

**MANAGEMENT OF MANYASTHAMBHA WITH BRIHAT PANCHAMoola KWATHA NASYA – A CASE STUDY**Snehal Sanjayrao Andraskar<sup>1</sup>, V.J. Tiwari<sup>2</sup><sup>1</sup>MD Scholar Dept of Panchakarma, <sup>2</sup>Professor, Dept of Panchakarma  
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**ABSTRACT**

Since ancient times, India is well-known worldwide for its culture and its system of medicine and that was the *Ayurvedic* system of medicine, during this fast-developing technological era the people cannot concentrate on their proper regime, facing so many disorders like *Manyasthambha*. In current era *Manyasthambha* is the most commonly occurring disorder. *Manyasthambha* is *Urdhwajatrugata Vyadhi*. *Manyasthambha* has been described in *Brihatrayees* and *Laghutrye*. A detailed explanation of *Manyasthambha* was given by *Acharya Charaka* and *Sushruta*. *Acharaya Sushruta* has explained *Manyasthambha* with its treatment in detailed manner. *Manyasthambha* is *Urdhwajatrugata vyadhi* (Supraclavicular region). So as per the treatment point of view, *Nasya* in *Panchakarma* is effective karma for *Manyasthambha*.

**Keywords:** *Manyasthambha, Nasya, Panchakarma, Urdhwajatrugata Vyadhi.***INTRODUCTION**

In today's era, a greater number of people are inclined to the usage of smartphones and computers. Ultimately cervical spondylosis is becoming a major health issue nowadays with major complaints of pain in the neck. In modern medicine, there is no satisfactory solution

for the disease yet. Hence it is a need of the hour to find out a more effective treatment for the disease.

*Manyasthambha* is the clinical entity in which the back of the neck becomes stiff or rigid and the movements of the neck are impaired. In today's busy world people

work hours on computers, do night jobs, take day sleep, take long drives, watch television for hours, sleepover abnormally soft mattresses and pillows, and give the least importance to proper physical, mental exercises and food habits. The modified, restless, sedentary, sophisticated lifestyle has resulted in its rise. Pain and stiffness are the primary symptoms. *Nasya karma* (nasal administration of medicine) being the treatment of choice in *Urdhwajatrugata Vyadhis* (diseases above the clavicle) can be adopted in the management of *Manyasthambha*.

According to *Ayurveda* *Nasya* is one of the best lines of treatment for the management of *Manyasthambha*, which decreases the level of *Prakupit vata* and *kapha dosha* and improves the strength of fibrous tissue causes increased movements and flexibility of cervical joints and relieves the pain. As we know the general line of treatment for *Manyasthambha* is *Nasya* and *Ruksha sweda*. Even though so much research has been done by using *taila* and *ghruta* for *Nasya karma* by following *Ruksha sweda*, the attraction of this research is *Kwatha nasya*.

## AIM & OBJECTIVE

**AIM** - To study the effect of *Brihat panchmoola kwatha nasya* in the management of *Manyasthambha*.

### OBJECTIVES -

#### 1) Primary Objective-

- A clinical study of *Brihat panchmoola kwatha nasya* in the management of *Manyasthambha*.

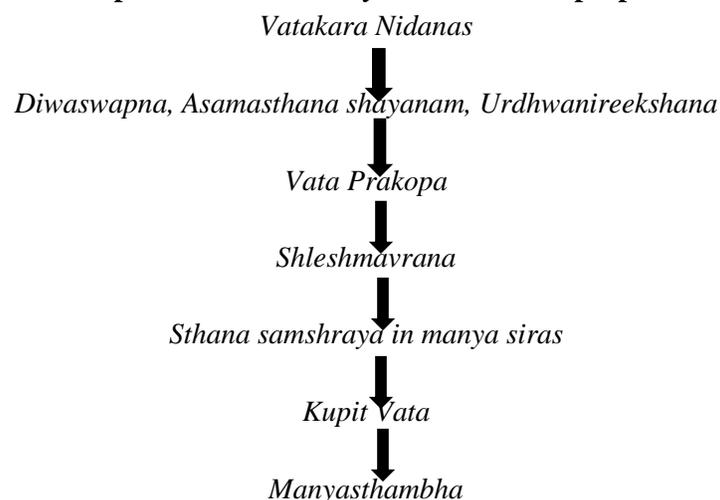
#### 2) Secondary Objective-

- To study the *Nasya karma*.
- To study the *Manyasthambha vyadhi*.

