

## EVALUATION OF THE EFFICACY OF JAMBIRA PINDASWEDA IN THE MANAGEMENT OF MANYASTAMBH - A CASE REPORT

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### ABSTRACT

*Manyastambh* is the clinical condition in which back of the neck becomes stiff, there's restriction in neck movement or painful neck movement. It can be co-related with cervical spondylosis in modern perspective. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by it. A 30year male patient had pain and stiffness in the neck. On examination there was decreased range of cervical movement. Patient was diagnosed with *manyastambh* and was treated with *jambira pindasweda* and certain ayurvedic internal medicines. There was marked improvement in pain and full range of movement was achieved. So, *jambira pindasweda* with internal medicines can be a good option for better management of

*manyastambh* patients.

**KEYWORDS:** *Manyastambh*, stiffness, *swedan*, *jambira pindasweda*.

### INTRODUCTION

*Manyastambh* is the clinical condition in which back of the neck becomes stiff, there's restricted movement of neck or painful movement of neck. *Manyastambh* has been included in eighty *nanatamaj vatavyadhi*.<sup>[1]</sup> The condition is mainly because of *vata-kaphaj dosha*. As per *Aacharya Sushruta*, sleeping during daytime, improper posture while sitting or standing, continuous looking upwards leads to the disease called *manyastambh*.<sup>[2]</sup> It can be co-related with cervical spondylosis as per modern perspective. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by it.<sup>[3]</sup>

In today's westernized life, people have started working on computers, spend lots of time watching mobile phones or laptops for long that too in improper position, stays awake till late night and sleep during daytime, also they use high pillows while sleeping. All this has resulted in rise in neck pain and neck stiffness.

*Panchakarma* therapy is an ayurvedic treatment which deals with the purification of the accumulated dosha from the body through the nearest possible route. It includes 5 procedures for internal purification i.e *vaman*, *virechan*, *basti*, *nasya* and *raktamokshan*.<sup>[4]</sup> *Snehan* and *swedan* are administered as *Purva karma therapy* (preparatory phase). But in this case, *jambira pindsweda* is considered as the *Pradhan karma* (main procedure).

The line of treatment as per *Aacharya Sushruta*, is administration of *vata-kaphagna nasya* (administration of medicine through nasal route having properties to alleviate *vata-kapha dosha*) and *ruksha sweda* (dry fomentation/sudation).<sup>[5]</sup> As said earlier, the treatment should be alleviating *vata-kapha dosha* and *swedan* (sudation) therapy. *Aacharya Charak*, has said that *swedan* therapy helps in eliminating diseases of *vata-kapha* origin.<sup>[6]</sup> Even dry pieces of wood can be bent by *snehan* (oleation) followed by *swedan*.<sup>[7]</sup> Similarly, stiffness can be dealt with *snehan* followed by *swedan*.

As per *Aacharya Charak*, the person's indicated for *swedan* are those suffering from *manyashool* (neck pain)<sup>[8]</sup>; *stambh* (stiffness) and *gaurav* (heaviness).<sup>[9]</sup> So, in this case study *jambira pinda sweda* was opted. It is a type of *pindasweda* and falls under *agnisweda* category (fomentation which includes fire).

In this, *jambira* means Citrus fruit/lemon

*Pinda* means bolus

*Sweda* means fomentation or sudation.

The procedure which induces perspiration, relieves symptoms like *shoola* (pain), *stambh* (stiffness) thereby treating the disease is known as *swedan* therapy.

In *pindasweda*, the medicaments are generally heated and tied in a cloth so as to make a bolus. The bolus is gently rubbed over the painful area. Thus, *jambira pindasweda* means rubbing pieces of hot lemon against affected joint for alleviating joint pain and stiffness.

## CASE REPORT

A 30 years old male patient presented with complaint of neck pain with stiffness since 3months. He had painful neck movements especially painful extension and rotation to left. He had no history of hypertension, diabetes mellitus or any other major illness. No previous history of trauma or any surgery. He was working in an office with 8hours duty, continuous work on laptop and sometimes had to work even from home. Plus had to work in air-conditioned (A.C) office. Initially only pain was observed and gradually he started feeling stiffness but for short time. But since past 1 month along with pain, the duration of stiffness has increased with restricted and painful movements. These days he took NSAIDs on and off but as the patient wanted permanent relief, he opted for ayurvedic treatment. There was neither tingling sensation nor giddiness and thus the patient was diagnosed with *manyastambh* and was treated with *jambira pindsweda* for 7days. Internally, patient was given *Maharasnadi kwath* 20ml twice a day after food, *Yograj guggul* 500mg twice a day after food and *gandharva haritaki churna* 5gm at night with lukewarm water. Patient was explained proper diet and lifestyle management. The result experienced in 7days was very encouraging.

## PROCEDURE OF JAMBIRA PINDSWEDA

### PURVA KARMA (Pre-treatment procedure)

1. Materials required for the treatment are kept ready.

Materials required-

4-6 big sized lemon (each cut into 4pieces)

2 handkerchiefs sized sutikapad (cotton cloth)

*Erand tel* (Castor oil) (*Ricinus communis*)

*Rasna churna* (*Pluchea lanceolata*)

*Saindhav* (Rock salt)

*Haridra churna* (*Curcuma longa*)

*Teel tel* (Sesame oil)

Others- Stove, non-stick pan, spoon, napkin for wiping.

