

EFFECT OF VARIOUS AYURVEDIC THERAPIES ON CERVICAL SPONDYLOSIS (MANYASTAMBHA) A REVIEW ARTICLE**Ravi Raj Singh^{1*} and Gyanendra Datta Shukla² M. D., Ph.D. (Ayu.)**¹M. D. Scholar, Department of Panchkarma, Gurukul Campus (Haridwar) U.A.U.²Associate Professor, Department of Panchkarma, Gurukul Campus (Haridwar) U.A.U.Article Received on
21 July 2023,Revised on 11 August 2023,
Accepted on 01 Sept. 2023

DOI: 10.20959/wjpr202315-29735

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Campus (Haridwar) U.A.U.**ABSTRACT**

Manyastambha (A *Vata Nanatmaj Disorder*) simulates cervical spondylosis, which is a chronic degenerative condition of the cervical spine. Keeping in view the increasing incidence of this problem in modern society with more of desk-workers, online computer work, use of laptops and mobile continuously and improper sitting and looking postures, a review study is conducted here to find out the effect of various ayurvedic procedures on cervical spondylosis.

KEYWORDS: Cervical spondylosis, *Manyastambha*, *Agnikarma*, *Patra pind sweda*, *Nasya karma*.

INTRODUCTION

Cervical spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral disc of the neck as well as the contents of the spinal canal. It may also include the degenerative changes in the facet joints, longitudinal ligaments, and ligamentum flavum. Spondylosis progresses with age and often develops at multiple interspaces. Structural as well as functional pathogenesis takes place at the level of C5-C6 of the cervical spine commonly.^[1]

According to *Ayurveda*, cervical spondylosis resembles *Manya Stambha*, a disorder of *Vata*. *Vyana Vayu* is responsible for the movements of the body, as said by Acharya Charak

देहं व्याप्नोति सर्वं तु व्यानः शीघ्रगतिनृणाम् । गति प्रसारणाक्षेपनिमेषादिक्रियः सदा ॥ (चरक चिकित्सा २८/९)

Some of the *Lakshanas* of *Kupit Vata* are similar to the signs and symptoms of *Manyastambha*. These are:

- *Pani-Prishtha-Shirograha*
- *Gatrasuptata*
- *Greevayahundanam*
- *Bhedastoda-arti*

When structural derangement of *Dhatus* in form of degeneration takes place, then clinical features appear in the form of *Shoola* (pain) and *Satmbha* (stiffness). When cervical region of the body is affected, then the neck becomes stiff with restricted movements. The *Kaphavritta Vyana Vayu* is also a chief causative factor to produce pain and restricted movement of joints.^[2] The disease process commonly presents with symptoms related to pressure on the spinal cord and associated nerve roots and blood vessels. Around the age of 50, 25-50% people and, at 75 years of age, at least 70% of people develop cervical spondylosis. Repeated trauma related to specific occupation like carrying axial loads, professionally adopted posture etc. and smoking plays important role in producing cervical spondylosis even in lesser age group.^[3] However, about 50% of people over the age of 50 experience neck pain and stiffness due to cervical spondylosis. 25–40% have at least one episode of cervical radiculopathy, feeling of tingling sensation and numbness in the course of nerve. There are various treatment procedures for cervical spondylosis in ayurveda here first off all we are discussing specially about *Agnikarma* and *Patrapinda sweda*.

Effect of *agnikarma* in cervical spondylosis (*Manyastambha*)

Manystambha is a common *Vatik* disorder found in all races and can be correlated with cervical spondylosis is modern parlance. *Agnikarma* is an ideal treatment modality for the *Asthi Sandhigata Vikara* as per *Sushruta*. Now days, joint disorders are prevailing even in early age group after third decade of life. Only symptomatic relief can be provided by administering powerful analgesic drugs and other conventional tools available in modern medicine. Due to the limitations and side effects of these medicines or surgical procedures, this disease remains a challenge for the physicians as well as research scholars. The *Agnikarma* is a well known para-surgical procedure and has been advised by *Sushruta* for disorders of *Asthi*, *Sandhi* and *Snayugata Vyadhi*.^[4] Its effectiveness is well documented without producing any further complications.

