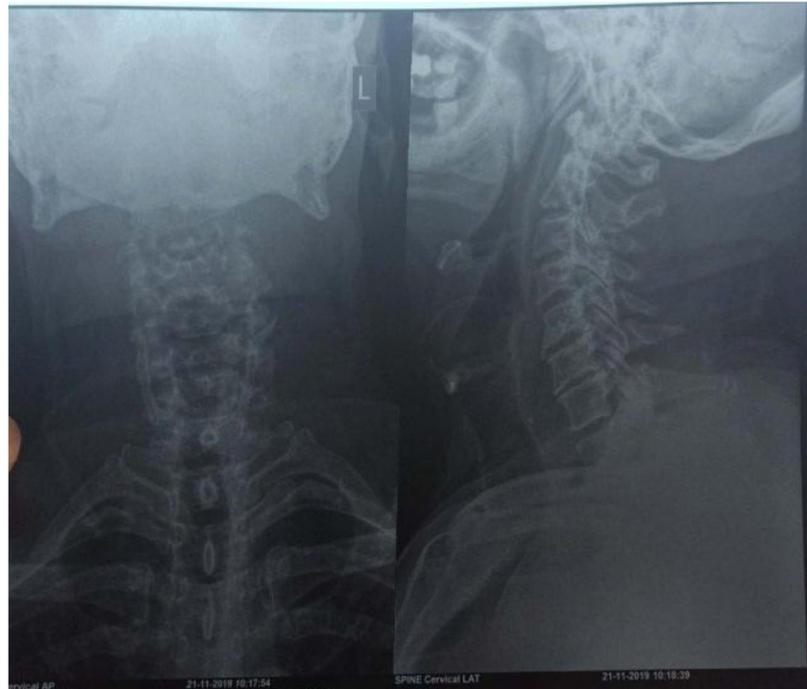
Gait- Normal

INVESTIGATION (on the day of admission)

Hb- 14.5 gm%

Urine examination – Protein – nil, Sugar- Nil, Albumin-Nil RBCs-Nil

RBS- 97 mg/dl

X-RAY CERVICAL SPINE – (Date-21/11/2019)

Cervical spine which reported degenerative changes with osteophytosis at C6-C7 and C5-C6.

DIAGNOSIS AND ASSESSMENT

Manyastmbha was dignosed by complaints like pain in neck, Stiffness and X-ray findings like osteophyte.

TREATMENT-

- 1) *Sthanik Abhyanga* with *Moorchita tila taila*.
- 2) *Sthanik Bhaspa sweda*
- 3) *Sneha Nasya* with *Ksheerbala Aavartan Taila*.

INTERVENTION

Sr. no.	Date	Treatment	Medicine used	Dose	Frequency
1	22/11/19 TO 28/11/19	<i>Sthanik Abhyanga</i> with <i>moorchita tila taila</i> & <i>Sthanik Bhaspa Sweda Sneha Nasya</i>	<i>Ksheerbala Aavartana Taila</i>	4 Bindu each nostril for 7 days	Once in a day

ASSESSMENT PARAMETERS

- 1) *Manyashool*
- 2) *Stambh*
- 3) *Gaurav*

Subjective Criteria Grading :-

- a) *Manyashool* (pain) by Vas analogue scale

Symptoms	Grade
No pain	0
Mild pain occasionally	1
More than mild but tolerable	2
Severe pain continuous	3

b) *Stambha* (Stiffness)

Symptoms(stiffness)	Grade
Absent	0
Mild occasionally	1
Moderate for 30 min. to 1 hour daily	2
Severe, Persistent	3

c) *Gaurav* (Heaviness)

Symptoms	Grade
Absent	0
Mild occasionally for 10 to 30 min	1
Moderate for 30 min. to 1 hour	2
Severe, Persistent > hour	3

Objective Criteria: -

Range of movement of neck was measured with Goniometry.

RESULT

ASSESSMENT FOR TREATMENT:

A. Subjective parameters: -

B. Objective parameters: -

Parameters	B.T.	A.T.	1 st follow up	2 nd follow up
Flexion	17degree	24 degree	35 degree	43 degree
Extension	20 degree	29 degree	36 degree	44 degree
Rt. Lat. Flexion	21 degree	26 degree	33 degree	39 degree
Lt. Lat. Flexion	22 degree	29 degree	33 degree	45 degree
Rt. Rotation	19 degree	40 degree	67 degree	80 degree
Lt. Rotation	19 degree	39 degree	59 degree	80 degree

Parameters	B.T.	A.T.	1 st follow up	2 nd follow up
Manyashoola	3	2	0	0
Stambha	2	1	1	0
Gaurav	3	3	2	1
chimchimayana	0	0	0	0

DISCUSSION

Manyastambha has been described as one among the *nanatmaja vyadhi* cause by *Vata dosha*⁹. It is mainly degenerative disease. The *Nidanas* (causes) the, vitiation of *Vata*, which in turn lodges into the *Asthi Dhatu*. The movement of the joints is performed by the *Sleshmaka Kapha* situated in the joints. Later the increased *Vata* diminishes this *Sleshmaka Kapha*, which further facilitate the *Asthi kshaya*. i.e., degeneration of the bones, which is found in the pathogenesis of Cervical Spondylosis. The psychological factors like *Shoka*, *Bhaya*, *chinta* etc. lead to provocation of *vata* which leads to degenerative diseases. According to *Acharya Vriddhi* in *Vata dosha* related to *Kshaya* of *Asthi dhatu* and *Kshaya* of *Vata* is related to *Vriddhi* in *Asthidhatu*¹⁰. In *Manyastambha Asthidhatukshaya* is the main factor which is due to *Vatavruddhi*.

Root of administration always has its own importance in management of any disease. According to Ayurvedic classics the

diseases which are occurring above the neck, *Nasya* therapy is most favourable or important. In *urdhwajatrugata vikara nasya* is best treatment and it's already proved and explained by *vaidhya's*. *Manyastambha* is one among them, there is *dhatukshayajanya vataprakopa* in *Manya Pradesh* in cervical Spondylosis. Here *Vata* gets vitiated by *Laghu*, *Ruksha*, and *Chala* properties of *Vata*. *Ksheerbala Avartana Taila* decreases all above *gunas* with its *Guru*, *Snigdha*, *Ushna gunas* and pacifies *Vata*. And *Madhura rasa* and *Madhura Vipaka* acts as *Brumhana* thus ultimately *Dhatukshaya* was reduced. And also because of its *ksheerpaki* nature it acts as *Balya & Brumhana*. And due to its *Aavartana* properties the medicament easily enters in *Sukshma* level within very small span of time.

The *avartana* changes the molecular structure of the ingredients making them more complex resulting in their increased penetration capacity at tissue level.

Practically *Aavartana Taila* is more potent than normal *Taila* due to *Agni Samskara*.

CONCLUSION

In case of *Manyastambha* in cervical spondylosis the drugs having *Vatahara*, *Brimhaniya* and

Balya properties should be administered.

The present case study shows significant remission in signs, and symptoms of *Manyastambha*. *Nasya karma* is having prolonged action.

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