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Ayurvedic Management of *Manyastambha* (Cervical Spondylosis) w.s.r. to Therapeutic Role of *Mashbaladi Kwatha Nasya*

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ABSTRACT:

Manyastambha is *Vataja nanatmaja vyadhi* due *vata prakopaka nidana sevana*. The *vata dosha* gets vitiated and lodges in *manya* causing *stambha* and *ruja* of the neck that ultimately led to *manyastambha*. *manyastambha* can be more or less studied under broad heading of cervical spondylosis as both of these are having similar signs and symptoms. Cervical spondylosis is a degenerative condition of the cervical spine it is age related condition that affects the neck vertebra. The disease not only negatively impacts a person's health but also greatly impairs quality of life and daily activities. The treatment of *Manyastambha*, were proposed for prevention and control by ayurveda. In *ayurveda* there are very treatment modalities, among them *nasya* has been given much importance role in *Uurdhvajatrugata roga*. *Acharya charka* has indicated *nnasya* therapy exclusively for the management of *Manyastambha*. The current article discusses the function of particular *ayurvedic* methods in the treatment of *Manyastambha*(cervical spondylosis).

Keyword: *Mayastambha*, Cervical spondylosis, , *Nasya* ,*Mashabaladi kwatha*

INTRODUCTION

Manyastambha is a painful illness mostly linked to *vata & vyana vayu* vitiation. The vitiated *vata* becomes trapped in the neck area, causing muscular soreness there¹. The cervical spine, vertebral bodies, facet joints, and longitudinal ligaments are the key areas affected by this chronic degenerative disorder. The ill person's quality of life declines, and going about daily activities becomes more challenging. males tend to develop the condition during the early stages of ageing. *Manyastambha* is seen as belonging to various categories of *Nanatmaja vata vyadhi*.

vata's localization in *Manya*, which is worsened *Samshrita nadi* causes the *stambha* and *shoola* symptoms. Cervical spondylosis is a degenerative condition of the cervical spine, degeneration of the intervertebral disc with its protrusion and bony overgrowth of adjacent vertebrae, causing narrowing of the cervical canal and intervertebral foramina with resultant compression of roots, cord or both. This is one of the most common degenerative disorders of the spine, affecting 95% of patients by the age of 65 years



The symptoms of *Manyastambha* are as follows

- ❖ *Ruka*(pain) in *Manyastambha*
- ❖ *Stabdhata*(stiffness) in *manyastambha*
- ❖ *Daurbalya*(weakness)
- ❖ *Bhram*(vertigo)
- ❖ *Sirograha*(stiffness of head)

In Cervical spondylosis bone of the spine over grows and narrows the canal with aging which results compression of spinal cord and nerve²⁻⁶

In *manyastambha*, *nasya yogas* such *gudadi nasya*, *mashabaladi nasya*, and *ksheerabala taila* are mentioned. *Kwathas* like *panchamooli kwatha* and *mashabaladi kwatha* are also advised in *manyastambha* Similar *rasa* medications like *Vata Gajankusha rasa* and *vata vidhwamsa rasa* are advised for such painful diseases. as *taila kalpanas* for *manyastambha*, *prasarini taila*, *mashabaladi taila*, *gandha taila*, and *mahamasha taila* have also been proposed⁷

Present article reviewed uses of *mashabali kwatha nasya* for the management of *manyastambha* the details of drugs are as follows.

Mashabaladi Kwatha Nasya.⁷

This *nasya yoga* are selected from *chakradatta, vatavyadhi chikitsa*.

Contents (Table 1)

Preparation of method

First of all, *Yavkut* powder of all ingredient of *masha baladi kwatha* packed in 50-50 gm air tight container mixture of coarse powder of all dry herbs will be taken in amount of 10 grams. After adding 16 times of water (approx 1600 ml) it will be allowed to boil in an open mouthed container on low flame .Boiling will be done till it reduces to one fourth (approx 20 ml) then a pinch of *saindhav lavana* and *hingu* was added to that *kwatha*. after filtering ,it will be given to prepared patients lukewarm in form of *nasya*.⁸

Aushadha matra

Acharya susruta sirovirechana type is included in *shodhana* type of *navana nasya*.In this type of *nasya* It can be given in *hina, madhyama,uttama matra* .⁹ Table 2 *Madhyama Matra* are decided according to *rog and rogi bala*.6 bindu in each nostril .each time fresh *kwatha* will be prepared in the same method as above

Recommended procedure .¹⁰

The whole procedure is divided into three stages *Poorva Karma, Pradhana Karma, Paschat Karma*

Poorva karma.

A separate well ventilated room with adequate light is to be selected for *nasya karma*. person to be administered with *nasya karma* has to stay in *nirvata pradesha*, light food is given. Patient advise to lying down in supine position ,hands and legs stretched and *abhyanga* with *tila taila* in *mukha pradesha* should be done followed by *mrudu swedana* is performed over *shira, manya, nasa, greeva*. eyes are covered with a cloth to avoid any spilling of medicine.