2. Patient is asked to sit on a chair with back straight.

3. Snehan is done with lukewarm teel tel (sesame oil) over neck and shoulder area.

**PRADHAN KARMA (MAIN PROCEDURE)**

1. In a non-stick pan, 1tbsp of castor oil is taken to which ½ tablespoon of rocksalt, ½ tablespoon haridra churna, 1tablespoon of rasna churna is added. To it sliced lemon are added and its heated for 2-3 minutes.
2. Half of the mixture is shifted to sterile cotton cloth and tied to form a bolus, rest half is heated again and transferred to second cotton cloth after the 1<sup>st</sup> bolus becomes cold and all the lemon juice is drained.
3. The temperature of hot bolus is checked on backside of palm before applying on patient, if bearable is gently rubbed over the back of neck and shoulders in circular manner.
4. The procedure is performed for 15-20minutes till sweating occurs and patient feels light as well as signs of *samyak swedan lakshans* (relieves pain, coldness, stiffness, heaviness and sweating is induced).<sup>[10]</sup>

**PASCHAT KARMA (Post-treatment procedure)**

1. The area is wiped with clean napkin and the mixture is removed from bolus and disposed of in dustbin.
2. Patient is asked to relax for a while and to take hot water bath after going home.  
(Everyday fresh lemons were taken)

**ASSESSMENT CRITERIA****Subjective Criteria**

1. *Manyashool* (Pain)- By VAS scale (Visual Analogue Scale)
2. *Stambh* (Stiffness)
3. *Gaurav* (Heaviness)
4. *Chimchimayan* (Numbness)

**Objective Criteria<sup>[11]</sup>**

1. Flexion- Ask patient to touch chin to the chest.
2. Extension- Ask patient to look upwards towards the ceiling. (extension of head upto back)
3. Rotation of neck towards Right and Left- Asking the patient to look over one then another shoulder. (Normal-able to make complete rotation)

(Range of Motion- Measured by Goniometer)

	BEFORE TREATMENT	AFTER TREATMENT	NORMAL RANGE
VAS scale	6	2	
Flexion	35 <sup>0</sup>	50 <sup>0</sup>	50 <sup>0</sup>
Extension	20 <sup>0</sup>	50 <sup>0</sup>	60 <sup>0</sup>
Rotation to Right	55 <sup>0</sup>	80 <sup>0</sup>	80 <sup>0</sup>
Rotation to Left	45 <sup>0</sup>	70 <sup>0</sup>	80 <sup>0</sup>

There was marked relief in pain, stiffness and heaviness. Numbness wasn't present before as well as after treatment also.

## DISCUSSION

In this disease, the hetu is *atyasan* [excess gazing of computer and sitting in air condition (A.C) for long] which leads to vitiation of *Vata* and *Kapha doshas*. This vitiation is due to change in lifestyle as per modern era leading to accumulation of *dosha's* at *manya Pradesh* (neck/cervical area). The *vata* covered by *kapha* causes pain, stiffness and restricted movement of neck leading to *manyastambh*.

### Probable mode of action of *Jambira Pindasweda*

As local *snehan* and *swedan* directly acts at the site of *samprapti*, they give quick result and are very effective. This is a procedure in which both *snehana* and *swedan* are incorporated. Before *jambira pindasweda*, *abhyanga* was done, *abhyanga* has *kapha-vata nirodhan* (alleviates vata-kapha dosha) properties.<sup>[12]</sup> Application of heat causes vasodilation and improves blood circulation. Also *swedan*, helps eliminating *maldravyas* (toxins) along with sweat, decreases *heaviness* and *stiffness*.

The medicines used in this procedure i.e *Rasna*, *Eranda* have *vata-kapha shaman* (pacifies *vata kapha dosha*) properties. *Jambira* (Citrus lemon) is *amla* in *ras*<sup>[13]</sup> (taste) and *virya* (potency) and *Aacharya Charak* has also said *pindasweda dravya* should consist of *amla ras*<sup>[14]</sup>, also *jambira* is *kapha-vatashamak*. *Rasna* (*Pluchea lanceolate*) is said to be the best medicine for *vata-vyadhi*.<sup>[15]</sup> *Eranda tel* (*Ricinus communis* oil) is said to be the best in *saamvata* (*vata dosha* associated with *ama*)<sup>[16]</sup> and *jambira pindasweda* is used on *upstambhit vatavyadhi*.

Thus, *Jambira pindasweda*

- relieves pain, stiffness, swelling.

- pacifies the morbidity of vata-kapha doshas.
- induces perspiration and brings about lightness.
- reduces stiffness, thereby improving the movement of joints.

## CONCLUSION

There was marked improvement in the signs and symptoms of *manyastambha*. *Manyastambh* though difficult to manage can be effectively managed and can be a good option for effective and better management with *jambira pindasweda* combined with internal medicines.

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