

AYURVEDIC MANAGEMENT OF MANYASTAMBHA USING MAHABHRINGRAJ TAILA NASYA KARMA AND GREEVA PICHU: A CASE REPORT

Dr. Jahanvi Sharma^{*1}, Dr. Atul Kumar Agrawal², Dr. Shivani Mahajan³

¹PG Scholar in Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar, Uttarakhand.

²Associate Professor in Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Uttarakhand.

³Professor in Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Uttarakhand.

Article Received on 15 July 2026,
Article Revised on 04 August 2026,
Article Published on 16 August 2026,
<https://doi.org/10.5281/zenodo.21916403>

*Corresponding Author

Dr. Jahanvi Sharma

PG Scholar in Panchakarma
Department, Patanjali Bhartiya
Ayurvedigyan Evam Anusandhan
Sansthan, Haridwar, Uttarakhand.



How to cite this Article: Dr. Jahanvi Sharma^{*1}, Dr. Atul Kumar Agrawal², Dr. Shivani Mahajan³. (2026). Ayurvedic Management of Manyastambha Using Mahabhringraj Taila Nasya Karma and Greeva Pichu: A Case Report. World Journal of Pharmaceutical Research, 15(16), 919-926.

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ABSTRACT

Manyastambha is described in Ayurveda as a *Vata- Kaphaja* disorders affecting the cervical region, characterised by pain (*Ruk*), stiffness (*Stambha*), and restricted neck movements. These clinical features closely resemble cervical spondylosis, degenerative disorder of the cervical spine that has become increasingly common due to prolonged static posture, occupational stress, and sedentary lifestyle. Ayurveda advocates *Panchakarma* procedure such as *Nasya Karma* for diseases involving the *urdhwajatrugata pradesha* (region above the clavicle). *Mahabhringraj Taila* possesses *Vata- Kapha* pacifying, *Snigdha*, and *Brimhana* properties, making it a suitable therapeutic option in *Manyastambha*. A 39 years- old female presented with complains of neck pain for 2-3 years, neck stiffness for 2 years, radiating pain towards the left upper limb, episodic vertigo, and headache. Pain was aggravated by

prolonged posture and relieved with rest and analgesics. Radiological examination of the cervical spine revealed lower cervical mild osteophytes suggestive of early cervical spondylosis. The patient was treated with *Marsha Nasya* using *Mahabhringraj Taila* (8 drops

in each nostril) along with *Greeva Pichu* using the same oil for seven consecutive days following standard *poorva karma*, *Pradhana karma*, and *Paschat karma* procedure.

KEYWORDS: *Manyastambha*, Cervical Spondylosis, *Nasya Karma*, *Greeva Pichu*, *Mahabhringraj Taila*, *Panchakarma*, Case Report.

INTRODUCTION

Manyastambha is a disorder described in Ayurveda, characterized by pain, stiffness, and restricted movements of the cervical region due to the vitiation of *Vata* and *Kapha Dosha*. *Acharya Sushruta* has described *Manyastambha* as a disease resulting from the simultaneous aggravation of *Vata* and *Kapha* affecting the *Manya Pradesh*, whereas *Acharya Charaka* has included it among the *Vataj Nanatmaja Vyadhi*, highlighting the predominant role of *Vata* in its pathogenesis. The disease primarily affects the cervical region and, if neglected, may lead to functional limitation and reduced quality of life.^[1,2]

Clinically, *Manyastambha* closely resembles cervical spondylosis, chronic degenerative disorder of the cervical spine characterized by progressive changes in the intervertebral discs, vertebral bodies, facet joints, and surrounding ligaments. It commonly presents with neck pain, stiffness, restricted cervical movements, headache, radiating pain to the upper limbs, and occasional vertigo. Owing to rapid urbanization, sedentary lifestyle, prolonged use of computers and smartphones, poor ergonomic posture, and repetitive occupational activities, the incidence of cervical spondylosis has increased considerably. The prevalence of cervical spondylosis has been reported to be approximately 5.23% in India, indicating its growing clinical significance.^[3]

Conventional treatment mainly comprises analgesics, non-steroidal anti-inflammatory drugs, muscle relaxants, physiotherapy, and lifestyle modifications. Although these approaches provide symptomatic relief, recurrence of symptoms is common, and long-term pharmacological therapy may be associated with undesirable effects. These limitations highlight the need for safe and effective therapeutic alternatives that provide sustained clinical improvement.

