

***Ayurvedic management of asthi – majjagatavat w. s. r. to  
manyastambha – A case study***

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**Abstract:**

In today's era everyone is living stressful life. About 66 % of adults experience neck pain and 5% are highly disabled by neck pain. A female patient came to OPD with *manyashoola*, *manyastambha*, *chimchimayan*, and painful neck movement. Diagnosed as *Asthimajjagata vata*. As *Asthimajjagata vata* is degenerative disease *Shodhana*, *Bruhana chikitsa* along with some internal medicines are used. In *Yogbasti Dashmoola kwath niruh* and *Sahachar tail anuvasan* was given. After that *Manyabasti* with *Sahachar taila* and *Nasya* with *Karpasasthyadi taila* was given. Assessment was done before and after treatment. This therapeutic protocol proves very effective in this patient.

## INTRODUCTION-

In today's era everyone is living stressful life. Because of change in life style, food habits, overstress, excessive travelling diseases of joints and locomotors system are very common. About 66 % of adults experience neck pain and 5% are highly disabled by neck pain<sup>1</sup>.

*Manyastambha* is the clinical condition in which back of the neck becomes stiff and rigid which impaired the movement of neck. It can be correlated with *Cervical spondylosis*. In Ayurvedic texts there are two main reasons described for vitiation of *vata*. They are *Margavarodha* (Obstruction) and *Dhatukshaya* (Degeneration)<sup>2</sup>. *Asthimajja gata vata* being a degenerative disease comes under *Dhatukshayajanya vataprakopa*. *Asthi dhatu kshaya* plays important role in it. According to *Aashrya aashryee bhava* when *vata dosha* increases *asthi dhatu* decreases because *vata* and *asthi* are inversely proportion to each other<sup>3</sup>.

According to modern medicine cervical *spondylosis* is managed by NSAID's, steroids which have many side effects<sup>4</sup>. According to Ayurveda it is treated by *Panchakarma*, *Shamana* and *Bruhana chikitsa*. In *panchakarma* *Yogbasti*, *Nasya*, *Manyabasti* are very effective. So, in this case study *manyabasti*, *yogbasti* and *nasya* was given to the patient. Along with that *Rasnadi guggulu*, *Avipattikar choorna* was given as a part of treatment.

## CASE REPORT-

A 46 years female patient came to OPD of Ayurvedic hospital. Patient presenting with *manyashoola* (pain in neck region), *Stambha* in *manyapradesha*, *sakashta*

*kriya* (painful movement), *Chimchimayan*. Patient was suffering from same complaint since 3 years. But from 2-3 months increase in severity of symptoms are noted.

## HISTORY OF PRESENT ILLNESS-

Patient was having above complaints since 3 years, for these complaints she had taken treatment (modern medicines) but she didn't get relief from symptoms, so patient came to ayurvedic OPD for treatment.

## PAST HISTORY-

- K/C/O HTN since 2 years taking treatment for that.
- No H/O any other major illness or surgical treatment.

## PERSONAL HISTORY-

Aahar hetu -	Vihar hetu -	Kalaj hetu -
1. Tikta, ruksha, amla, tikta rasa pradhan aahar. 2. Irregular meal timing.	She works about 10 -12 hours daily.	<ul style="list-style-type: none"> <li>• Menopausal</li> <li>• Sheet rutu.</li> </ul>

## GENERAL EXAMINATION-

- 1) Condition - Conscious and afebrile.
- 2) Pulse rate – 68/ min.
- 3) B.P.- 130/90 mm of Hg.
- 4) R.R.- 16/ min.
- 5) Weight – 54 kg.
- 6) Height – 152 cm
- 7) Systemic examination-
  - a) R.S. - A.E= B.E- Clear.
  - b) C.V.S. – S<sub>1</sub>S<sub>2</sub> Normal. No abnormal sound.

- c) C.N.S. – Conscious and oriented.
- 8) P/A- Soft. Liver, Kidney, Spleen – not palpable.
- 9) *Prakruti* – *Kapha pradhan vatanubandhi*.
- 10) *Kostha* – *krura*.
- 11) *Agni* – *Visham*.
- 12) *Satva* – *Madhyam*.
- 13) *Sara* – *Madhyam*.

#### ASHTAVIDHA PARIKSHANA-

- 1) *Nadi*- *Vatapradhan kapha*.
- 2) *Mala*- *Samyak* occasionally constipation.
- 3) *Mutra* – 5-6 times per day.
- 4) *Jivha*- *Saam*
- 5) *Shabda*- *Spastha*.
- 6) *Sparsha*- *Samshitoshna*.
- 7) *Druk*- *Prakrut*.
- 8) *Akriti* – *Madhyam*.

#### INDRIYA PARIKSHANA-

- 1) *Dnyanendriya* – *Prakrut*.
- 2) *Karmendriya* – *Prakrut*.

#### STROTAS EXAMINATION-

- 1) *Rasavaha strotas* – *Panduta* , *Gaurav* (*Akshikoot pradesha*)
- 2) *Asthivaha strotas* – *Manyashoola* (pain in neck region).
- 3) *Majjavaha strotas* – Tingling and numbness in upper limb.

