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Effect of *Vatagajankusha Rasa* with *Bhringaraja Taila Nasya* in the Management of *Manyastambha* with Special Reference to Cervical Spondylosis – A Case Study

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ABSTRACT:

Manyastambha, described in *Ayurveda* as one of the *Vataja Nanatmaja Vyadhi*, results from the *Avarana* of *Vata* by *Kapha*, leading to *Ruk* (pain) and *Stambha* (stiffness) in the cervical region (*Manyapradesha*). Its cardinal features closely parallel those of cervical spondylosis, a degenerative disorder of the cervical spine characterized by neck pain, stiffness, and occasionally radicular symptoms such as paresthesia, sensory disturbances, vertigo, and giddiness due to neural compression. The prevalence of cervical spondylosis is steadily increasing, particularly among younger adults, due to sedentary habits, prolonged screen time, poor posture, and lifestyle factors. Radiological evidence of cervical degeneration is seen in 25% of individuals below 40 years, 50% above 40 years, and up to 85% of those over 60 years, often without symptoms.

The 24 years old female, presented with complaints of Pain and stiffness in neck region radiating to Right hand since 10 months. Based on examination and classical symptoms, she was diagnosed with *Manyastambha*. The patient was administered *Vatagajankusha Rasa* for 15 days, along with *Nasya Karma* using *Bhringaraja Taila* for 7 consecutive days. the patient reported significant relief in stiffness and pain, with improved range of motion in the cervical region. No adverse reactions were observed. Follow-up after 10 days showed sustained improvement with no recurrence of symptoms.

Keywords: *Manyastambha*, Cervical spondylosis, *Vatagajankusha Rasa*, *Bhringaraja Taila Nasya*.

INTRODUCTION:

Manyastambha is one among the 80 *Vataja Nanatmaja Vyadhi*.¹ *Manyastambha* is understood by two words – “*Manya*” and “*Stambha*”. *Manya* is *Greeva Paschadbhaga*² (Posterior part of the Neck) and *Stambha* means *Nishalikarana*³ (stiff or immovable). *Manyastambha* occurs due to *Avarana* of *Vata* by *Kapha* leads to *Ruk* (pain) and *Stambha* (stiffness) at *Manyapradesha*⁴. The cardinal features of *Manyastambha* can be clinically correlated with symptoms of Cervical Spondylosis.

Cervical spondylosis is a degenerative condition of the cervical spine and symptoms manifest as neck pain, neck stiffness and can be accompanied by radicular symptoms when there is compression of neural structures⁵. The prevalence of cervical spondylosis is steadily increasing, particularly among younger adults, due to sedentary habits, prolonged screen time, poor posture, and lifestyle factors. Radiological evidence of cervical degeneration is seen in 25% of individuals below 40 years, 50% above 40 years, and up to 85% of those over 60 years, often without symptoms⁶. India shows an incidence of 3.5 cases per 1000 population, with male to female ratio of 3:1⁷. According to Indian State Level Disease Burden, Neck pain is the 3rd leading cause of YLDs in Karnataka.⁸

Conventional management focuses on analgesics, NSAIDs, physiotherapy, cervical traction, supportive orthoses, and in severe cases, surgical intervention⁹. However, long-term use of NSAIDs and analgesics is associated with adverse systemic effects¹⁰, highlighting the need for safer alternatives.

Ayurveda offers a holistic approach to the management of *Manyastambha* through therapies like *Nasya Karma*, *Rooksha Sweda*¹¹, *Nasapana*¹², *Kukkutanda Sweda*, *Abhyanga*¹³, and *Shamanaoushadhi*. These interventions aim not only to relieve pain and stiffness but also to correct the underlying *doshic* imbalance and prevent recurrence.

As *Manyastambha* is considered as one among the *Urdhwajatrugata Roga* and among *Panchakarma*, *Nasya Karma* is the prime line of treatment for *Urdhwajatrugata roga*. So *Bhringaraja Taila*¹⁴ indicated in *Manyastambha* was chosen for *Nasya Karma* and also *Vatagajankusha Rasa*¹⁵ indicated in *Manyastambha*.

CASE STUDY:

Chief complaints: Pain and stiffness in neck region, radiating to right hand since 10 months.

Associated complaints: low back ache occasionally since 2 years

History of present illness –The 24 years old female patient was apparently healthy 10 months back. Then she gradually developed Pain and stiffness in Neck region, radiating to right hand and occasionally associated with low back ache since 2 years. For the past 1-month Symptoms got aggravated after excessive writing and physical exertion relived after rest. For this she took allopathic treatment and got relief. After stoppage of medicine same symptoms reoccurred. So, the patient visited BVVS AMC&H, Bagalkot for Ayurvedic line of management.

Past history -Patient is not K/C/O Hypertension, Diabetes, mellitus, Thyroid disorder.