Mode of action of *agnikarma*

Manyastambha is produced by vitiated *Vata Dosha* with *anubandha* of *Kapha*. By virtue of *Ushna*, *Tikshna*, *Sukshma* and *Ashukari gunas*, *Agnikarma* rendered best therapy to pacify *Vata* as well as *Kapha Dosha*. The *Agnikarma* is done by red hot *Panchadhatu Shalaka*, the physical heat transferred as therapeutic heat to *Twak Dhatu* by producing *Samyak Dagdha Vrana*.

This therapeutic heat acted in the following ways:^[5]

1. *Ushna*, *Tikhsna*, *Sukshma*, *Ashukari gunas* removes the *srotavarodha* followed by increase in *Rasa Rakta Samvahana* (blood circulation) to *Griva Pradesha* which pacify the vitiated *Vata and Kapha Dosha*. Probably, it flushed out the pain producing substances from the neck region and provided relief in pain and stiffness to the patients ultimately.
2. Therapeutic heat might have increased the *Dhatvagni* which helped in the digestion of *Ama Dosha* followed by increased metabolism of *Dhatu* in proper way. Further, promotion of nutrition to *Griva Sandhi* from *Purva Dhatu* took place and in this way *Asthi* and *Majja Dhatu* might have become more stable to provide relief from symptoms to the patients.
3. Equilibrium state of *Dosha* provides relief from the disease conditions which is achieved by application of therapeutic heat to the deeper tissue like *Mamsa* and *Asthi Dhatu* by the process of neutralization of *Shita Guna* of *Vata* and *Kapha Dosha*.

Regarding *Agnikarma* effect on Cervical Spondylosis we have reviewed many studies some of them mentioned here:

A study was done in Dept. of Shalya Tantra, IPGT & RA, Gujarat Ayurveda University, Jamnagar, Gujarat - 361008. **Clinical Efficacy of *Agnikarma* in the Management of *Sandhigata Vata* w.s.r. to Cervical Spondylosis by Vyasadeva Mahanta, T. S. Dudhmal, S. K. Gupta published in Indian Journal of Ancient Medicine and Yoga Volume 5 Number 1, January - March 2012**, A total of 33 patients were selected in this study. Out of them, 11 patients in *Agnikarma* group and 10 patients in *Trayodashanga Guggulu* group completed the treatment course successfully and. result of this study was that 63% patients got relief in *Agnikarma* group whereas 55% patients got relief in *Trayodasanga Guggulu* group. Neck stiffness is caused by *Vata* and *Kapha Dosa*. The *Ushna* property of *Agnikarma* would have pacified both vitiated *Vata* and *Kapha Dosha*. likewise *Trayodasanga Guggulu* is also found helpful in pacifying vitiated *Vata* and *Kapha Dosha* by virtue of its *Ushna Virya*. Hence

Agnikarma therapy is a simple, safe and result oriented treatment modality for *Sandhigat Vata* / cervical spondylosis.

An Another Study Was Performed In Dept. Of Shalya Tantra, Ipgt& Ra, Gujarat Ayurveda University, Jamnagar, Gujarat **Effect Of Agnikarma In Management Of Cervical Spondylosis By Sahagal Umesh And Prof Divedi R.R** And The Conclude That Agnikarma Provide Better Result In Symptoms Of Cervical Spondylosis.

A study was held in School of Ayurveda, D Y Patil University, Navi Mumbai, India

A Clinical Study to Evaluate Efficacy of Agnikarma (Locally) and Ashwagandha Ghanavati (Internally) in the Management of Manyagata Vata w.s.r Cervical Spondylosis by Dwivedi Amarprakash¹, Pathrikar Anaya, Kamble Shubhangi³, Kulkarni Anjna Published online in <http://ijam.co>. In this study they conclude that Out of 50 patients assessing symptomatic relief for 6 parameters like Pain, stiffness, Flexion, extension, lateral movement and tingling numbness for each parameter. Among 50 patients 92% patients got complete relief from cervical pain, 98 % patients got relieved from Stiffness and restricted movements of neck, Tingling numbness present was relieved in 96% patients. Hence, it can be concluded that *Agnikarma* therapy with adjuvant *Ashwagandha ghanavati* proved highly significant in the management of *Manyagata Vata*.

