

# Efficacy of Anutaila Nasya & Yogasana in Manyasthambhawsr to Cervical Spondylosis - A Case Study

Dr. Trushna Panjabrao Barmase<sup>1</sup>, Dr. Mukund D Bamnikar<sup>2</sup>

<sup>1</sup>PG Scholar, Swasthavritta & Yoga Department, R A Podar Medical (Ayurvedic) College, Worli, Mumbai-18, India  
E-mail-tushupb[at]gmail.com

<sup>2</sup>HOD & Professor, Swasthavritta & Yoga Department, R A Podar Medical (Ayurvedic) College, Worli, Mumbai-18, India  
E-mail -mukunddb54[at]gmail.com

**Abstract:** A sound life has been loved wish of man since ages, but now a day due to fast developing technological era, sedentary way of living, people don't have time to concentrate on their daily regimens and facing many unwanted problems. Use of computers for so long, unwholesome diet, improper sitting & sleeping posture, occupational stress, excessive travelling leads to degenerative changes in cervical spine. Ultimately it is becoming major health issue nowadays with major complaints of neck pain. All these factors lead to the increase in incidence of Manyasthambha. In Ayurveda classics, Manyasthambha is explained under vatajnanatmajvyadhi having main symptoms pain & stiffness over the neck and restricted movements. Nasya karma is having noteworthy role in relieving cardinal symptoms of Manyasthambha. In present study, a female patient showing the symptoms of Manyasthambha has been discussed. Patient was planned for Anutaila Nasya for 7 days initially along with oral medication followed by Yoga techniques for 21day. Pathya-Apathya also advice along the course of treatment. Satisfactory relief was seen in the symptoms with improved quality of life after intervention. So, it can be concluded that, Nasyakarma along with yoga gives better result in the management of Manyasthambha.

**Keywords:** Manyasthambha, Anutaila Nasya, Yoga Techniques

## 1. Introduction

Ayurveda is the science of life, not only deals with the prevention of diseases but also with the alleviation of diseases. "Swasthasyaswasthya Rakshanam, Aturasya Vikar Prashamanam" [1] A sound life has been loved wish of man since ages, but now a day due to fast developing technological era, sedentary way of living, people don't have time to concentrate on their daily regimens and facing so many problems. One of them is Cervical spondylosis. it is a degenerative condition of Cervical Spine. Use of computers for so long, improper sitting or sleeping, occupational stress, excessive travelling leads to degenerative changes in cervical spine. Ultimately it becomes a major health issue nowadays with major complaints of neck pain. Evidence of spondylotic change is frequently found in many asymptomatic adults, with evidence of some disc degeneration in:25% of adults under the age of 40, 50% of adults over the age of 40, and85% of adults over the age of 60[2]

As per Ayurveda classics, there are 80 types of Vataj NanatmajVyadhi mainly cause by either Dhatukshaya or Margavarana. Manyasthambha is one of them. Along with Vata, kaphadosha is also associated. It is also an Urdhvajatrugatavyadhi presents with cardinal signs of Ruka and Sthambha in Many Pradesha. Nasya is one of the Regimen of Dincharya (Daily Routine). Acharya stated that, "Nasa hi Shirso Dwaram" Nasya is the best line of treatment in Urdhvajatrugata Vikaras and also indicated in the management of Manyasthambha by Acharya Charaka [3][4] As it is Kapha Pradhana Vata Vyadhi, Nasya with Shleshmavata Hara Dravyas helps to break the samprapti of disease.[5]

Yogasana also helps to relieve the stiffness and pain around the neck strengthens spine and increase flexibility of spine, blood circulation when done with proper way.

### Aim & Objective

To study the effect of Anutailanasya along with Yogasana in the management of Manyasthambhawsr. to cervical spondylosis.

## 2. Material & Methods

- Anu Taila
- BalaTaila
- Hot water pot
- Towel
- Cotton swab
- Dropper

**Source-** A female patient of Swasthavritta and Yoga OPD of M A Podar Hospital, Worli, Mumbai.

## 3. A Case Study

A 49 years old female patient came in OPD of Swasthavritta and Yoga at M A Podar Medical Hospital, Worli on 7<sup>th</sup> November 2019. Complaints of pain and stiffness over the neck region, weakness, Headache since 5-6 months and also having restricted movements since 2 months. She is government servant, complaints of her seems to be worse in morning hours and at the end of the day and also aggravated by work load and stress. No history of past illness or injury. As the disease affects the daily routine activity of day to day

so with the hope of better quality of life, she came to M A Podar hospital for Treatment. patient was known case of HTN and Hypothyroidism from 5 years and on medication for that. Clinical Examination-On examination of neck region, there was tenderness over the cervical vertebra C3-C4 neck. Neck pain was increasing with forward and backward movement. X ray of cervical spine shows degenerative changes. After seeing the symptoms and complete clinical evaluation of the patient is diagnosed with Manyasthambha.

