

ROLE OF NASYA& MANYA BASTI IN THE MANAGEMENT OF CERVICAL SPONDYLOSIS WITH SPECIAL REFERENCE TO GREVA STAMBHA

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INTRODUCTION

Cervical spondylosis is a chronic degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral disks of the neck as well as the contents of the spinal canal. It may also include the degenerative changes in the facet joints, longitudinal ligaments, and ligamentum flavum. Spondylosis progresses with age and often develops at multiple interspaces. ⁽¹⁾

According to *Ayurveda*, cervical spondylosis resembles *GreevaStambha*, a disorder of *Vata, Vyana Vayu* is responsible for the movements of the body. ⁽²⁾ *Greeva Stambh* is a condition in which vitiated *Vata* lodges in the neck region and leads to *Shosha* of muscles of the neck. This disease disturbs the day to day activities of an individual and makes him dependent and depressed.

Bahya and Abhyantara Snehana treatment plays an important role in the management of *Dhatu Kshayaja Vikaras* ⁽³⁾ Therefore, commonly *Nasya* and *Manya Basti* are employed in the treatment of *GreevaStambh*.

Case report– A female patient aged 40 years visited Panchakarma O.P.D. of D.Y. Patil Ayurved hospital Nerul, Navi Mumbai. She was having following complaints –
- Pain in the neck & Headache since 3years.

- Tingling sensation in arm & weakness of arm since 2years.

- Lack of sleep due to pain since 6 months. Pt. was having Dizziness sometimes. Onset of pain in the neck was gradual but since last 6months pain had aggravated & pt. was having severe pain in the movement of neck & at rest also.

- Patient came with above complaints in the OPD of Dr. D.Y Patilayurved hospital & admitted in the panchakarma ward. Pt. was advised following investigation –
Blood test – CBC, ESR, R A TEST & X RAY of Cervical Region.

CBC was normal, ESR was slightly increased i.e. 25 mm/hr... R.A. test was negative & cervical X RAY showed degenerative changes.

Criteria for Assessment of Results - On the basis of symptoms assessment was done. The following symptoms of the disease were observed in the patient:

Pain in the neck,
Headache,
Numbness/Tingling sensation in arm and
Pain with neck movements
Weakness of arm
Dizziness

Treatment Planned: *Nasya Karma* - with *Ksheera Bala Taila* 8-8 drops.

NadiSweda - with **Dashmoolkwath** as preprocedure of nasya.

Manyabasti – with **Nirgundi oil 200 m.l.**

All these procedure for 15 days.

Method of Nasya Karma

Purva Karma – Mukhabhyanga (face massage) with **KsheerabalaTaila**, and **NadiSveda** was done for 10 minutes.

Pradhana Karma – Patient was asked to lie in supine position, in a room devoid of breeze. The legs were slightly raised and head slightly tilted upwards, then **KsheerabalaTaila** slightly warmed with the help of hot water was taken in **Gokarna** and 8 **BinduTaila** was instilled into each nostril alternately keeping the other closed. After instilling the drops into the nostrils, the soles, neck, palms, ears etc. were gently massaged and then the patient was asked to turn to a side and spit out the phlegm. Then the pa-

tient was asked to lie with face upwards for 2 minutes and wash the mouth with lukewarm salt water.

Paschat Karma: After **Nasya**, **Dhumapana** with **Haridravarti** was given .

Method of Manyabasti:

Purva and Pradhana Karma: The patient was asked to lie comfortably in prone position with neck and head straight and well exposed, and arms keeping under head. Then the dough was pasted in a circular manner on this neck. The oil which was prewarmed up to 38- 40 degree C was poured in the area and filled to the depth of about 3 centimeter. On cooling, the oil was reheated and replaced at regular intervals so that the temperature is maintained uniform throughout the procedure. This process was carried out for 30 minutes, once in a day, every morning for 15 days.



Paschat Karma: The oil was drained out by making a hole in the dough. The dough is then removed and the area will be cleaned with a clean cloth.

Duration for Both the Procedures – 15 consecutive days.