Another *ayurvedic* processure is ***Swedana Karma*** which is very important treatment modality in *Panchkarma*. It is one of the *Purva Karma* (preparatory) procedures. It is administered generally after *Snehana* and procedes *Vamana* and *Virechana* .Principaly, *Swedana* (fomentation) is designed to induce sweating. Acharya Charaka very clearly states that the *Swedana Karma* is the procedure which relieves the *Stambha* (stiffness), *Gaurava* (heaviness), *Sheetata* (cold) and which induces sweating.^[6] It is a major preparatory procedure for *Panchakarma* therapy where it is administered to liquefy the *Snigdha* (by earlier *Snehana*) vitiated Doshas spread in the system in order to make it convenient to expel them out with the help of *Pradhana Karmas* such as *Vamana*, *Virechana*, *Basti* and *Shirovirechana* etc. Moreover *Swedana Karma* is also an important therapy for a number of disorders, where it works as *Pradhana Karma* (main therapy). Acharya Charaka has mentioned that *Swedana* therapy is the best treatment for vitiated *Vata* and *Kapha* dominant disorders.^[7]

Definition:

Swedana is defined as the process by which the sweat or perspiration which produced in the

body by using various methods.

स्तम्भगौरवशीतघ्नं स्वेदनं स्वेदकारकम् ॥ (च.सू.२२/ ११)

Swedana is the procedure which cures stiffness, heaviness and coldness of the body produces sweating.

Acharyas have described various types of *swedas* but here we will discuss only about *patra pind sweda* and its effect on cervical spondylosis.

Mode of action of swedana:

Swedana has its main actions like *Stambhaghna*, *Gauravaghna*, *Sheetaghna* and *Swedakarakatva*.

स्तम्भगौरवशीतघ्नं स्वेदनं स्वेदकारकम् ॥ (च.सू.२२/११)

Actions of Swedana can be understood as –

Stambhaghna: Swedana releases *Stambha* (stiffness). *Samana Vayu* which promotes *Agni* and *Sleshaka Kapha* which lives in *Sandhi*, *Rasa*, *Mamsa*, *Meda*, *Vasa* are primarily responsible for *Stambha*. *Samana Vayu*, by *Ruksha Guna*, absorbs *Snigdha* and causes *Stambha*. *Sleshaka Kapha* is *Snigdha* and due to its loss of function *Stambha* takes place. *Swedana* is *Snigdha* and *Ushna* where *Ushna Guna* does *Srotosuddhi* (cleansing of microchannels) and *Ama Pachana* and hence lessens stiffness.

Gauravaghna: Swedana is responsible in relieving heaviness in the body. *Apya Ghataka* (liquid substances) of the body comes out through *Sweda*. *Apya Tatva* is *Guru* due to their expulsion and thus lightness is achieved. *Swedana* stimulates muscles and nerves, thus gains lightness.

Sheetaghna: Swedana is chiefly *Ushna* (hot) and thus relieves *Sheetta* (coldness) by opposite property.

Swedakarakatva: Swedana promotes sweating. *Sweda* has been considered as a type of *Mala* and impurities come out through it from the body. *Sweda* is the bi-product of *Meda Dhatu* which dominates in *Jala Mahabhuta*. The *Sweda* produces *Kleda* in the body which is also *Apa Mahabhuta Pradhana*. The *Udaka Dhatu* is available in various forms like faeces, urine, sweat, skin, lymph and blood etc. in the body. It functions as *Jeevana*, *Tarpana*, *Mala*

Shodhana etc. When *Swedavaha Srotasa* is vitiated, it leads to presentation of various symptoms like irregular production of sweating, roughness of the skin, burning sensation all over body

Patrapinda sweda

Application of the heat and thereby inducing perspiration by using heated bolus of specific herbal leaves is known as *Patrapinda Sweda*.

तत्र वस्त्रान्तरितैरवस्त्रान्तरितैर्वा पिण्डैर्यथोक्तैरूप स्वेदनं संकर स्वेद इति विद्यात ॥

(च.सू.१४/२५)

Patrapinda Sweda is modified form of *Shankar Sweda* described by Charaka and the method resembles with that of *Shastikashali Pinda Sweda*.

पिण्डरूपः स्वेदः पिण्डस्वेदः ॥ (चक्रपाणि टीका , च.सू.१४/२५)

Patrapinda Sweda is being practiced widely by majority of *Panchkarma* physicians owing to its easy procedure and excellent, fast action. Following the *Abhyanga* procedure, any part of the body may be subjected to *Swedana* procedure by the method of *Patrapinda Sweda*. As the oil is applied before the *Swedana* procedure this belongs to the category of *Snigdha Sweda*.