Past treatment history – Tab. Dolowin - SOS

Family history – Nothing significant

Personal history

Diet – Vegetarian

Appetite – Good

Bowel- Hard stools -Regular

Micturition – Regular

Sleep- Disturbed

Habits- None

Occupational history – Student [Prolonged sitting and Sedentary lifestyle]

Arthava vrittanta: Menarche- 14yrs, Regular - 4-5 days/28 days

General examination-

Built – Normosthenic

PICCLE- NAD

BMI- 21.6kg/m²

Vital signs:

BP-120/70 mm Hg

PR- 76 b/min

RR- 16 c/min

Temperature- 98.3⁰ F

ASTASTHANA PAREEKSHA:

1.	<i>Nadi</i>	<i>Pittaja</i>
2.	<i>Mala</i>	<i>Vikruta</i>
3.	<i>Mutra</i>	<i>Prakruta</i>
4.	<i>Jivha</i>	<i>Nirlipta</i>
5.	<i>Shabdha</i>	<i>Prakruta</i>
6.	<i>Sparsha</i>	<i>Anushnasheeta</i>
7.	<i>Drik</i>	<i>Prakruta</i>
8.	<i>Aakriti</i>	<i>Madhyama</i>

DASHAVIDHA PARIKSHA:

1	<i>Prakriti</i>	<i>Pitta Kaphaja</i>
2	<i>Vikruti</i>	<i>Vata Kapha</i>
3	<i>Sara</i>	<i>Madhyama</i>
4	<i>Samhanana</i>	<i>Madhyama</i>
5	<i>Pramana</i>	<i>Madhyama</i>
6	<i>Satmya</i>	<i>Vyamishra</i>
7	<i>Satva</i>	<i>Madhyama</i>
8	<i>Ahara Shakti</i>	
	<i>Abhyavaharana Shakti</i>	<i>Madhayama</i>
	<i>Jarana Shakti</i>	<i>Madhayama</i>
9	<i>Vyayama Shakti</i>	<i>Madhayama</i>
10	<i>Vaya</i>	<i>Yuva</i>

Systemic examination-

CNS – Conscious, well oriented to time, place, person

CVS- S1, S2 heard, no added sounds

RS- clear, AEBE

PA- Soft, non-tender

Musculoskeletal Examination of Cervical Spine**A. Inspection**

1. Deformity: absent
2. Swelling: absent
3. Discoloration: absent
4. Scar mark: absent

B. Palpation

1. Local temperature: present
2. Tenderness: Cervical region and Right shoulder
3. Swelling: absent

C. Range of Movement of Cervical Spine

Flexion	70
Extension	60
Left lateral flexion	60
Right lateral flexion	60

SPECIFIC TEST:

Spurling's test: Positive

Neck distraction test: Positive

Lhermitte's sign: Negative

VAS score: 04

NIDANA PANCHAKA

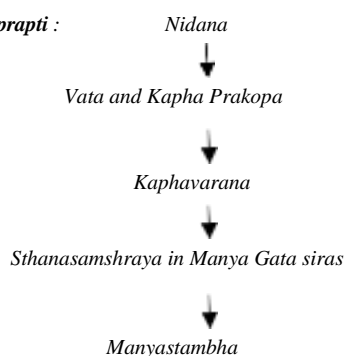
Nidana :

Aharaja	Viharaja	Manasika
Rooksha	Vivruta Asana	Chinta
Pramitashana	Vivruthadwa Nirikshana	
Vishamashana	Ratrijagarana	

Poorvaroopa: Avyakta

Roopa : Manya ruk, Manya stambha

Samprapti :



Upashaya: Vishrama and Hot fomentation.

Anupashaya: Arivyayama, Ratrijagarana.

Samprapti Ghataka:

Dosha: Vata Kapha

Udbhavasthana: Amapakwashaya

Dooshya: Rakta, Mamsa, Meda, Asthi

Sanchara sthana: Rasayani

Agni: Dhatwagni mandya

Vyakta sthana: Manya

Ama: Dhatwagni mandya

Adhishtana: Manya

Srotas: Rakta, Mamsa, Asthi, Majja

Roga marga: Madhyama

Srotodushhti: Sanga

Vyadhi Swabhava: Chirakari

CHIKITSA:

Aushadhi	Matra	Kala	Anupana	Duration
Bhringaraja Taila Nasya	8 drops [Each nostril]	Morning	—	1 st -7 th day
Vatagajankusha Rasa	1 tab (150mg) BD	After food	Sukoshna Jala	1 st -15 th day

CRITERIA FOR ASSESSMENT OF PARAMETERS ¹⁶

Gradings for Assesment of Subjective Parameter

Grades	Ruk (neck pain)	Stambha (neck stiffness)
Grade 0	No neck pain	No stiffness
Grade 1	Neck pain aggravates with movement	Morning stiffness

Grades	<i>Ruk</i> (neck pain)	<i>Stambha</i> (neck stiffness)
Grade 2	Neck pain without movement	Later hour stiffness on same day
Grade 3	Neck pain which disturbs the sleep	Continuous stiffness