Pradhana karma.

Patient suggested relaxing in a comfortable supine position with the head kept low with a pillow's assistance. *Masha baladi kwatha* might 6 drops should be pulled into each nostril. Exact measured quantity of medicine is taken in a *gokarna* or even administered using a pad of cotton or cloth or a dropper and dropped in a continues flow into each nostril one after the other. After that patient advised to spit away any mouth-contacting secretions

Paschata karma.

Kawal with hot water are advocated to expel out the residue mucous lodged in *kantha*. after that medicated *dhumpana* should be done.

Advised followed by procedure the patients should avoid dust, smoke, sunshine, alcohol, hot bath, riding, anger, excess fat and liquid diet,avoid day sleep and should not use cold water for any purpose like *pana, snana*, etc. Patient should stay at windless place. *laghu aahara* and *sukhoshna jala* is allowed. *Yavanna, Shali, mudga, dhatri, saindhava, dadima* are beneficial after *nasya*.

DISCUSSION

Nasya karma is valuable approach for *urdwajatru gata vatavyadhi* and *manyastambha* is considered as *urdwajatru gatha vikara* thus *nasya karma* can offers beneficial effects in *manyastambha*. *Dhatu kshayajanya vata roga* also treated effectively with the help of *nasya karma*. The *vatahara* drugs used in *nasya karma* offers pathological suppression diseases like *manyastambha*. *Nasya karma* acts locally as well as systemic levels since it affects nerve terminals and enhances drugs absorption through nasal mucosa. *nasya dravya* reaches *shringataka marma* of *shira* and pacify morbid doshas such as *vyanavata* and *sleshmaka kapha*. *Nasya* decreases major symptoms of disease such as; *Stambha, shoola* and *toda*. it increases vasodilatation and enhances vital circulatory process in body pathogenesis as well as symptoms. the

nasya karma not only relieves stiffness but also increases range of motion of cervical joints.

Probable mode of action of *masha baladi kwatha nasya*.

Masha, bala, kaunch, rasna, erand, rohisha, ashwagandha, hingu, and saindhav lavan are among the medications found in *mashabaladi kwath*.

Masha ; with its strong *madhura rasa* and *ushnadi gunas*, *masha*, a powerful *dhatu vardhana dravya*, serves as a *vatahara*.

Bala;, *balya, madhura rasa, madhura vipaka, and vatahara* are all regarded as nervine stimulants that can property.

Kaunch beej ; functions as a nervine tonic and has the properties of *snigdha, madhura*, and *ushna.rasna* is among the greatest *vatahamak* substances since it contains *katu rasa, ushna virya, and tikta rasa*.

Erand ; has the following properties: *madhur, katu, kashaya rasa, ushna virya, and madhur vipaka*.

Rohisha; *ushna virya, katu vipaka, katu, tikta rasa, and vatakapsha shamak* in nature. *astragalus* is *ushna virya, madhur rasa, tikta, kashaya, madhur vipaka, and balya*, all of which are *vatahara* in character. it provides nourishment for the *mastishka* and assists to boost energy. *lavan saindhav* and through its powerful qualities, *hingu* have the ability to facilitate simple absorption. by looking at the above mentioned substances and their characteristics, it provides the *balya, vatahara*, and consequences of *bruhmana* effects. *mashabaladi kwath* provides nourishment to the nervous system and may act as anti inflammatory agents.

CONCLUSION.

In *manyastambha*, *asthigata vata* is produced by *vyana vayu* and *slesmaka kapha*. *greeva pradesh* becomes the location of vitiated *vayu*, which result pain and stiffness in *manya pradesh*. *Nasya karma* is one of the strategies that *ayurveda* described for the management of *manyastambha*. *mashabaladi kwatha nasya* acts effectively on *dhatukshaya* level. it may be due to *balya* and *bringhana* effect of *mashabaladi kwatha* ingredients which act on *kevala vata* and *dhatukshaya* conditions. In *kwatha nasya* the medicine is administered in the form of *kwatha* which is *tikshna* and *ruksha* in property and *srotoshodaka* and *kapha vilayaka* effect. it also helps to remove *kapha avarana* and thus regulates the normal *gati* of *vayu*.

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Table 1 Shows MASHABALADI KWATHA NASYA CONTENTS.

SR NO	CONTENTS
1	<i>Masha</i>
2	<i>Bala</i>
3	<i>Kapikaccu</i>
4	<i>Katrana</i>
5	<i>Rasna</i>
6	<i>Aswagandha</i>
7	<i>Eranda</i>
8	<i>Hingu</i>

Table 2 Shows AUSHADHA MATRA.

TYPE OF DOSE	DOSE
<i>Hina Matra</i>	4 drops
<i>Madhyama Matra</i>	6 drops
<i>Uttama Matra</i>	8 drops