Beneficial effects:

- Beneficial in the vitiation of Vata Dosha.
- Alleviates the pain and swelling.
- Effective in disorders due to degeneration of bone.
- Beneficial in the treatment of muscles sprain as well as strain

Nirgundi patrapinda sweda:^[8]

Preparation of the *patrapinda* (Leaves bolus)

Requirements:

- 250 gm fresh leaves of *Nirgundi* (*Vitex nigundo*).
- 18" square cotton cloth two pieces.
- Approximately 5' long cotton thread.
- Vessel having round bottom for frying herbal leaves.
- Bala Oil

The fresh *Nirgundi* leaves are cut into small pieces and then are taken in a vessel of a round

bottom. About 100 ml of Bala Oil is added to this. With continuous stirring the leaves are then fried to make it plaint. These fried leaves are used for the preparation of bolus. The cotton cloth is spread on the working table. About 250 gm of fried leaves are placed on the cloth. The free corners of cloth are approximated to cover the leaves. The free ends of the cloth are folded in its middle and then are tied with a cotton thread to make a round bolus with handle.

Heating the bolus:

In a vessel of round bottom, 100 ml of Bala Oil is taken and heated. The bolus of the herbal leaves is placed in the Oil. The bolus should be continuously moved stirring in the oil, if the herbal bolus is not moved, there is possibility that the portion of the herbal bolus in touch with the heated vessels gets burnt. When the bolus is properly heated it is taken out of the vessels. Any oil following from the bolus is mopped to the edge of vessel. Now the bolus is ready for use in sudation procedure.

Mode of action of *nirgundi patrapinda sweda*:

Results of the present study show that *Nirgundi Patrapinda Sweda* provided better improvement especially in pain, stiffness, vertigo, restricted movements and *dosha dusti*. This improvement is owing to *Stambhagna*, *Gauravaghna*, *Sheetaghna* properties of *Swedana karma*. Artificial sweating relaxes muscle and improves local blood circulation which is responsible for reducing stiffness and restricted neck movement.^[31] Moreover the drug *Nirgundi* also produces its anti-inflammatory, analgesic effect during *Patrapinda Sweda*.^[9,10,11]

Abhayanga during this procedure is also responsible for pain modulation and better neuromuscular integration.^[12]

In nut shell, Probable mode of action of *Nirgundi patrpinda Sweda* can be understood as:

- Improves blood circulation and metabolism locally.
- Relieves para-vertebral muscular spasm & pain
- Strengthens para vertebral muscles
- Helps repair damaged myelin sheath
- Improves proprioception status.
- Local anti inflammatory effect.

A study was done by **JAYADIPKUMAR P SHAH- ON TIKTA KSHIRA BASTI &**

PATRAPINDA SWEDA- CERVICAL SPONDYLOSIS (ASTHIGATA VATA)- 2008-PK-IPGT&RA,GAU, JAMNAGAR. He stated that on Comparison of the effect of Therapies shows that pain, tenderness, vertigo and restricted neck movements were better managed by *Patrapinda Sweda* group whereas stiffness, tingling sensation, numbness, diminished muscle power and diminished reflexes were better relieved in *Panchtikshira Basti* group. Both of this group proved better in comparison to *Asthishrinkhala Vati* (Sahamana) group.

CONCLUSION

- *Sandhigata Vata* is a disease condition related to the joints of the body which occurs in old age group and due to some occupation related work condition.
- Ayurvedic therapy addresses the most fundamental causes of the problem. There are number of treatment modalities available in Ayurveda for such condition e.g.
- *Agnikarma, Nasya, Patrapinda seweda, Abhayanga, Basti* and internal medications.
- *Agnikarma therapy* is a simple, safe and result oriented treatment modality for
- *Sandhigat Vata*. The PDS should be used preferably with rounded and pointed blunt tip which plays an important role to produce *Samyak Dagdha Vrana*. It is an ambulatory treatment with affordable expenditure. To obtain better result *Samyak Dagdha Vrana* is an important clinical parameter. It should be observed during the procedure carefully. Minimum four sittings with interval of seven days is required to get optimum result but more sittings are required as per the chronicity and severity of the disease.
- *Patrapinda Sweda* can do better to relieve pain, tenderness, stiffness, vertigo and restricted movements.

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