

MANAGEMENT OF MANYASTAMBHA (CERVICAL SPONDYLOSIS) IN AYURVEDA-A REVIEW

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ABSTRACT

Speed has become the keyword of present day life. Due to advancement in life and lifestyle pattern it is very common in the people to do routine activities like travelling, improper sitting posture, household work, office job, professionals sitting for hours together doing work in front of the computers etc and undergoes various unwanted habits like late night sleep, faulty dietary habits etc all these factors cause vitiation of vata, vitiated vata lodges in the neck region and leads to shosha of muscles of the neck. Manyastambha usually affects middle aged and older people. Due to much resemble clinical symptoms it can be correlated with Cervical Spondylosis. Manyastambha has been mentioned 80 Nanatmaja vyadhis of Vata

roga. The aim of this review is to enlighten the work on shamana drugs (curative drugs) and Panchakarma procedures recommended in different chapters of classical texts of Ayurveda for Manyastambha, there by evaluating their efficacy by conducting several Pharmaceutical and clinical Researches.

KEYWORDS: Manyastambha, Cervical Spondylosis, Ayurveda.

INTRODUCTION

Manyastambha is explained as one of the Vataja Nanatmaja vyadhi. It occurs in Urdhwajathru pradesha. It can be correlated with Cervical Spondylosis in modern medicine. Cervical Spondylosis is a very familiar disease in today's fast life style and usually hampers their day to day routine activity of the patient. It is chronic degenerative disorder of Cervical Spine, that most likely to be caused by age related and degenerative changes in intervertebral discs. It may cause pressure on nerve roots with subsequent pain or parasthesia in upperlimbs. In modern medicine the treatment of Cervical Spondylosis comprises of Analgesics are liable to many side effects particularly by repeated and prolonged use. Hence it is the need of to find out more effective and safe treatment for Manyastambha (Cervical Spondylosis). Ayurveda play an important role in such situation.

Table no 1: Mineral Drug recommended for Manyastambha.

S.no	Name of The Drug	Reference	Monograph
1.	Haratala Bhasma	RTSSP ¹ , Vol-1, p.205	Not available

Table no 2: Churnas recommended for Manyastambha.

S.no	Name of The Drug	Reference	Monograph
1.	Abhadhi Churnam	Y.R. ² .Vatavyadhi/1-3, p.527 B.B.R. ³ , 1 st Vol, 388 Sloka, p.135	Not available
2.	Rasnadi Churnam	Y.R.Vatavyadhi/3, p.527	Not available
3.	Narasimha Churnam	G.N. ⁴ .P.K., 256-265, p.189.	API ⁵ , Part-II, vol-II, P.88
4.	Bakuchadya Churnam	G.N.P.K., 278-294 Sloka, p.193	Not available
5.	Kumkumadya Churna	R.Chi ⁶ .9/7, p.198	Not available

Table no 3: Ghritas(Ghee Preparations) Recommended for Manyastambha.

S.No	Name of the Drug	Reference	Monograph
1.	Mahamayura Ghrita	G.N.P.K., 439-446 Sloka, p.69, Ca.S ⁷ .Chi.26/17, p.519	Not available
2.	Sarvamanyantaka Ghirta	S.Y ⁸ , 2 nd Chapter, p.97	Not available
3.	Tilvaka Ghrita	A.S ⁹ , Vol-2.23/23, p.526	Not available

Table no 4: Guggulu and gutika yogas recommended for Manyastambha.