Ayurveda advocates *Nasya Karma* as the principal therapeutic procedure for disorders involving *Urdhwajatrugata Pradesh*. By facilitating the elimination of vitiated *Dosha* and promoting the normal functioning of structures, in the head and neck region, *Nasya* plays as

important role in the management of *Manyastambha*. *Greeva Pichu*^[4], a localised external oleation procedure, helps maintain continuous contact of medicated oil with the cervical region, thereby reducing pain and stiffness while nourishing the underlying muscles, ligaments, and soft tissues.

Mahabhringraj Taila, describes in *Bhaishajya Ratnavali*, is indicated in conditions such as *Manyastambha*, *Shirodushti*, *Galagraha*, *Khalitya*, and *Indralupta*.^[5] Owing to its *Vata-Kapha Shamaka*, *Brimhana*, and *Balya* properties, it is expected to improve cervical function by alleviating pain, stiffness, and tissue degeneration. Previous clinical studies have demonstrated favourable outcomes with *Nasya Karma* and localized *Panchakarma* procedure in the management of *Manyastambha*. However, evidence regarding the combined use of *Mahabhringraj Taila*, *Marsha Nasya* and *Greeva Pichu* remains limited. Therefore, the present case study was undertaken to evaluate the clinical outcome of this combined therapeutic approach in a patient with *Manyastambha* (Cervical Spondylosis).

MATERIALS AND METHODS

Case Presentation

A 39-year-old female patient presented to our Outpatient Department of Panchakarma with complaints of intermittent neck pain and stiffness from past 2-3 years. The pain was associated with radiation towards the left upper limb, intermittent episodes of vertigo. The patient also reported recurrent headache for the past 5 years. According to the patient, symptoms gradually progressed over time and interfered with routine occupational activities.

History of Present Illness

The patient was apparently asymptomatic two years back. Gradually, she developed intermittent pain and stiffness in the cervical region, which progressively increased over time. The pain was associated with radiation to the left upper limb and difficulty in neck movements. She also complained of occasional episodes of vertigo. The symptoms were aggravated by prolonged standing and sustained neck posture during her occupational work as a makeup artist and were temporarily relieved by rest and analgesic medications. Since the symptoms persisted despite symptomatic treatment, the patient attended the Outpatient Department of Panchakarma, Patanjali Ayurvedic hospital, Haridwar, for better management.

Past History

Nil.

Personal History

Diet - Mixed

Appetite- Normal

Bowel- Regular

Urine- Clear

Sleep- Disturbed (4 hours/day)

Occupation- Makeup Artist

No addiction

Family History:

Not significant

General Examination

Pulse- 74/ min

Ht- 5 ft 2 inch

RR- 16-18/min

Wt- 60 kg

BP- 110/70 mmHg

Temp- 98.6⁰ f

Rogi Pareeksha (Ayurvedic Examination)**Ashtavidha Pareeksha**

- **Nadi:** Vatapradhan Kapha
- **Mala:** Prakrita
- **Mutra:** 5-6 times/day
- **Jivha:** Sama
- **Shabda:** Prakrita
- **Sparsha:** Anushnasheeta
- **Drik:** Prakrita
- **Aakriti:** Madhyam

Dashavidha Pareeksha

Moderate *Vata*-*Kaipha* constitution, normal *Sara*, *Samhanana*, and *Satmya*.

Asthivaha *Strotodushtilakshana*: Presence of *Shoola* (pain) and *Stambha* (stiffness).

Local Examination

Inspection did not reveal visible swelling or deformity over the cervical region. Palpation demonstrated tenderness over the lower cervical spine. Active cervical movements were restricted in Flexion, extension, lateral flexion, and rotation due to pain. Neck stiffness was present and radiating pain towards the left upper limb was elicited during movement.

Radiological Findings

Plain X-ray of the cervical spine (anteroposterior and lateral views) demonstrated lower cervical mild osteophytes suggestive of early cervical spondylosis, supporting the clinical diagnosis.

Table 1: Treatment Schedule.

<i>Panchakarma</i> procedure	Oil	Duration
<i>Nasya</i>	<i>Mahabhringraj Taila</i>	7 Days
<i>Greeva Pichu</i>		



Fig. 1: Procedure of Nasya Karma.

Assessment Criteria

Assessment were made before treatment (BT) and after treatment (AT) using the following parameters:

- *Ruk* (Pain)
- *Greeva Stambha* (Stiffness)
- *Bhrama* (Vertigo)
- *Greeva Sparsha Akshamatva* (Tenderness)
- Cervical Range of Motion using goniometer^[6]

Table 2: Assessment Criteria.

