

## **A REVIEW ON MANAGEMENT OF MANYASTAMBHA WITH MASHABALADI TAIL NASYA**

**\*<sup>1</sup>Dr. Vipul Vikram and <sup>2</sup>Dr. Rachna Nigam**

<sup>1</sup>M.D Scholar, Department of Panchakarma, Government PG Ayurvedic College and Hospital, Chaukhaghat, Varanasi, India.

<sup>2</sup>Assist. Professor, Department of Kaya Chikitsa & Panchakarma, Government PG Ayurvedic College and Hospital, Chaukhaghat, Varanasi, India.

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### **\*Corresponding Author**

**Dr. Vipul Vikram**

M.D Scholar, Department of  
Panchakarma, Government  
PG Ayurvedic College and  
Hospital, Chaukhaghat,  
Varanasi, India.

### **ABSTRACT**

In ayurvedic classics Manyastambha is described as a kaphavruta vata disease.<sup>[1]</sup> In present era Manyastambha is most commonly occurring disorder, due to change in lifestyle that is stressful jobs, dietary habits, sleeping and working orders, improper posture of sitting, travelling etc. Acharya Charak has enumerated Manyastambha in eighty Nanatamaja Vikara.<sup>[2]</sup> According to main sign and Symptoms of Manyastambha it can be correlated with cervical spondylosis in modern prospective. This disease not only affects health of an individual but also put burden on quality of life and hampers day to day activities significantly. Ayurveda described many approaches for the management of Manyastambha including Nasya karma. Present article describes the

role of Mashabaladi Tail Nasya in the treatment of Manyastambha.

**KEYWORDS:** Manya, Manyastambha, Nasya, Mashabaladi Tail, Cervical Spondylosis.

### **INTRODUCTION**

According to Acharya Sushruta Manyastambha is a Vata Kaphaj Vikara. It occurs due to sleep in day time(diwaswapna), asanthana vikruti (bad sleeping posture), urdhwa nirikshana (up looking).<sup>[3]</sup>

According to Acharya Charaka Manyastambha is considered under different types of nanatmaja vata vyadhi. Acharya Charaka has explained that Manyastambha occurs because of head injury i.e shiroabhigatam and considered antharayama as Manyastambha.<sup>[4]</sup>

In astang hrudaya the meaning of the word Manya is two nadies laterally to the neck, vagabhata also refer Manyastambha as a symptom of antharayama. Manyastambha is a clinical condition in which the back of the neck becomes stiff or rigid and the movement of the neck are impaired.<sup>[5]</sup>

It can be corelated with cervical spondylosis in modern prospective. In present era human beings are prone to many degenerative diseases because of stressful and fast lifestyles, cervical spondylosis is one of the such lifestyle which is originated mainly due to poor postures and excessive body strains like excessive travelling, continuous sitting and working for long hours, lot of bending and twisting, working computer, using excess mobile phones, lack of exercise.

The main symptoms of cervical spondylosis are pain, stiffness and restricted movement. Cervical spondylosis is a degenerative disorder as well as it may occur due to occupational hazards, losses of curvature, reduction of disc space, osteophytes formation are main radiological changes. The most common disc space reduced at the level of C5 – C6 and C6 – C7.<sup>[6]</sup> Mashabaladi Tail is specially indicated in the treatment of Manyastambha.<sup>[7]</sup> Nasya Karma (Nasal administration of medicine) being the treatment of choice in Urdhwajatrugata vyadhi can be adopted in the management of Manyastambha.<sup>[8]</sup>

## AIM AND OBJECTIVE

- To study the efficacy of Mashabaladi Tail Nasya in the management of Manyastambha.
- To study about Manyastambha and Nasya.

## MATERIAL AND METHOD

- Concept and procedure of Nasya and its effect on Manyastambha is studied.
- All the references about Manyastambha and Nasya are collected from Bruhatrayi, Laghutrayi, journals and various text books.

## Procedure Review

Instillation of medicine through nasal orifice is called Nasya Karma. In Samhitas Nasya Karma has been described in detail. Nasa is considered as Indriya, whose functions are not only limited to respiration but is also considered as a pathway for drug administration.

**Poorvakarma**

- Abhyanga with Mashabaladi Taila and Nadi Sveda with Dashamoola kwatha on Urdwanga pradesha. Nadi Sweda should be given after covering the eyes with cotton cloth till light swedopatti on face are observed.