S.No	Name of The Drug	Reference	Monograph
1.	Trayadashanga Guggulu	Y.R,Vatavyadhi/5,p.528	The Ayurvedic Pharmacopoeia of India,Part-II,vol-II,P.132
2.	Yogaraja Guggulu	S.Y,8 th Chapter,p.306 Y.T ¹⁰ , 40/112-122,p.252	The Ayurvedic Pharmacopoeia of India,Part-II,vol-II,P.141
3.	Shadsheeti Guggulu	Y.R,Vatavyadhi/13,p.528	Not Available
4.	Saptavimshatika Guggulu	G.N.P.K.,307-315 Sloka, p.265	The Ayurvedic Pharmacopoeia of India,Part-II,vol-II,P.132
5.	Ashtachatvarimshati Guggulu	G.N.P.K.,387-394 Sloka, p.276	Not available
6.	Pruthu Triphaladya Guggulu	G.N.P.K,518-523 Sloka, p.294	Not available
7.	Chinchabhallathaka Vati	RTSSP,Vol-1 ,p.628	Not available
8.	Vijaya Gutika	G.N.P.K.,461-472 Sloka, p.287.	Not available
9.	Visha Gutika	G.Ni.P.K,128 130 Sloka,p.238	Not available
10.	Triphala Modhaka	Y.R.Ch.Kushta/7. P.222	Not available
11.	Yogottama Gutika	G.N.P.K.,473-482 Sloka,p.288	Not available
12.	Shatavari Guggulu	RTSSP,Vol-1,p.880	Not available
13.	Maharasonapinda	Y.R,Vatavyadhi/8,p.570	Not Available

Table no 5: Tailas recommended for Manyastambha.

S.No	Name of the Drug	Reference	Monograph
1.	Sukumara Taila	C.S.Chi 29/96-102, P.112	Not available
2.	Narayana Taila	C.D ¹¹ 22/121-131, P.198, Y.R.Ch.Vatavyadhi/7,p.533, RTSSP.Vol-1.p.835	Not available
3.	Prasarini Tailam	S.Y,p.153, B.B.R,3 rd Vol,4140 Sloka,p.375 B.P ¹² Vol-2,M.K 24/32-42,p.319	Not available
4.	Mahabaladya Tailam	B.B.R,4 th Vol,4301 Sloka,p.108	Not available
5.	Rasnaputhika Tailam	B.B.R,4 th Vol,4962 Sloka.p.360 Y.R.Ch.Vatavyadhi/10.p.541	Not available
6.	Gandha Tailam	R.K.D ¹³ 42/19-30 p.349.(Uttarardam), Su.Sa ¹⁴ .3/55-66,Vol-2,p.54 B.P,M.K 48/35-46,p.573 C.D.49/17-28,p.388	Not available
7.	Kubjaprasarini Tailam	B.B.R,1 st Vol,873 Sloka, p.265, C.D 22/172-180.p.204	Ayurvedic Formulary Of India ¹⁵ ,Part-II,P.126
8.	Dashamula Tailam	B.B.R,3 rd Vol,3088 Sloka, p.71	Ayurvedic Formulary Of India,Part-II,P.131
9.	Ksheerabala Tailam	S.Y,3 rd Chapter,p.110	The Ayurvedic Pharmacopia Of India,Part-II,Vol-I, p.124
10.	Mahamasha Tailam	B.B.R,4 th Vol,5304 Sloka, p.110, RTSSP,Vol-2.p.308	Not available
11.	Bhringaraja Tailam	B.B.R,3 rd Vol,4899 Sloka, p.651	Not available
12.	Brihathmasha Tailam	B.B.R,4 th Vol,5314 Sloka,p.120	Not available
13.	Laghuvishagarbha Tailam	Y.R,Vatavyadhi/2,p.531	Not available
14.	Niramisha mahamasha Tailam	C.D 22/172-180,p.202	Not available

