

## MANAGEMENT OF MANYASTAMBHA THROUGH MARSHA NASYA WITH MASHA TAILA

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### ABSTRACT

Administration of medications through the nose is called *Nasya Karma*. *Nasya* is believed to strengthen *Skandha* (shoulder) and *Greeva* (Neck), thus becomes an ideal choice in management of disorders related to it. *Manyastambha* is one of the *Nantatmaja Vikara* of *Vata*, characterized by pain and stiffness experienced in nape of neck. Due to resemblance in features *Manyastambha* can be correlated with cervical spondylosis, a condition manifest as a result of degeneration of cervical vertebrae and osteophyte formation. For the present study, 8 *Bindu* of *Marsha Nasya* with *Masha Taila* was administered to 15 patients for 7 days, and the following results were obtained. After treatment, 45.97% relief was found on *Greeva shoola*, 1.06% in *Greeva stambha*, 33.66% in flexion, 15.75% in extension, 48.09% in right lateral flexion, 23.93% in left lateral flexion, 15.51% in right rotation, 15.26% in left rotation. On the overall effect of therapy, two got complete improvement, seven got marked improvement (51%), and six got moderate relief (28%).

**Keywords:** *Marsha Nasya*, *Manyastambha*, Cervical Spondylosis, *Masha Taila*

### INTRODUCTION

*Nasya Karma* is a treatment in which medications are administered through the Nose<sup>1</sup>. Based on *Nasya* action it is classified into *Brimhana*, *Shamana*, *Rechana*<sup>2</sup>. *Brimhana Nasya* is indicated in *Vata vyadhi*'s like *Manya Roga*, *Suryavarta*, *Svara Kshaya* etc<sup>3</sup>. *Nasya Dravya* **believed** to reach *Shringataka Marma* and thus reach the target tissue and produce its effect<sup>4</sup>. Moreover, *Brimhana Nasya* **believed** to nourish the structures above the *Jatru* and strengthens the *Skandha* (shoulder) and *Greeva* (neck)<sup>5</sup>. *Manyastambha* is one among the *Vatavyadhi* in which aggravated *Vata* localised in *Manya pradesha* pro-

duces constrictions of *sira*<sup>6</sup>. Cervical spondylosis is a condition manifest as a result of degeneration of cervical vertebrae and osteophyte **formation**. Cervical spondylosis is characterized by stiffness and pain in nape of neck. Cervical spondylosis progresses with age and often develops at multiple interspaces<sup>7,8</sup>. Evidence of spondylotic change is frequently found in many asymptomatic adults, with 25% of adults under the age of 40, 50% of adults over the age of 40 and 85% of adults over the age of 60 showing evidence of disc degeneration<sup>9</sup>.

*Snehana, Svedana, Basti, Snigdha Virechana, Shiro-basti, Snaihika Dhuma, Snaihika Nasya* are considered in the management of various disorders of *Vata* in general<sup>10</sup>. And *Taila* considered as best in treating *Vata vyadhi* and *Manyastambha* is one among the *Nantatmaja Vikara* of *Vata* which causes pain and stiffness in nape of neck and *Nasya* is believed to strength *Skandha* and *Greeva* and thus become ideal choice of treatment in *Manyastambha*. *Masha Taila*, a variety of *Brimhana Sneha* exclusively indicated for the purpose of *Nasya* comprises *Masha, Bala, Dasamoola, Rasna, Yavakola kulutthaas Kashaya Dravya, Atmagupta, Saindhava, Satapuspha, Eranda-moola* as *Kalka Dravya, Chaaga mamsa* and cow's milk as *Drava Dravya*<sup>11</sup> The ingredients of this formulation possess *Guna* like *Snigdha, Ushna* which are antagonistic to *Guna* of *Vata* and thus palliates the *Vata Dosha* and yield relief from the condition like *Manyastambha*<sup>12</sup>. Moreover *Masha Taila* is *Vata Kaphaghna, Shulahara* and *Shotha*. So, there is a need to consider the administration of *Nasya Karma* in the management of *Manyastambha* (Cervical spondylosis).

### Aim and Objectives

1. To evaluate the effect of *Marsha Nasya* with *Masha Taila* in the management of *Manyastambha*.
2. To evaluate the effect of *Masha Taila* in the management of *Manyastambha*.