(a) ASSESSMENT CRITERIA:

The assessment was based on the effect of the therapy on the signs and symptoms of the disease. Assessment of the patient was done on the 1st day (Before treatment) and after 15 day of procedure to know the result of the therapy.

DISCUSSION

The result was assessed on the basis of symptomatic improvement using VAS.

The commonly observed symptom viz pain in the neck (at rest), headache and pain with neck movements are due to spasm of cervical and sub occipital muscles. Numbness/tingling sensation with or without weakness of arm are due to the compression of cervical nerves passing through the affected structures. Dizziness is also often found to be associated with other symptoms. This occurs due to the compression of the vertebrobasilar artery during its course through the cervical Spine. Patient got complete relief from above said symptoms with the combine therapy of Nasya & Manyagata Basti.

Manyagata vata is described as a Vatavyadhi in all Samhitas & Sangrahanthas. Various Aharaja, Viharaja, Manasika, & other Vataprakopakanidana are mentioned in Samhitas which causes Vatavyadhi.

Common line of treatment of Vatavyadhis also says about Snehananasya which includes Brumhana Nasya.⁽⁴⁾ As per Charaka Samhita, Nasya is one of the main

treatment modalities when Vata is lodged in between Head and Shoulders.⁽⁵⁾ Ksheerabala Taila is very effective in all 80 types of Vata vitiated conditions. It can be used as Nasya, Abhyanga, Pana, and Basti.⁽⁶⁾

It acts as Rasayana, Indriyaprasadana, Jeevana, and Brumhana.⁽⁷⁾ It contains Bala Moola, Ksheera and Tila Taila. Bala Moola (Sidacordifolia) is having the qualities like Snigdha, Pichchila and is Vata Shamaka and indicated in Vata Vyadhis.⁽⁸⁾ Ksheera is Brumhaniya and Vata Pitta Shamaka.⁽⁹⁾ Tila Taila (Sesamum indicum) is considered to be the best among oils.⁽¹⁰⁾

Nasya is the prime treatment in Urdhwajatrugata Vikaras.⁽¹¹⁾ The Heena Matra of Brumhana Nasya is 16 Bindus, Madhyama Matra is 32 Bindus and Uttama Matra is 64 Bindus.⁽¹²⁾

Vagbhata has described 4 types of oil application on head under Murdhni Taila, which are Shiro Abhyanga, Shiro Seka, Shiro Pichu and Shiro Basti. Many Basti is evolved from Shiro Basti procedure. It is a Bahya Snehana and Swedana therapy and more over it is a Sthanika Shamana Chikitsa.⁽¹³⁾

Many Basti is kind of bahyasnehan and swedan procedure. Snehan mainly acts against ruksha guna caused by vata and Swedan mainly act against shitaguna. It also reduces Stambha and Gauravta.

Nirgundi has Vatashamak and Vedasthapan property⁽¹⁴⁾ due to shamana of vata which is prime reason for shoola, that shoola (pain) is subsided. Joint stiffness is due to ruksha, Sheetaguna of vata, It is reduced by ushnaveerya of nirgundi and warmth produced during the procedure. Thus reduced in pain and stiffness of the

neck. Acharya Charak has advocated use of *nirgundi* in *vatajvyadhi* as follows⁽¹⁵⁾

Nirgundi tail is used in *vatajvyadhi* for massage & *puran*, here in *Manyabasti* this oil is used as *puran* (retention of oil). In *nirgundi tail Manyabasti* oil is absorbed through skin & produce an action according to the properties of *nirgundi*⁽¹⁶⁾. *Nirgundi* has *vedanasthapana*, *shothahar* & *rasayan properties*. This helps in *vata shaman* and nourishes *dhatu* due to its *brimhan* property. Because of *shoolahara*, *shothahara* & *rasayan property*.

CONCLUSION

In the present study pain in the neck (at rest), headache and pain with neck movements, numbness/tingling sensation with weakness of arm and dizziness were the commonly observed symptoms in the patient. Most of the aforesaid symptoms were due to muscle spasm and nerve compression. The result was assessed on the basis of symptomatic improvement using visual analog scale. Improvement was observed in most of the symptoms due to reduction in inflammation and spasm provided by *Nadi Sweda* (local heat) *Manyabasti* & *Nasya*.

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