

A CLINICAL STUDY TO EVALUATE THE EFFICACY OF AJAMODA TAILA NASYA IN THE MANAGEMENT OF MANYASTHAMBHA W.S.R CERVICAL SPONDYLOSIS

Uzmiya Kaunain^{1*}, Sanath Kumar D. G.² and Soumya S. V.³

¹PG Scholar, Department of Panchakarma, K. V. G. Ayurveda Medical College and Hospital, Sullia.

²Professor and H.O.D. Department of Panchakarma, K. V. G. Ayurveda Medical College and Hospital, Sullia.

³Professor, Department of Panchakarma, K. V. G. Ayurveda Medical College and Hospital, Sullia.

Article Received on
25 December 2024,

Revised on 15 Jan. 2025,
Accepted on 05 Feb. 2025

DOI: 10.20959/wjpr20254-35520



***Corresponding Author**

Uzmiya Kaunain

PG Scholar, Department of
Panchakarma, K. V. G.
Ayurveda Medical College
and Hospital, Sullia.

ABSTRACT

Manyasthambha is a condition characterized by neck stiffness and pain, is primarily caused by the vitiation of Vata and the involvement of Kapha Dosha, in which aggravated Vata lodges in the Manya pradesha along with involvement of Kapha leads to Sthabdhatha (Restricted Movements / Stiffness) and ruja (Pain) of the neck on the basis of signs, symptoms, complications and prognosis. It can be correlated to cervical spondylosis. **Aim:** Present study was taken up with the objective of evaluating the efficacy of Ajamoda Taila Nasya in the Management of Manyasthambha. **Materials and Methods:** The study design set for the present study was a comprehensive single group clinical study. The sample size for the study was 30 patients suffering from classical Lakshanas of Manyasthambha as per the selection criteria. Patients were asked to follow Parihara Kala for 14 days and advised to report on 21st day for follow up. **Results:** The

assessment of the results were done on the basis of Subjective and Objective parameters Shoola, Stambha and Neck Disability Index (NDI) before treatment, after treatment and follow up. Assessment of Shoola was done by using the VAS scale, Assessment of Stambha was done by Flexion, Extension, Right Lateral Bending, Left Lateral Bending, Right Lateral Rotation and Left Lateral Rotation of cervical spine. **Conclusion:** This study showed highly

significant results in reducing the symptoms.

KEYWORDS: Manyasthambha, Nasya Karma, Ajamoda Taila.

INTRODUCTION

Manyasthambha is a condition in which aggravated Vata lodges in the Manya pradesha along with involvement of Kapha leads to Sthabdatha (Restricted movements) and Shoola (Pain).^[1] It disturbs the day to day activities of an individual because of improper lifestyle like sleep at day time, standing and sitting for long periods in the same position and constantly gazing upwards. At the initial stage of the disease the Kapha Anubandhatwam is acknowledged. When it becomes chronic, it becomes Vata disorder only, which is a degenerative condition in nature.

Nasya Karma is mainly indicated Urdhwa jatrugata Vikaras.^[2] Nasya Karma is the main procedure suggested in Manyasthambha, It is a process wherein the medicine or medicated taila is administered through the nose.^[3] Even though there are many routes for drug administration, uthamanga shodhana is possible only through Nasya.

Ajamoda taila was selected for Nasya karma. Ajamoda is considered one among the Shirovirechana Dravyas^[4] and Shoola Prashamana Gana Dravyas.^[5] Ajamoda taila was prepared with Ajamoda and Tila taila. Ajamoda consist of qualities like Katu, Tikshna, Laghu, Ushna, vatakapahara^[6] properties which may have effect on kapha Aavrutha Vata condition of the disease. Tila Taila is having Madhura, Snighda, Ushna^[7] properties that help in controlling the Vata Dosha.

AIM

To Evaluate the Efficacy of Ajamoda Taila Nasya in the Management of Manyasthambha.

OBJECTIVES

- 1) To study about Nasya Karma in detail.
- 2) To study about Manyasthambha in detail.
- 3) To evaluate the efficacy of Ajamoda Taila Nasya in Manyasthambha.

Materials and Methodology study design

Comprehensive single group clinical study

Source of data

Patients suffering from Lakshanas of Manyasthambha had been selected from OPD department in KVG Ayurvedic Medical College & Hospital Sullia, D.K, Karnataka.