### ETYMOLOGY-

The term *Manyasthambha* is composed of two words i.e., *Manya* & *Stambha*. *Manyasthambha* means stiffness in the neck region. *Manyasthambha* is explained as *Nanatmaja Vata Vyadhi*. Along with *vata*, *kapha dosha* is also associated. *Vata* is vitiated either because of *Kapha Varana* or *Dhatukshaya*. *Vata* is vitiated and lodged in the *kapha sthana* so the involvement of *Kapha dosha* can occur. At the initial stage of *Manyasthambha* the *kapha Anubandhatwam* was acknowledged but when it becomes chronic, it becomes a *vata vyadhi* only, which is a degenerative condition in nature.

### Representation of *Manyasthambha* Samprapti



### Causes of *Manyasthambha* -

*Diwaswapna* (day sleeping)  
Watching downwards, upwards for the side for a long time

Causing overstretching of the neck  
Wrong sleeping positions  
Use of large pillow

**Signs & Symptoms** - *Manya shoola* (pain in the neck region), *Manyasthambha* (stiffness in the neck), *Gaurava* (heaviness), *Chimchimayana* (numbness)

**MATERIALS & METHODS** - Ayurvedic literature included *Samhitas*, research articles & e-journals were used as source material.

### Drug Review -

Sr.no	Drug	Rasa	Virya	Vipaka	Guna	Doshaghata
1	<i>Bilva</i>	<i>Kashaya, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kaphavatashamaka</i>
2	<i>Agnimantha</i>	<i>Tikta, Katu, Kashaya, Madhura</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kaphavatashamaka</i>
3	<i>Shyonaka</i>	<i>Madhur, Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kaphavatashamaka</i>
4	<i>Patala</i>	<i>Kashaya, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kaphavatashamaka</i>
5	<i>Kashmarya</i>	<i>Tikta, Kashaya, Madhur</i>	<i>Ushna</i>	<i>Katu</i>	<i>Guru</i>	<i>Tridoshashamaka</i>

### PROCEDURE REVIEW

**NASYA:** The procedure of instilling medicines through the nasal orifice is called *Nasya Karma*. The nasal orifices are believed to be the entrance of the head. The medicine instilled through them easily penetrates the *Sringataka* and spreads to the *Siras* (arterioles) of *Shira* (Head), *Netra* (Eyes), *Shrotra* (Ears), *kantha* (Throat) and expels out the impurities. According to the functions, the *Nasya Karma* is of 3 types: *Virechana Nasya*, *Brihmana Nasya*, *Shamana Nasya*. *Brihmana Nasya* is indicated in *Vataja* or *Vata* predominant diseases. *Manyasthambha* is *Vataja* disease, so *Brihmana Nasya* is beneficial.

#### **Brihat Panchmoola Kwatha Nasya:**

One part of the authenticated crude drugs 20 to 60 *sushmatva* was crushed to a coarse powder separately and then mixed thoroughly with 16 parts of water in a stainless-steel container and then continuous mild heat was applied until it was reduced to one-eighth of its initial quantity. During the heating process, continuous stirring was done to facilitate the evaporation and avoid any deterioration due to the burning of materials. After a desirable reduction in volume was achieved, the *Kwatha* was filtered through a single folded cotton cloth and collected in a separate vessel. It will be done according to the classical *Kwatha* preparation mentioned in *Sharangdhara Samhita*. For *Nasya karma Kwatha* is given 6 *Bindu* in each nostril.

### DISCUSSION

*Nasya* is mentioned as a gateway to *Shira* and diseases which affect the *Shira* can be cured by *Nasya*. Thus, the importance of *Nasya* is inevitable. Even in modern medicine also, the nasal root of administration is taking new dimensions. *Manyasthambha* in the initial stage is *Shleshmanavrutta Vata* when it becomes chronic, it becomes *Vata vyadhi* only, which is a degenerative condition in nature. It clarifies the role of *Vata* and minimal or no involvement of *Kapha*. *Nasya* is considered the best therapy in *Manyasthambha*. *Brihat panchmoola kwatha nasya* with *Sthanik Snehana* and *Swedana* acts on both conditions. It breaks the pathology of the disease, gives strength to the neck region, and improves neck movement.

### CONCLUSION

- *Brihat panchmoola kwatha Nasya* is effective in both *Shleshmanavrutta Vataja* and *Vataja* conditions.
- *Brihat panchmoola kwatha Nasya* can use in *Manyasthambha* for 7 days continuously for significant results.
- The reduction in cardinal signs of *Manyasthambha* Pain and Stiffness can be effectively done.

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