**Criteria for Diagnosis**

**Subjective Criteria**

- Neck pain
- Stiffness
- Headache

**Objective Criteria**

Goniometric Examinations- Restricted Neck Movements

- Flexion
- Extension
- Lateral Flexion –Right & Left
- Rotation towards right & Left side

**Intervention**

Patient was put on following treatment for 8 days-

- 1) Ashvagandha Churna 3gm twice a day with Luke warm milk
- 2) Yogaraj Guggulu 2 tablets thrice a day with Luke warm water
- 3) Nasya with Anutaila
- 4) Advice Yogasana from the 8<sup>th</sup> day onward.

The Patient was given Ashwagandha churna and Yogaraj Guggulu Orally throughout the Nasya karma for 7 Days after that she was advice to do yogasana.

**Table 1: Nasya Karma (Therapy) Procedure**

Purva Karma	<ul style="list-style-type: none"> <li>• Local Abhyanga-</li> <li>• Mridu Sweda-</li> <li>• Position of the patient</li> </ul>	<p>Face and neck of the patient were anointed with lukewarm BalaTaila and then massaged by like linear thumb movements</p> <p>Mridu Nadi Swedan was given to face over forehead, Nose, Chin, Maxillary area.</p> <p>Supine position (Uttanasya Shyanasya) by bending the head for about 45° (Pralambita Shirsah Kinchit).<sup>[6]</sup></p>
Pradhana Karma	<ul style="list-style-type: none"> <li>• Administration of medicine</li> <li>• Duration-</li> <li>• Dose-</li> </ul>	<p>Lukewarm Anutaila was poured with dropper in each nostril one by one by closing the other nostril and patient was asked to sniff the medicine so that it reaches deep inside the nose</p> <p>7 days</p> <p>6 drops in each nostril.</p>
Pashchat Karma	<ul style="list-style-type: none"> <li>• Kavala (Gargling)</li> </ul>	<p>The patient was asked to spit out medicine that reaches the throat with lukewarm water was advised just after the procedure</p>

After completion of Nasya karma, on 8<sup>th</sup> day, Yoga techniques had been demonstrated and advice to follow the same as listed below-

**Table 2: Yoga techniques**

Prayer	Chanting/ Prayer
Shithilikarana Vyayama / Chalana Kriya	<ul style="list-style-type: none"> <li>• Head upward and downward movements</li> <li>• Head turns Right &amp; Left</li> <li>• Neck Rotation</li> <li>• Lateral Bending</li> <li>• Shoulder Rotation</li> </ul>
Asanas	<ul style="list-style-type: none"> <li>• Ardha Chakrasana</li> <li>• Vakrasana</li> <li>• Makarasana</li> <li>• Balasana / Childpose</li> <li>• Shavasana</li> </ul>
Pranayama	<ul style="list-style-type: none"> <li>• Bhramari Pranayama</li> <li>• Nadi Shodhana</li> </ul>

Time- Approximately 5 min for each yogic posture (As per capacity)

**Table 3: Pathya-Apathya in Vaatvyadhi**

Pathya (Do's)	Apathya (Don'ts)
Godhuma	Diwaswapa
Mitaahar	Ratirjagarana
Godugdha	Rukshahar, Atyashana, Pramitashana
Grita	Veg dharana
Manuka	Spicy, oily, Bakery product, Pungent food
Mudga	Chinta, Bhaya
Shaka-Patola, Shigru, Kushmanda	Atipravas

Pathya-apathya is followed along the course of treatment

#### 4. Observation

Observation of the case was noted before treatment and after treatment in table 4 & Table 5 Respectively.

**Table 4:** Assessment of subjective criteria before and after treatment

Subjective Criteria	BT	AT-1 (on 8 <sup>th</sup> day-after completion of nasya therapy)	AT-2 (on 21 <sup>st</sup> day – after Yogasana & pathyaapthya)
Pain	7	3	1
Stiffness	8	2	0
Headache	6	2	0

BT- Before Treatment, AT- After Treatment

**Table 5:** Assessment of Objective criteria (Goniometric Examination) before & after treatment

Objective Criteria	BT	AT-1 (on 8 <sup>th</sup> day-after completion of Nasya therapy)	AT-2 (on 21 <sup>st</sup> day - after Yogasana & Pathyaapthya)
Flexion	40	60	80
Extension	60	70	80
Lateral Rotation			
Right	30	40	50
Left	20	30	40
Rotation Towards			
Right	40	60	70
Left	30	50	60

BT- Before Treatment, AT- After Treatment

#### 5. Result

After completion of treatment there was 85% relief in pain and 100% improvement had noted in stiffness, Headache relieved completely. Improvement in angle of flexion, extension, lateral rotation had observed. Neck rotation towards right & left also improved.

#### 6. Discussion

**Manyasthambha-** Manyasthambha is serious problem hampering day to day life style in major population. It may give invitation to other Vataj Vikaras. It is a degenerative issue, and all such problems can be considered under the expansive umbrella of Vata Vyadhi. Vata Prakopa, happens by two kinds of Samprapties, i.e., Margasyaavaranajanya and Dhatukshayajanya. Symptoms like Pain and Stiffness are associated with Vata and kaphadosha. Manyastambha is urdhvajatrugatavyadhi. As it is Kapha Pradhana Vata Vyadhi, Nasya with Kaphavata Hara Dravyas helps to break the samprapti of disease.