Materials required for nasya karma

- Nasya Oushadhi – Ajamoda Taila
- Gokarna
- Abhyanga- Murchita Tila Taila
- Thick cotton cloth for Swedana
- Cotton Pad to cover the eyes
- Hot water bath
- A Glass of hot water
- Kidney trays
- Saindhava
- Dhuma varthi
- Dhuma Netra

Selection criteria**Inclusion criteria**

1. Patients having the classical Lakshanas of Manyasthambha.
2. Patients of both genders who are Nasya Yoga according to Ayurveda classics irrespective of occupation and socioeconomic status.
3. Patients between 18 years and 70 years of age.

Exclusion criteria

1. Patients who are Nasya Ayogya according to Ayurveda classics.
2. Patients with the association of other systemic disorders such as Diabetes Mellitus, systemic Hypertension etc.
3. Patients below the age of 18 years and above 70 years

Diagnostic criteria

1. Shoola at Manya Pradesha
2. Sthambha at Manya Pradesha

Assessment criteria

The study used both subjective and objective parameters to evaluate treatment outcomes.

Parameter	Assessment Tool
Pain (Shoola)	Visual Analog Scale (VAS)
Stiffness (Stambha)	Cervical range of motion tests
Functional Disability	Neck Disability Index (NDI)

Procedure of nasya karma

1. Poorva karma (Pre-procedure)

- Patients were instructed to evacuate natural urges before the procedure.
- Light massage (Abhyanga) with warm Murchitha Tila Taila was performed on the face, neck, and shoulders.
- Mild steam (Swedana) was applied to loosen Kapha and facilitate Dosha elimination.

2. Pradhana karma (Main procedure)

- The patient was positioned in supine posture with the head tilted slightly backward (Pralambita Shiras).
- Warm Ajamoda Taila was instilled into each nostril (3 ml per nostril).
- The patient was instructed to inhale gently and avoid swallowing the medicine.

3. Paschat Karma (Post-procedure)

- Gentle massage was repeated on the face and neck.
- The patient was advised to spit out the medicine from both sides.
- Patient was made to lie on his back for 100 matra kala.
- Dhumapana (Medicated smoke inhalation) and Kavala (Gargling) was performed to clear residual Kapha.

DISCUSSION

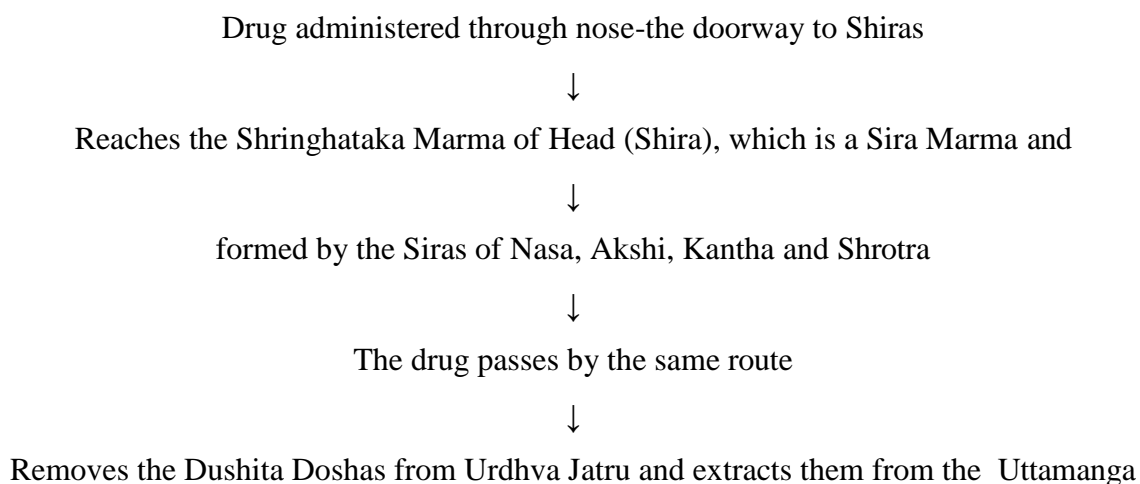
Manyasthambha results from the aggravation of Vata Dosha, often accompanied by Kapha Dosha obstruction. Ajamoda (*Trachyspermum ammi*) possesses Vata-Kaphahara properties and acts as a potent Shirovirechana Dravya (Nasal cleansing agent). Its Ushna (Hot) and Tikshna (Penetrative) qualities help alleviate stiffness and pain. Tila Taila (Sesame oil), with its Madhura (Sweet) and Snigdha (Unctuous) properties, complements the action by nourishing tissues and pacifying Vata.