#### CLINICAL EXAMINATION OF SPINE-

- Inspection- no any abnormality was seen.
- Gait – Normal.
- **INVESTIGATION** ( On the day of admission)
  - Hb% - 10.8 gm %

- Urine examination- Sugar–Nil, Albumin–Nil.

#### MRI CERVICAL SPINE ( 25/01/2018)

- 1) Desiccated discs with reduced height of C4/5, C5/6 disc.
- 2) Central and left foraminal protrusion of disc C5/6 disc causing compression of left exiting nerve root.
- 3) Central protrusion with left sided uncovertebral osteophyte at C4/5 level abutting left exiting nerve root.
- 4) Mild central protrusion of C3/4 disc.

#### DIAGNOSIS AND ASSESSMENT –

*Asthi- majja gatavata* was diagnosed by complaints like pain in neck, stiffness and MRI findings like osteophyte and protrusion.

#### TREATMENT-

In 1<sup>st</sup> cycle following treatment was given-

Day	Treatment
1 <sup>st</sup> 3 days	<i>Aampachak vati</i> 250 mg. 2 tab 2 times after food with <i>koshna jala</i> .
Next 8 days	1) <i>Rasnadi guggulu</i> 250 mg. 2 tab 2 times after food with <i>koshna jala</i> . 2) <i>Sarvang Snehana</i> ( <i>Abhyanga tail</i> ) <i>Sarvang Swedana</i> ( <i>Dashmool kwath bashpa swedana</i> ) 3) <i>Yogbasti- Matra basti</i> with <i>Sahachar tail</i> (60 ml). <i>Niruha basti</i> with <i>Dashmool kwath</i> (600ml).

After that 7 days gap was given for *Parihara kala*. Then 2<sup>nd</sup> cycle of treatment was started-

Day	Treatment
8 days	1) <i>Manyabasti</i> with <i>Sahachar tail</i> . 2) <i>Pratimarshya nasya</i> with <i>Karpasasthyadi tail</i> .
Next 15 days	1) <i>Rasnadi guggulu</i> 250 mg. 2 tab 2 times after food with <i>koshna jala</i> . 2) <i>Avipattikar choorna</i> 2gm at night with <i>koshna jala</i> .

## RESULT:

The assessment was done before and after the completion of treatment. The patient is symptomatically improved. Subjective parameters show improvement. (Table 1) The assessment was done before and after treatment according to VAS scale.

## SUBJECTIVE PARAMETERS:

(Table no 1)

Symptoms	Before treatment	After treatment
Shoola	+++++++	+++
Stambha	+++++	++++
Chimchimayan	+++++++	++++

## OBJECTIVE PARAMETERS-

Range of movement of neck was measured with Goniometry before and after treatment.

Movement	Before treatment	After treatment.
Flexion	30 degree of total neck movement.	45 degree of total neck movement.
Extension	25 degree of total neck movement.	40 degree of total neck movement.

## DISCUSSION:

*Manyastambha* is mainly degenerative disease. It affects large population. *Manyastambha* is included in *Asthi-Majja gatavata* as it involves *vata*, *asthi*, and *sandhi dushti*.<sup>5</sup>

*Basti* is best treatment for *vata vikara*. *Basti* increses *Bala*, *Varna*, *Medha*, *Agni*, *Ayu* etc<sup>6</sup>. *Niruha basti* removes *Doshachaya* from body.<sup>7</sup> For that *Dashmoola kwath* is used as it acts on both *vata* and *kapha*. *Anuvasan basti* gives *snehana* to body and it is best in *vatashaman*.<sup>8</sup>

In this patient due to life style changes, ageing *Dhatukshya* take place and *Sthanshanshraya* take place at *manyapradesh*. So *Manyabasti* is used for local management of pain. It gives *snehana* to that particular part. *Sahachar tail* described by *Vagbhata* is mainly used in *vataroga*. So it is used for *Manyabasti*.<sup>9</sup> It helps to cure the local damage of muscle, nerve, bone etc.

*Nasya* is best treatment for *Urdhwjatrugata vyadhi*.<sup>10</sup> It increases movement and flexibility of cervical joints and relieves pain. For the *nasya* *Karpasasthyadi tail* is used. Its content are – *Karpasasthi*, *Bala*, *Masha*, *Kulattha*, *Ajaksheera*, *Til tail*.<sup>11</sup> It is used in *Mayastambha*, *Pakshaghata*, *Ardita*.

*Rasnadi guggulu* is explained by *Yogratnakar* in *Vatavyadhi chikitsa*<sup>12</sup>. It has *Aampachak*, Anti- inflammatory and Analgesic properties.

So, this line of treatment is used in this patient.

## CONCLUSION-

*Asthi-Majja gata vata* is degenerative *vyadhi* so *Shodhana* and *Bruhana chikitsa* is used in it. In this study combination of *Yogbasti*, *Manyabasti* and *Nasya* is used for *Shodhana* of vitiated *Vata* and *Bruhana* of *Asthi* and *Sandhi*. Patient shows significant relief in symptoms.

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