**Pradhan Karma**

- After poorva karma, patient is asked to lie on table in supine position.
- Patient's head is lowered by 45° angles from edge of the table.
- Now, Avichinnadhara (continuous drops) of Lukewarm Mashabaladi Tail are instilled in each nostril of the patient.
- Patient is advised to spit out the secretion, which gets collected in Oropharynx.

**Pashchat Karma**

- After Nasya, patient is advised to lie down in supine position for 100 matra (2 min).
- Panitapa Swedana is to be given on face. Then forehead, frontal, maxillary and temporal areas were massaged.
- After Nasya, medicated Dhumpana and Kavala – Gandusha with lukewarm water are advocated.
- After this, patients would be instructed not to take food, direct air on face, direct cold water for face wash for half an hour after Nasya.

**Mode of Action**

The nasal orifices are believed to be the entrance of the head. The medicine instilled through them easily penetrates the Sringataka and spreads to Shiras, Netra, Shrotra, Kantha and expels out the vitiated doshas.<sup>[8]</sup> Nasyakarma is of 3 types: Virechana Nasya, Brihmana Nasya, Shamana Nasya. Brihmana Nasya is indicated in Vataja Vikara. Manyastambha is also a Vataj disease, so Brihmana Nasya is used to treat Manyastambha.<sup>[9]</sup>

## Drug Review

Content and therapeutic use of Mashabaladi Tail is given in table<sup>[10]</sup>

Drugs	Classical Reference	Properties	Therapeutic Uses
Masha	Shukrajanana Mahakashaya	Guru, Snigdha, Madhur, Ushna	Effective in neural disorder, Pain relief, Anti-inflammatory, provide strength to Muscles and ligaments
Balamool	Balya Mahakashaya, madhyam panchamool	Laghu, Snigdha Picchil, Madhur, Shita Veerya	Anti-inflammatory, Relieves Pain, Provide muscle strength,
Rasna	Anuvasanopaga & Vaya Sthapana Mahakashaya, Agraha Prakarana	Guru, Tikta, Katu, Ushna Virya, K-V Shamaka	Anti-inflammatory, Pain reliever
Dashamoola	Shothahara Mahakashaya	Tridosha Shamak	V-P-K↓, Anti-inflammatory, Analgesic, anti-arthritis
Prasarini	Angamarda, sandhaniya, shothahara mahakashaya	Laghu Snigdha, Madhura Tikta, Ushna Virya	Provide neural strength & anti-inflammatory, expectorant, diuretic
Saunf	Madhur Skandha	Laghu Snigdha, Madhur Katu Tikta, Sheeta Virya	Muscle relaxant, antidiabetic, hepatoprotective, provide strength
Laksha Rasa	Chandanaadi varga, haritakyadi varga	Laghu, Snigdha, Shita virya, Kashaya rasa	Anti-inflammatory, anti-arthritis, anti-dysenteric, haemostatic, rejuvenating, stomachic, healing property
Shatawari	Vaya Sthapana, Balya Mahakashaya	Guru Snigdha, Madhura, Tikta, Sheeta Virya	Provide Neural Strength & Muscle Strength, Relieves Pain
Vidarikanda	Balya, bruhanaya, varnya, kanthya, snehopaga mahakashaya	Guru Snigdha, Madhur, Sheeta Virya	Action against nephrotoxicity, good digestive agent, anti-inflammatory, improve voice quality, good rejuvenating agent
Kanjji	Maddh varga	Laghu, Madhur, Sheeta Virya	Cooling property, astringent, demulcent, appetite stimulant
Godugdha	Gorasa varga	Mradu Snigdha, Guru, Madhur, Sheeta Virya	Rejuvenating, anti-aging, improves strength and immunity, laxative, promotes movement of liquids in channels
Godadhi	Gorasa varga	Grahi, Guru, Usna, Amla Rasa	Improve taste, appetizer, improve digestion strength and immunity
Shatpushpa	Asthanopanaga, Anuvasanopaga	Laghu, Ruksha, Tikshana, Katu Tikta, Usna Virya	Anti-inflammatory, relieves pain, antipyretic, diuretic etc.
Methi	Chaturbeeja	Laghu, Snigdha, Katu, Usna Virya	Relives pain, Provide Neural Strength, anti-inflammatory, laxative property
Gaja Pippali	Haritakyadi varga,	Laghu, Snigdha,	Improve digestive strength,