RESULTS

Shoola is mainly due to the involvement of Vata Dosha. It is assessed with the VAS scale. The effect over the symptom Ruk in Manyapradesha showed the mean score 6.03 before the treatment, was reduced to 4.0 after the treatment and further reduced to 2.67 after follow-up with 55.88% improvement. On statistical analysis significant change was observed as p value is <0.0001 .

In the study, 23 patients had moderate improvement, 7 patients had marked improvement. The overall effect of the treatment is 71.09%. Based on these observations it may conclude that Ajamoda Talia Nasya is effective in alleviating Ruk in Manyastambha due to the Vatahara and Shoolaprashamana property of the drug used for Virechana Nasya.

Mode of action of nasya karma



- 1. Absorption through nasal mucosa:** Nasya facilitates the absorption of medicated oils through the highly vascularized nasal mucosa. This allows the active ingredients to bypass first-pass metabolism and directly reach the central nervous system.
- 2. Neurological stimulation:** Ajamoda's properties stimulate the olfactory and trigeminal nerves, which are connected to the brain's limbic system and hypothalamus. These areas influence pain modulation and autonomic functions.
- 3. Dosha pacification:** Ajamoda Taila's Ushna and Tikshna properties target Kapha Avarana (obstruction) and pacify aggravated Vata Dosha, alleviating stiffness and

CONCLUSION

Manyastambha is a painful illness associated with Vata and Vyana Vata vitiation. It is Vataja Nanatmaja Vyadhi caused due to Vata Prakopaka Nidana such as divaswapna, atiasana,

urdhva drishti, atiyatra, abhighata etc in which aggravated Vata lodges in the Manyapadesha along with involvement of Kapha leads to Sthabdhatva (restricted movements / stiffness) and ruja (pain) of the neck. All 30 patients fulfilling the inclusion criteria were administered with Ajamoda Taila Nasya in Madhyama Matra i.e 6 Bindu (3ml) in each nostril once a day for 7 days. Assessment was done on 1st, 7th and 21st day based on assessment criteria. Out of 30 patients in this study, 23 patients had moderate improvement, 7 patients had marked improvement. In the statistical analysis, on effect of Ajamoda Taila Nasya, all the parameters - Ruk, Stambha & Neck Disability Index (NDI) showed statistical significance as p value was <0.0001. In this study Ajamoda Taila Nasya shows statistically significant results on overall effect on Manyasthambha Lakshanas.

BIBLIOGRAPHY

1. Acharya Charaka: Charaka Samhitha, Acharya Agnivesha revised by Charaka and Dridhabala, with the Ayurveda deepika commentary of Chakrapani Datta edited by Vaidya Yadavaji Trikamaji Acharya, Chikithsasthana, Chapter no, Shloka no, Published by Chaukamba publication, New Delhi, 2016; 28: 43-618.
2. Acharya Vagbhata, Astanga Hridaya with the Commentaries Sarvanga Sundara of Arunadatta and Ayurveda Rasayana of Hemadri, edited by Hari Sadasiva Sastri Paradakara Bhisagacharya, published by Chaukhamba Surbharati Prakashan, Varanasi, Edition: Reprint, Sutra Sthana, Chapter no, 2010; 20: 1-287.
3. Acharya Sushruta, Sushruta samhitha, edited by Prof K. R. Srikantha Murthy in English translation, Chaukambha, Krishnadas Academy, Varanasi, Revised edition, Chikitsa Sthana, Chapter no, 2010; 40: 21-395.
4. Acharya Agnivesha, Charakasamhita, redacted by Charaka and Dridhabala with Ayurveda Deepika Commentary by Chakrapanidatta edited by Yadavaji Trikamaji Acharya. Varanasi: Chaukhambha Surabharati Prakashana; Sutrasthana, Chapter no. Shloka No, 2, 24: 3-6.
5. Acharya Agnivesha, Charakasamhita, redacted by Charaka and Dridhabala with Ayurveda Deepika Commentary by Chakrapanidatta edited by Yadavaji Trikamaji Acharya. Varanasi: Chaukhambha Surabharati Prakashana; Sutrasthana, Chapter No, 4: 18-34.
6. Bhavaprakasha Nighantu with elaborated Hindi Commentary by Padmashri Prof. K. C. Chuneekar, edited by Dr. G. S. Pandey, Hareetakyadi Varga, Shloka No. Chaukhamba Bharati Academy, Varanasi, 2010; 71: 26.

7. Dravyaguna Vijnana by P. V. Sharma, Dwithiya Adhyaya, Chathushyadi varga, keshya, Chaukhamba Bharati Academy, Reprint, 2006; 12.