15.	Astadasa satika Prasarini Tailam	C.D22/234-255,p.208	Not available
16.	Maha laxmi narayana Tailam	Y.R,Vatavyadhi/22,p.538	Not available
17.	Himasagara Tailam	B.R ¹⁶ ,2 nd Vol,26/516-523,p.220.,RTSSP.Vol-2.p.310	Not available
18.	Brihath Vishnu Tailam	B.R,2 nd Vol,26/324-330,p.186	Ayurvedic Formulary Of India,Part-II,p.144
19.	Bhutikadi Taila	Su.Sa.37/19-22.p.348.Vol-2	Not available
20.	Ashwagandadya Tailam	G.N.P.K,185-195 sloka , p.98	Ayurvedic Formulary Of India,Part-II,P.125
21.	Bala Tailam	G.N.P.K, 6-10 Sloka p.75.Vol-1 H.S ¹⁷ , Truthiya sthana, 20/87,p.353	Not available
22.	Vyagra Tailam	G.N.P.K, 445-455 Sloka, p .135	Ayurvedic Formulary Of India,Part-II,P.145
23.	Pusparaja prasarini Tailam	B.R,2 nd Vol,355-362 Sloka,p.191	Not available
24.	Mahakukkuta Mamsa Tailam	B.R,2 nd Vol,26/545-554,p.223	Not available
25.	Ajitha prasarini Taila	VM ¹⁸ .Part-1,22/295.p.351	Not available
26.	Nakula Tailam	B.R.Vol-2 ,26/536-544 p. 222	Not available
27.	Mahanarayana Tailam	B.P ,Vol-2 ,24/291-326,p.351	Not available
28.	Kumari Taila	B.P,Vol-2.62/42-49,p.681	Not available
29.	Arkadi Tailam	Bas.R ¹⁹ .6 th Chap,p.299	Not available
30.	Chandanadi Tailam	B.B.R, 2 nd Vol,1791 Sloka,p.175	Not available

Table no 6: Asava & Arishtas recommended for Manyastambha.

S.no	Name of the Drug	Reference	Monograph
1.	Panchamutrasava	G.N.P.K,231-134 Sloka,p.384	Not available
2.	Dasamulasava	G.N.P.K,251-255 Sloka,p.396	Not available

Table no 7: Nasya Yogas recommended for Manyastambha.

S.no	Name of the Drug	Reference	Monograph
1.	Mashadi Nasyam	Sa.S ²⁰ .U.K. 8/36-37 ,p.227	Not available
2.	Jinginyadi Nasyam	B.B.R,2 nd Vol,2099 Sloka,p.274	Not available
3.	Gudadi Nasyam	Sa.S.U.K 8/18-19.P.225	Not available

Table no 8: Kwathas recommended for Manyastambha.

S.no	Name of The Drug	Reference	Monograph
1.	Panchamuli Kwatham	B.B.R,3 rd Vol,3703 Sloka,p.257 B.P Vol-2,M.K 24/76,p.324 Y.R.Ch.Vatavyadhi/1.p.526	Not available
2.	Baladi Kwatham	B.B.R,3 rd Vol,4551 sloka,p.551, B.R.Vol-2.26/66,p.141	Not available
3.	Mashabaladi Kashayam	B.B.R,4 th Vol,5033 Sloka,p.13 B.R.Vol-2.26/72 ,p.143 C.D. 22/24-25, p.186	Ayurvedic Formulary Of India,Part-II,P.72
4.	Mustadi Kwatham	B.B.R,4 th Vol,5052 Sloka,p.16	Not available
5.	Rasnadi Kwatham	B.B.R,4 th Vol,p.327,5874 Sloka G.N.D.K,16 th Chap,101-107 Sloka, p.499	Not available

6.	Kapikachwadi Kwatham	B.B.R,1 st Vol,620 Sloka,p.203	Not available
7.	Rasna Suntyadi Kwatham	S.Y,10 th Chapter,p.362	Not available
8.	Dashamula Kwatham	Y.R.Ch.Vatavyadhi/1,p.526 B.P,Vol-2.M.K.24/76,p.324	Not available
9.	Rasnadi dwavimshatika Kwatham	G.N.D.K,1 st Chap,410 Sloka, p.105	Not available
10.	Musthadyashta dashanga Kwatha	B.B.R,4 th Vol,5080 Sloka,p.21	Not available
11.	Bharangadyo Dwatrimshatika Kwatha	G.N.D.K,1 st Chap,477-478 Sloka, p.113.	Not available
12.	Mahanimbha Yoga	G.N.D.K.16 th Chap,196-197 sloka,p.515	Not available
13.	Masadisaptaka Kwatha	Y.T,40/5-7,p.243	Not available

Table 9: Herbo Mineral drugs recommended for Manyastambha.