Gradings for Assessment of Objective Parameter

Range of Movements of Cervical Spine:

Grades	Flexion
Grade 0	No restriction i.e., able to touch the interclavicular line ,80°
Grade 1	Movement from 70° – 80°
Grade 2	Movement from 60° - 70°
Grade 3	Movement less than 60°

Grades	Extension
Grade 0	Normal i.e., able to extend the head up to the level when tip of the nose and forehead become in horizontal plane ,40°
Grade 1	Movement from 40° - 50°
Grade 2	Movement from 50° – 60°
Grade 3	Movement more than 60°

Grades	Lateral flexion (Right /Left)
Grade 0	Normal i.e., ear able to touch the shoulder tip, 45°
Grade 1	Movement from 45° - 55°
Grade 2	Movement from 55° - 65°
Grade 3	Movement more than 65°

RESULT:

SUBJECTIVE PARAMETERS:

Parameters	Before treatment 1 st day	Observation 7 th day	After treatment 16 th day	On Follow up 25 th day
Ruk	Grade -2	Grade -0	Grade -0	Grade -0
Stambha	Grade -2	Grade -0	Grade -0	Grade -0

OBJECTIVE PARAMETERS:

Parameters	Before treatment 1 st day	Observation 7 th day	After treatment 16 th day	Follow up 25 th day
Flexion	Grade -1	Grade -0	Grade -0	Grade -0
Extension	Grade -2	Grade -1	Grade -0	Grade -0
Left lateral flexion	Grade -2	Grade -1	Grade -0	Grade -0
Right lateral flexion	Grade -2	Grade -1	Grade -0	Grade -0

DISCUSSION:

Manyastambha occurs due to the *Avarana* of *Vata* by *Kapha* in the cervical region. As it is classified under *Urdhwajatrugata Roga*, *Nasya Karma* is considered the most effective *Panchakarma* treatment. *Nasya* acts by reaching the *Shringataka Marma*, spreading through the *Urdhwajatra* area, dislodging morbid *Doshas*, and eliminating them from the *Uttamanga*. This process helps relieve pain and stiffness by improving circulation, promoting vasodilation, and strengthening the neck and shoulder structures.

Bhringaraja Taila is selected for *Nasya* because of its *Vata-Kaphahara*, *Balya*, *Rasayana*, and *Shothahara* properties. Its *Ushna Virya*, *Katu-Tikta Rasa*, and *Ruksha Guna* help clear *Srotorodha* and reduce *Kapha*-related stiffness, while *Snigdha Guna* and *Madhura Rasa* pacify aggravated *Vata*. Ingredients like *Manjishtha* and *Nagakesara* reduce inflammation, and *Balya dravyas* such as *Bhringaraja*, *Tila*, and *Bala* strengthen cervical tissues. *Rasayana* herbs like *Yashtimadhu* aid tissue nourishment and regeneration. Thus, *Bhringaraja Taila* effectively alleviates symptoms of *Manyastambha*.

Vatagajankusha Rasa acts through *Deepana*, *Pachana*, *Shoolaghna*, *Shothahara* and *Rasayana* properties. *Shunthi*, *Maricha*, *Pippali*, *Lohabhasma* and *Gandhaka* do *Amapachana* by improving digestion and clearing *Srotorodha*. *Trikatu* and *Nirgundi* relieve pain and stiffness through their *Shoolaghna* action. *Lohabhasma*, *Gandhaka*, *Tankana*, *Agnimantha* and *Shunthi* reduce inflammation with their *Shothahara* effect. *Pippali*, *Haritaki*, *Vatsanabha*, *Rasasindhura*, *Haratala* and *Makshika* ingredients act as *Rasayana*, nourishing *Dhatus*, preventing degeneration. This combined action pacifies *Vata*, reduces *Kapha* obstruction, relieves pain and stiffness, improves circulation and supports cervical tissue strength in *Manyastambha*.

CONCLUSION:

Manyastambha caused due to *Avarana* of *Vata* by *Kapha*, so clearing this obstruction becomes the primary therapeutic goal. *Nasya* with *Bhringaraja Taila* helps remove the blockage while simultaneously strengthening the *Greeva* and *Skanda* regions. Its *Vata-Kaphahara*, *Balya*, *Rasayana*, *Shothahara*, and *Vedanasthapaka* properties collectively reduce stiffness, pain, and inflammation. Alongside this, *Vatagajankusha Rasa* supports the management of *Manyastambha* by promoting *Deepana* and *Pachana* to reduce *Ama*, relieving pain through *Shoolaghna* action, decreasing inflammation with its *Shothahara* effect, and nourishing the *Dhatus* via its *Rasayana* property. Together, these interventions pacify vitiated *Vata*, alleviate symptoms, and enhance cervical mobility, offering a comprehensive approach to the condition.

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