### MATERIAL & METHOD

#### SOURCE OF DATA

Patients of either sex diagnosed with *Manyastambha* from the *Panchakarma* OPD and IPD of Alva's Ayurveda Medical College Hospital Moodabidiri, were selected for study. Out of the 16 patients, one patient was dropped in the initial stages of the study and 15 patients completed the course of treatment.

- *Masha Taila* was prepared in Alva's pharmacy, Mijar.

**Table 1:** Method of *Nasya Karma*

Sl.NO		PROCEDURE
1	<i>PoorvaKarama</i>	<i>Abhyanga</i> of face and neck with <i>TilaTaila</i> . <i>Pata Sweda</i> did for face and neck.
2	<i>Pradhana</i>	Patient is made to lie in supine position and the head maintained pralambitha position. Patient's

- In *Masha Taila Jeevaniya Gana* is there and this includes most of the endangered species, so here substitutes are used for the study. *Meda* and *Mahameda* are substituted with *Satavari*. *Jivaka* and *Rsabhaka* are substituted with *Vidarikanda*. *Kakoli* and *KsheeraKakoli* are substituted with *Asvagandha*. *Rddhi* and *Vrddhi* are substituted with *Varhikanda*.

### CRITERIA FOR SELECTION OF THE PATIENTS

The patient was diagnosed with *Manyastambha* based on the following clinical signs and symptoms.

(a) *Shoola* (b) *Stambha*

#### Inclusion criteria

- Patient having classical symptoms of *Manyastambha* and Cervical spondylosis.
- Patient between the ages of 30 to 60 years.
- Patient who are fit for *Nasya karma*

#### Exclusion criteria

- Patient having associated conditions like Fibrositis, Rheumatoid spondylosis, ankylosing spondylosis will be excluded.
- Patient with history of traumatic injury to cervical spine.
- Patient contraindicated for *Nasya karma*.

#### Investigations

Cervical spine X-Ray –AP view and Lateral view

#### Study design:

A **single open arm trial clinical study** is adopted

#### TREATMENT SCHEDULE

After diagnosis, the randomly selected patients were treated with 4ml of *Marsha Nasya* with *Masha Taila* for 7 days. Out of the 16 selected patients, one patient got dropped out from the study and the remaining 15 patients completed the course of the study.

	<i>Karma</i>	eye was covered with cotton pad. Nostril of the patient widened with left hand of physician. Then 8 <i>Bindu</i> of lukewarm <i>Masha Taila</i> is taken in <i>Gokarna</i> and instilled into each nostril in continuous stream.
3	<i>Paschat Karma</i>	After administration of <i>Nasya</i> , patient is advised to lie on supine position for about 2 minutes. Then the region of the ears, forehead, and skin of scalp, cheeks, nape of neck, shoulder, palms and soles will be massaged. Patient will be instructed to spit out sputum into spit bowl placed on the convenient side of the patient. <i>Prayogika Dhoomapana</i> followed by <i>Ushnajala Kavala</i> is done.

**Criteria for assessment of the study:**

The improvement in the patients was assessed on the basis of relief in the signs and symptoms of the disease. To analyze the efficacy of the drug, scores were

given for each symptom. According to the severity of the symptoms, the grading was given, as mentioned below:

**Main symptoms:**

**Table 2:** Criteria for *Shoola*

No pain at all	0
Mild pain, can do strenuous work with difficult	1
Moderate pain, can do normal work with support	2
Severe pain, unable to do any work at all	3

**Table 3:** Criteria for *Stambha*

No stiffness	0
Mild , has difficulty in moving the joints without support	1
Moderate , has difficult in moving , can lift with support	2
Severe,unable to move	3

**Objective parameters:**

Flexion, Extension, Right lateral flexion, left lateral flexion, right rotation and left rotation and measured by using Goniometer and based on degree obtained by using Goniometer, spastically values analyzed

**Statistical analysis:**

For assessing the improvement of symptomatic relief and to analyze it statistically, the observations were recorded before and after the treatment. The mean, percentage, SD, SE and t-value (paired t-test) were calculated from observations recorded.

**CRITERIA FOR ASSESSMENT OF THE OVER-ALL THERAPY**

**COMPLETE RELIEF:** Two patients had One hundred percent relief in the complaints of patients, along with increased range of movement upto 90<sup>0</sup> in flexion and extension.

**Marked Improvement:** Seven patients had more than 75% relief in the complaints as well as significant im-

provement in the right lateral flexion and left lateral flexion upto 45<sup>0</sup>

**Moderate Improvement:** Six patients more than 50% relief in the complaints along with improvements in flexion, extension right rotation and left rotation upto 90<sup>0</sup>.