S.no	Name of the Drug	Reference	Monograph
1.	Vatagajankusha ras	R.S.S ²¹ ,2/4-8,p.601 RTSSP,Vol-1,p.462	Ayurvedic Formulary Of India,Part-II,P.259
2.	Vatavidhwamsini Ras	R.S.S,2/59-65,p.621 R.R.S ²² ,21/93-107,p.277	Not available
3.	Sarva vatari Ras	R.R.S.21/89-95,p.276	Not available
4.	Vatarakshasa Ras	BRRS ²³ ,p.455 (Vatavyadhi Chikitsa)	Not available
5.	Vatanashano Ras	Sa.S.M.K,12/230-233 Sloka, p.179	Not available
6.	Svacchanda Bhairava Ras	Sa.S.M.K,12/166-169Sloka, p.173	Ayurvedic Formulary Of India,Part-II,P.267
7.	Vatantaka Ras	Bas.R.6 th chap.p.250	Not available
8.	Mrutsanjivani Ras	B.B.R,4 th Vol,5643 Sloka,p.250	Not available
9.	Kanchanabhra Ras	B.R .Vol-1,14/137-142,	Ayurvedic Formulary Of India,Part-II,P.205
10.	Vatagajendrasimha Ras	RTSSP,Vol-2,p.321	Not available
11.	Vataraja Vati	BRRS,(Vatavyadhi Chikitsa), p.457	Not available
12.	Kanakasundara ras	Bas.R.6 th Chap.p.271	Ayurvedic Formulary Of India,Part-II,P.203
13.	Kalagnirudra Ras	Bas.R,6 th Chap.262	Not available
14.	Hiranyagarbha Ras	R.Chi.7/199.p.166	Not available
15.	Amrutantaka Ras	Bas.R,8th chap.p.358	Not available
16.	Nagarasayanam	B.B.R,3 rd Vol,3624 Sloka,p.232	Not available
17.	Gandhakarasyonam	R.K.D,47/24-27,p.309	Ayurvedic Formulary Of India,Part-II,P.104
18.	Amarasundari Gutika	BRRS,(Vatavyadhi Chikitsa),p.460	Not available
19.	Amritanama Gutika	BRRS,(VatavyadhiChikitsa),p.460	Not available

Table no 10: Panchakarma Procedures recommended for Manyastambha.

S.no	Name of the Procedure	Reference
1.	Abhyanga(with Taila &Ghrtha)	B.P.M.k,Vol-2,24/76,p.324
2.	Kukutanda Sweda	B.P.M.k,Vol-2,,24/78,p.324
3.	Rukshasweda	Su.Chi,Vol-2,5/20,p.71, C.D.22/18,p.185,B.P,M.K,Vol- 2,24/76,p.324,G.N.D.K19/127,p.502
4.	Nasya	Su.Chi,Vol-2,5/20,p.71, C.D.22/18,p.185, B.P,M.K,Vol- 2,24/76,p.324,G.N.D.K19/127,p.502
5.	Sitalajala Nasya	B.P.M.K,Vol-2,24/82,p.325
6.	Bhrumhana Nasya	Sa.Sa.U.k 8/30,p.295
7.	Shirovirechana	Ca.Si,Vol-6,2/22,p.201
8.	Dhumapanam	Su.Chi,Vol-2,15/16,p.394

CONCLUSION

Manyastambha (Cervical spondylosis) is a degenerative disorder by which a larger population get affected. This disorder influences the Socio-economic condition of person and family and also hampers the quality of life. Margavarodhajanya vata prakopa cause kshaya (degeneration) of Asthi, Snayu, it leads to anatomical changes in Manya (Cervical) region. Ayurveda science has main role in Prevention and Effective Management of Manyastambha through Shamana (Pacification) and Shodhana (Purification) treatment modalities. Clinically effective, safe and curative drugs and Panchakarma procedures to treat Manyastambha are reviewed from various classical texts of Ayurveda were executed in the form of tables. Research is an ongoing process. In order to reap the fruits of harvest a designed protocol in the form of tables is preserved, so that a better solution is the best option.

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