

A Case Study on Ayurvedic Management of Cervical Spondylosis W.S.R to Manyastambha

Dr. Hemant Pundalikrao Charde¹, Dr. Pranam Suresh Kharche²

¹Professor, Department of Dravyaguna, Ayurveda Mahavidyalaya Pusad, Maharashtra, India

²Associate Professor, Department of Dravyaguna, ASPM Ayurved College Hospital and Research Institute, Buldana Maharashtra, India

ABSTRACT

Cervical spondylosis is a very common condition seen now a day. It is estimated that 9 out of 10 adults will have some degree of cervical spondylosis. Degeneration of cervical vertebrae is mostly seen in elderly people but now a days due to over use of computer technology most of people develop cervical spondylosis. In the present case study, a diagnosed case of cervical spondylosis has been included for its ayurvedic management. Chief complains were pain and stiffness over the neck since 6 months and pain over the neck was radiating towards the right arm. Externally Manyabasti and Patra pottali sweda was given and during this procedure ayurvedic medicine also given. Different parameters have been assessed before and after the treatment schedule. There is a complete relief in the parameters like neck pain & stiffness whereas the parameters like pain in arm & vertigo has also shown significant improvement.

KEYWORDS: Cervical spondylosis, Manyabasti, Patra pottali sweda

INTRODUCTION

Cervical spondylosis is a degenerative condition of cervical spine. It is very common over the age of 60. This include pain in neck with muscular spasm and rigidity of the neck muscle. Headache in the occipital region in the morning. Pain radiating down to the upper limbs with burning and tingling sensation. There may be associated sensory defect and loss of tendon jerks depending upon the segment involved¹. There is degeneration of intervertebral disc, cervical spine and bony overgrowth of vertebrae (Osteophytes). Prevalence was about 3.5 in 1000; it increased to a peak at age 50–59 years and decreased thereafter²

Vata produce 80 types of nanatmaj vyadhi in body. Manyastambha has been included in 80 disorders of vata³. Manyastambha is the clinical entity in which the back of the neck become stiff and rigid and movement of neck impaired with pain. It can be correlated with cervical spondylosis in modern medicine.

How to cite this paper: Dr. Hemant Pundalikrao Charde | Dr. Pranam Suresh Kharche "A Case Study on Ayurvedic Management of Cervical Spondylosis W.S.R to

Manyastambha" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-5, August 2021, pp.56-57, URL: www.ijtsrd.com/papers/ijtsrd43774.pdf



Copyright © 2021 by author(s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



Case report –

A male patient aged 50 years visited our OPD at ASPM Ayurveda college Buldana. He was having following complaints – Pain in the neck and stiffness since 6 month, Tingling sensation and numbness in arm, pain radiating toward right arm since 6 month, Weakness of arm since 3 month and Difficulty in neck movement

Family history: Not significant.

Past history: No relevant past history.

Examinations

Patient was working in post office. So lots of repetitive neck motion and continue use of computer. After taking his history he suffered from constipation, micturition was normal. Sleep was disturbed due to pain After thorough examination, a diagnosis of manyagata vata or cervical spondylosis has been established and patient was advised following investigation – Blood test – CBC, ESR, & Cervical X RAY AP /Lat. CBC was normal, ESR normal only in

cervical x ray degenerative changes and osteophytes are developed.

Treatment protocol

Manya basti – *Manya Basti* was done in the morning for consecutive 14 days. The patient was made to lie face down on the table. A circular ring was made with black gram flour with height of 3 to 5 centimeter. The Bala Aswagandhadi oil⁴ which was pre warmed was poured in the ring and filled to the depth of about 3 centimeter. The temperature was maintained uniform throughout the procedure. This process was carried out for 30 minutes. .

Patra pottali sweda –It is highly effective in pain. When we fry leaves the kleda of leaves goes away. Here small size chooped leaves of Nirgundi (vitex nigundo), Eranda (ricinus communis), along with lemon juice, saindhav lavana are fried in pan using nirgundi oil. This fried content is tied in cotton cloth of around 12 inches length, and made into a Pottali. Two Pottali are made in the same manner and used for Patra pottali Swedana. The process should be done for atleast 15 to 20 minutes. The procedure done for 14 days

Internal medicine -

Medicine	Dose	Anupana	Duration
Mahayograj guggula ⁵	1 tab BD	Warm water	14 days
Tab Shallaki 400 (Guffic)	1 TDS	Warm Water	14 days

Discussion

The results were assessed on the basis of symptomatic improvement using VAS. Cervical spondylosis is emerging as a widespread problem in the society due to the overuses of computer technology, lack of exercise and incorrect posture. Manyabasti is a procedure where bahyasnehana and swedana done. Due to warm oil cervical region blood supply of that part is increased and inflammation is reduced. Bala and Ashwagandha both are balya and bruhana and vatashamak⁶. It nourshes the intervertebral disc. Nirgundi and eranda patra has vatashamak and shothshara. Due to this property pain and inflammation reduced. MahaYogaraja Guggul reduced the pain inflammation. The main ingredient of Mahayogaraja Guggul is Sudhdha Guggulu. Which is best vatahara⁷. Shallaki as it has ushna virya, tikshna guna it acts as vata shamak. Shallaki. also

increases *dhatvagni* by its *tikta rasa*, leading to proper nutrition of dhatus, whereas improvement of the symptoms of *vata kshaya* is due to rasayana (immunomodulator) and brihamniya prabhava of Shallaki⁸

Conclusion

Cervical Spondylosis is one of the most common disease specially in urban population due to improper lifestyle, lack of exercise, wrong sitting posture and excess use of computer technology. On the basis of this single case study it can be concluded that Manya basti, Patrapottali sweda along with Shaman Aushadi reduce the symptoms of cervical spondylosis

Reference

- [1] P.J.Mehata practicalmedicine, 16 th editionby National Book Depot page 248
- [2] GertjanPeetercervicalspondylosis,Physiopedias, http://www.physiopedia.com/Cervical_Spondylosis
- [3] Vaidhya Harishchandra singh kushwaaha, charaka samhita, chakrapanidatta virachita Ayurveda dipika, part I sutrasthana 20/11 Reprint 2012 Varanasi, Choukhanbha orientelia
- [4] Sharma R, Sharma S; Sahastrayogam, Taila Prakarana, Chaukhamba Sanskrit Pratisthan
- [5] Sharagdhhar Samhita, Madhyama Khanda, Adhyaya 7, 1st Edition, New Delhi: Government of India; 1978. The Ayurvedic Formmulary Of India, Part -1. Department Of Ayush, Ministry Of Health and Family Welfare; P.58.
- [6] Vaidhya Harishchandra singh kushwaaha, charaka samhita, chakrapanidatta virachita Ayurveda dipika, part I sutrasthana 4/2,4/7Reprint 2012 Varanasi, Choukhanbha orientelia
- [7] Vaidhya Harishchandra singh kushwaaha, charaka samhita, chakrapanidatta virachita Ayurveda dipika, part I Chikitsa sutrasthana 25/40 Reprint 2012 Varanasi, Choukhanbha orientelia
- [8] Honstanska K, Daum G, Saller R. Cytostatic and apoptosis-inducing activity of boswellic acids toward malignant cell lines *in vitro*. *Anticancer Res.* 2002;22:2853.