OBSERVATIONS	BEFORE TREATMENT	AFTER TREATMENT
<i>RUK</i> (NECK PAIN)	2	1
<i>GREEVA STAMBHA</i> (NECK STIFFNESS)	2	0
<i>BHRAMA</i> (VERTIGO)	1	0
<i>GREEVA SPARSHA AKSHAMATVA</i> (TENDERNESS IN NECK REGION)	1	0

Table 3: Cervical Range of Motion.

OBSERVATION	BEFORE TREATMENT	AFTER TREATMENT
RIGHT ROTATION	40 ⁰	50 ⁰
LEFT ROTATION	40 ⁰	50 ⁰
FLEXION	40 ⁰	48 ⁰
EXTENSION	35 ⁰	43 ⁰
RIGHT LATERAL FLEXION	30 ⁰	40 ⁰
LEFT LATERAL FLEXION	30 ⁰	40 ⁰

RESULT

Post- treatment evaluation revealed favourable clinical outcomes in the patient. Significant improvement was observed in the major clinical manifestations of *Manyastambha*, including neck pain, stiffness, vertigo, and cervical range of motion. The patient also reported improved comfort during routine activities and a reduction in symptom- related discomfort. No adverse effects or treatment related complications were observed during the course of therapy.

DISCUSSION

Manyastambha is a *Vata Nanatmaja Vyadhi* caused by aggravated *Vata Dosha*, often associated with *Kapha Avarana*, leading to pain, stiffness, tenderness, and restricted cervical

movements. In chronic cases, degeneration of *Asthi Dhatu* resembles cervical spondylosis.

Nasya Karma is the treatment of choice for *Urdhwajatrugata Vikaras* as *Nasa Hi Shiraso Dwaram*. Administration of *Mahabhringraj Taila* Through the nasal route helps eliminate vitiated *Doshas*, nourishes the head and neck region, and relieves pain and stiffness. *Mahabhringraj Taila* possesses *Vata-Kaphahara*, *Rasayana*, *Vedanasthapana*, and *Balya* properties. Experimental studies have also reported the analgesic and anti-inflammatory activity of *Bhringraj* (*Eclipta alba*), which may contribute to pain relief.

Greeva Pichu provides prolonged local oleation, improving blood circulation, reducing muscle spasm, and enhancing flexibility of the cervical region. The combined action of *Nasya* and *Greeva Pichu* provides both systemic and local therapeutic effects.

In the present case, treatment with *Mahabhringraj Taila Nasya* and *Greeva Pichu* for seven days resulted in marked improvement in neck pain, stiffness, tenderness, cervical movements. These findings suggest that the combined therapy effectively pacifies *Vata*, relieves *Kapha Avarana*, nourishes cervical tissues, and improves functional outcome in *Manyastambha*. However, largest clinical studies are required to validate these findings.

Mode of Action

Mahabhringraj Taila formulation is rich in phytoconstituents such as wedelolactone, flavonoids, and triterpenoids, which have been reported to possess anti-inflammatory, antioxidant, and analgesic activities.^[7] These constituents may help reduce inflammatory changes and oxidative stress in the cervical region, thereby relieving pain and stiffness. The *Tila Taila* base enhances the penetration and bioavailability of the active compounds, facilitating nourishment of the cervical soft tissues and supporting improved mobility in *Manyastambha*. *Nasya* facilitates absorption of the medicated oil through the highly vascular nasal mucosa, from where the active constituents may reach the olfactory and trigeminal pathways, producing neuromodulatory and analgesic effects. It also enhances local tissue nourishment and microcirculation in the cervical region. *Greeva Pichu* provides sustained local oleation with mild heat over the cervical region, facilitating transdermal absorption of the medicated oil. The local warmth induces vasodilation, enhances microcirculation, improves tissue metabolism, and reduces muscle spasms. The continuous oleation nourishes periarticular soft tissues, improves tissue elasticity, and decreases pain and stiffness, enhancing mobility in cervical region.

CONCLUSION

The present case demonstrates the therapeutic potential of *Mahabhringraj Taila Nasya* with *Greeva Pichu* in the management of *Manyastambha* (Cervical Spondylosis) the favourable clinical outcome supports its role as safe and effective conservative treatment. Nevertheless, further clinical studies with a larger sample size are needed to confirm the findings.

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