**Anutaila Nasya-** Nasyais the best method to eliminate and alleviate the vitiated Doshas of urdhvanga. In Vaat Kapha Pradhan Vyadhi, taila is the first priority for Nasya karma. Anutaila is having Tridosahara Property .Most of the ingredients of Anu Taila is having Laghu-Teekshanaguna, Ushnaveerya, and Katuvipaka which facilitate Srotoshodhaka (cleansing) effect. due to its Strotogami property it imbibed at cellular level by entering Microcirculation. it mobilizes the Doshas and then expels them out from the nearest outlet and also strengthens the

indriyas <sup>[7]</sup> Nasya therapy reduces the pain and stiffness to much more extent.

**Yogasana-** Prayer makes the mind calm and focused, Shithilikarana Vyayama is the prior steps to Yogasanas, which prepare body for Main Asana. Asana like Ardachakrasana strengthens the shoulder muscles. Vakrasana makes spine flexible and strengthens the back. Makarasana is the good posture for spondylosis, it relaxes body offers deep relaxation for your shoulders and spine. Child pose calms the brain helps to relieve the neck pain. In last Shavasana allowing the body to cool in this shape is a crucial reset for the whole Physiology.

**Oral Medication-** Yogaraj Guggulu has anti-inflammatory property, with the herb such as Amla and Ghee, it has some amount of cell and disc tissue regeneration property & Herbs like Rasna, Gokshura, Guggulu helps to relieve pain and balances all the three doshas. Ashwagandha choorna has Rasayana property; it improves body's defence & strength.

**Pathya-Apathya-** Pathya is always in terms of Aahar & Vihar which is not harmful to whole body, which is pleasant to the mind<sup>[8]</sup> It is essential to follow the Dietetic rules and regulations for successful treatment. When channels of circulation get hard by vitiated doshas, Pathya Helps to soften the strotas and maintain the level of Doshas.

#### 7. Conclusion

Manyasthambha is Vaat-Kapha dominant Vyadhi. Nasya with anutaila prevent degeneration of bone, relieves stiffness, balances all three doshas. Yoga techniques improve range of movement, strengthens back, neck, shoulder muscles. So, the combine therapy provided better results on the sign and symptoms of Manyasthambha. Hence, it can be stated that the combine therapy of Nasya and Yoga can be done in the management of Manyasthambha to obtain more beneficial Relief.

#### References

- [1] Acharya Shukla Vidyadhar, prof Tripathi Ravidatta, Arthe Dashamahamuliyaadhyaya. Charaka Samhita of Charaka, Sutra Sthana. Reprint 2017. Ch. 30, Ver. 26. Delhi: ChaukhambhaSanskrit Pratishthan; 2017. p.447.
- [2] Physiopedia contributors. Cervical Spondylosis [Internet]. Physiopedia; 2020 Nov 25, 12:38 UTC [cited 2020 Dec 20]. Available from: [https://www.physio-pedia.com/index.php?title=Cervical\\_Spondylosis&oldid=260452](https://www.physio-pedia.com/index.php?title=Cervical_Spondylosis&oldid=260452).
- [3] Paradakara HS, editor. Nasyavidhimadhyaya. Ashtang Hridaya of Vagbhatta, Sutra Sthana. Reprint 2014. Ch. 20, Ver. 1. Varanasi: Chaukhamba Sanskrit Sansthana; 2014. p. 287.
- [4] Acharya ShuklaVidyadhar, prof Tripathi Ravidatta, Matrashitiyaadhyaya. Charaka Samhita of Charaka, Sutra Sthana. Reprint 2017. Ch. 5, Ver. 59. Delhi: Chaukhambha Sanskrit Pratishthan; 2017. p. 96.

- [5] Sushruta, Sushruta Samhita, Nibandhasangraha commentary of Sri Dalhana Acharya and Nyaya Chandrika pangika on Nidana Sthana commentary of Sri Gayadasa Acharaya by Vaidya Yadavaji Trikamaji Acharaya, Choumbha Surabharti Prakashana, Varanasi, Reprint 2008, Chikitsasthana 5/20, pg no.428
- [6] Acharya Shukla Vidyadhar, prof Tripathi Ravidatta, Trimarmiyaadhyaya. Charaka Samhita of Charaka, Siddhi Sthana. Reprint 2017. Ch. 9, Ver. 99-100. Varanasi: Chaukhambha Orientalia; 2017. p. 723.
- [7] Acharya Shukla Vidyadhar, prof Tripathi Ravidatta, Matrashitiyaadhyaya. Charaka Samhita of Charaka, Sutra Sthana. Reprint 2017. Ch. 5, Ver. 70. Delhi: Chaukhambha Sanskrit Pratishthan; 2017. p. 97.
- [8] Acharya Shukla Vidyadhar, prof Tripathi Ravidatta, Yajja Purushiyaadhyaya. Charaka Samhita of Charaka, Sutra Sthana. Reprint 2017. Ch. 25, Ver. 45. Delhi: Chaukhambha Sanskrit Pratishthan; 2017. p. 347