

**"EFFECT OF MASHADI TAIL NASYA IN MANYASTAMBH W.S.R.
TO CERVICAL SPONDYLOSIS"****Dr. Anita A. Patil¹* Dr. Supriya Lone²**¹Assistant Professor Dept. of Panchkarma Podar Ayurved Medical College, Mumbai.²M.D. Ayu. (Panchkarma) 1st year, Podar Ayurved Medical College, Mumbai.Article Received on
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Corresponding Author*Dr. Anita A. Patil**Assistant Professor Dept.
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Mumbai.**ABSTRACT**

Cervical spondylosis is a degenerative disorder of cervical spine, mostly seen in old age, but nowadays it is also seen very commonly in early age too. Prevalence of cervical spondylosis is 25% in old age, and can be correlated with Manyastambh in Ayurveda. Nasya is the main line of treatment in Ayurveda for 'Urdhwa Jatrugat Vyadhi'.^[6] The procedure of Nasya i.e. Nasya vidhi and its benefits are mentioned in different Granthas of Ayurveda which are well known as 'Laghu-trayitrayi' and 'Brahat-trayi'. Mashadi tail nasya is a bruhan chikitsa which is explained in Uttarkhand of 'Sharangdhar Samhita' in topic Nasya vidhi.^[5]

OBJECTIVE

To evaluate effectiveness of Mashadi tail nasya in Manyastambh w.r. to Cervical Spondylosis.

INTRODUCTION

Cervical spondylosis is mainly because of degenerative changes in cervical spine, affecting the vertebral bodies and intervertebral discs of the neck, and the spinal cord within it.

Nobody willingly would like to invite such painful disorder, but its our negligence at health or today's lifestyle or some behavioral habits such as, long drive on vehicles (specially on bike), abnormal sitting or sleeping postures (like using large pillow), night job, Sitting jobs like IT sectors, excessive gym workout, physical and mental stress, which unwillingly results in such disorders.^[4]

Manyastambh is a disorder at neck region due to 'Vaata dosh', which causes pain, stiffness, restricted neck movement, numbness, tingling sensation.^[2]

Nasya being a type of Panchkarm mainly for urdhw jatrugat vaat vyadhi is a better alternative treatment for cervical spondylosis than the Allopathy. In allopathy we have to rely on analgesic drugs or NSAIDs and lastly on surgery.

CASE REPORT

1. Name of patient : XYZ
2. Age and Gender : 48yrs./ F
3. Occupation : House wife
4. Opd no. : 39523
5. Date : 24 jun 2017

Brief History

A female patient XYZ with age of 48 yrs. having complaint of neck region pain, stiffness and numbness in hand since last 1.5 months came to OPD no. 14 of M.A. Podar Hospital, Mumbai with above complaints. She has been already treated by different Allopathic practitioners but didnt feel any relief."

Signs and symptoms

1. Manyashool (neck pain): VAS method used to assess it.
2. Stiffness (stambh)
3. Gaurav (heavyness)
4. Chimchimayan (numbness)

Investigations

1. X-ray : of cervical spine (Ap and lateral), date 10 jun 2017

Findings

1. Degenerative changes in the form of osteophytes
2. The C5 - C6 disc space reduce

Diagnosis: Cervical spondylosis with degenerative changes at C5 - C6 vertebra.



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NAME	MRS. HEERA JADHAV	DATE	10.06.2017
REF. BY DR.	DR. JYOTI PATIL	AGE	50 YRS
		SEX	FEMALE

X-RAY CERVICAL SPINE (AP/LAT)

Degenerative changes in form of osteophytes noted.
The C5-C6 disc spaces appear reduced.
No evidence of cervical rib noted prevertebral soft tissue space
Appear normal atlanto-axial joint appear normal.

IMPRESSION:
Cervical spondylosis with degenerative disc at C5-C6 vertebral level.

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Treatment

Purv karm: Sthanik snehan swedan

Main treatment: Mashadi tail nasya (8 drops per nostrils) at morning : for 7 days

Pashchat karm: Kawal with warm water

Results after treatment

Relief in neck pain, Stiffness and numbness at hand.

Patient could have free movement of neck and hand.



COMPUTERISED PATHOLOGY
DIGITAL X-RAY
SONOGRAPHY
PORTABLE DIGITAL X-RAY

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COMPLETE HEALTH CHECK-UP
DOPPLER STUDIES
ENDOSCOPY

NAME	MRS. HEERA JADHAV	DATE	19.09.2017
REF. BY DR.	DR. JYOTI PATIL	AGE	50 YRS
		SEX	FEMALE

X-RAY CERVICAL SPINE (AP/LAT)

Degenerative changes in form of osteophytes noted.
The disc spaces appear normal.
No evidence of cervical rib noted.
Prevertebral soft tissue space appear normal.
Atlanto-axial joint appear normal.

IMPRESSION:
Mild cervical spondylosis.

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DISCUSSION

Pain is a common disorder that hampers routine activities of people. The most common cause of pain, inflammation, tenderness, stiffness is Vaat Prakop which is which a disorder in which mainly vaat dosh is affected i.e. vaat prakop, which is of two types, namely:

- 1) Dhatu-Kshay (degenerative)
- 2) Strotorodh (obstruction)

Cervical spondylosis is degenerative changes at neck region whose signs and symptoms are alike manyastambh which is a urdhw jatrugat vyadhi.

Nasya is the best treatment for urdhw jatrugat vaat dosh vyadhi. By using Mashadi tail nasya the avaran of vaat can be reduced which inturn reduce the neck pain and inhance its

mobilityneck. As Mash is bruhan drug it reduce the effect of degenerative changes and improves strength of the spine.

CONCLUSION

This case study directs us to conclude that, Vyadhi related to vaat prakop can be effectively treated by using panchakarm treatment, particularly Nasya upkram for urdhw jatrugat vyadhi. Mashadi tail nasya is effective in Manyastambh or cervical spondylosis.

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