	Shatpushpadi varga	Tikshana, Katu Rasa, Madhur Vipak, Unusna Virya	worm infestation, relieves pain and inflammation,
Nagarmotha	Triptighna, Trishna nigravana, Lekhaniya, Kandughna, Stanya Shodhana Mahakashaya, Mustadi, Vachadi gana	Laghu, Ruksha, Tikta, Katu Kashaya Rasa, Sheeta Virya, Katu Vipaka	Anti – inflammatory, provide neural Strength, Anti-pyretic
Ashwagandha	Balya, Bruhaniya Mahakashaya, Madhura skandha	Laghu, Snigdha, Tikta, Katu, Madhur Rasa, Madhura Vipaka, Ushna Virya	K-V↓, Anti-inflammatory, analgesic, reduce stress levels and calm mind, provide strength.
Ushir	Varnya, Stanyajanana, Chhardi nigravana daha prashamana, Tikta skandhas, Eladi gana, Sarivadi gana, Pittasamsamana varga	Ruksha, Laghu, Tikta, Madhura Rasa, Madhur Vipaka, Sheeta Virya	K-P↓, Relieve burning pain, helps to calm and strength brain and nerves, antipyretic
Yashtimadhu	Jeevaniya, Sandhaniya, Shodita Sthapana, Snehopaga, Asthapana Mahakashaya, Kakolyadi, Sarivadi, anjanadi gana	Guru Snigdha Madhura, Shita Virya, Madhura Vipaka	V-P↓, Analgesic, Anti-inflammatory property, provide body and neural strength, blood purifier
Shalparni	Angamarda prashamana, Balya, Snehopaga, Shothahara Mahakashaya, madhura Skandha, Vidarigandhaadi, Laghupanchamool	Guru, Snigdha, Madhura, Tikta Rasa, Madhur Vipaka, Ushna Virya	V-P-K↓, Analgesic, antipyretic, Anti-inflammatory property, provide neural strength,
Prashnaparni	Angamarda Prashamana, Sandhaniya, Shothahara, Madhura skandhas, Vidarigandhaadi, Haridraadi, laghupanchamool gana	Laghu, Snigdha, Madhur Tikta Rasa, Madhur Vipaka, Usna Virya	V-P-K↓, Analgesic, antipyretic, relieves burning sensation, Anti-inflammatory property, provide neural strength,
Bahupatrika	Amraadiphala varga	Madhura, Sheeta, Santharpano, Balya	Diuretic, relieves fatigue, improves strength, provide nutrition

Majority of ingredients of Mashabaladi tail are having Kapha Vata shamak or tridosha shamaka properties and tail having vata hara and brunhana properties with beneficial in Manyastambha.

## DISCUSSION

Manyastambha mainly causes inflammation and degeneration of neck muscles of bone. Vitiating of vata and kapha doshas causes stambha and shoofa of manya. Nasya balances vata

and kapha doshas relieves symptoms of stambha and shoola. It reverts effects of kapha avarana which mainly involve in the pathogenesis of Manyastambha.

Acharya vagabhata has explained that nasya dravya reaches shrangataka marma of shira and pacify vitiated doshas such as vyan vata and shleshmaka kapha. It increases circulatory process of urdhwajatrugata area (sepecially cervical region) thus remove spasm and rigidity in Manyastambha.

Mashbalaadi Tail used in Nasya karma is vata kapha nashaka and have analgesic, anti-inflammatory and rejuvenating properties. Vatahara drugs offers suppression of pathology of disease and Nasya karma acts locally as well as at systemic levels.

## CONCLUSION

According to acharya sushruta Manyastambha is vata kaphaja vyadhi and Mashabaladi Tail Nasya is used for treatment of Manyastambha. Major Content of Mashabaladi Tail have vata kaphahara property. Symptoms of Manyastambha or cervical spondylosis occurs due to compression of cervical nerves. Mashabaladi Tail give neural strength. Thus, it provides relief from symptoms like tingling Sensation, Pain, Stiffness. It also gives strength to muscles of neck. This tail also has anti-inflammatory and analgesic property which provide relief from movement restrictions. Thus, Nasya of Mashabaladi tail can provide overwhelming relief to patients of cervical spondylosis.

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