**GENERAL OBSERVATIONS**

The observations made of the 16 patients with *Manyastambha* were as follows:

Maximum number of the patients were obtained in the age group of 31 -40 years, that is 43.75%.Most of the patients were female (62.5%). Most of the patients, that is 52%, were from Hindu community, 48% patients had strenuous kind of work, 25% belong to poor socio economic status, 67% had disturbed sleep, 42% people was non vegetarians, 32 % of people suffered from chronicity of disease ranges from 1 year to 5 years.

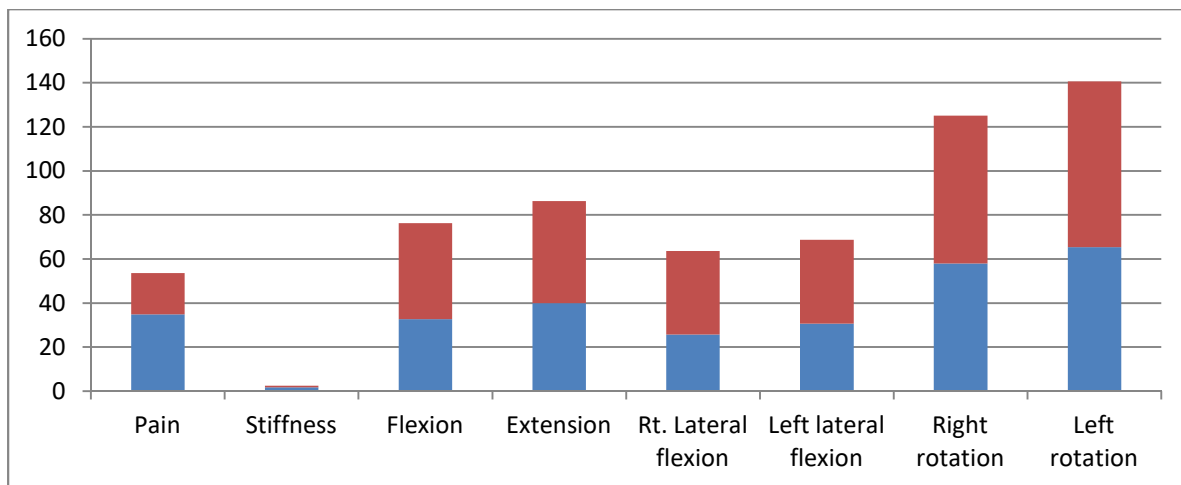
**RESULTS**

**Table 4:** Effect of *Marsha Nasya with Masha Taila* in *Manyastambha*

Criteria	BT mean	AT mean	Difference in mean	%	SD	SE	f- value	P value
Pain	34.8	18.8	16	45.97	9.704	2.506	20.576	<0.001
Stiffness	1.73	0.67	1.06	61.27	0.617	0.159	23.273	<0.001
Flexion	32.66	43.66	11	33.66	10.083	2.603	10.097	=0.004
Extension	40.00	46.3	6.3	15.75	14.20	3.667	1.553	=0.223
Rt. Lateral flexion	25.66	38.0	12.34	48.090	9.964	2.573	12.130	=0.002
Left lateral flexion	30.66	38.0	7.34	23.93	6.492	1.676	7.365	=0.011
Right rotation	58.0	67.0	9	15.51	13.55	3.501	6.651	=0.015
Left rotation	65.33	75.3	9.97	15.26	13.020	3.362	3.531	=0.071

Statistical analysis of study showed that the mean of pain was 34.8 before treatment and it was reduced to 18.8 after treatment (7<sup>th</sup> day). When these values were analysed statistically, the change that occurred with the treatment is greater than would be expected by chance; there is a statistically significant change (p = <0.001). The mean value of stiffness was 1.73 before treatment and it reduced to 0.67 on 7<sup>th</sup> day and there is statistically significant difference (p=<0.001). The mean value of flexion was 32.66 before treatment and after treatment 43.66 and there is statistically significant difference (p<0.004). The mean value of extension was 40.0 be-

fore treatment and after treatment 46.3 and there is not a statistically significant difference (p = 0.223). The mean value of Right lateral flexion was 25.66 before treatment and after treatment 38.0 and there is statistically significant difference (p<0.002). The mean value of Left lateral flexion was 30.66 before treatment and after treatment 38.0 and there is statistically significant difference (p=0.011). The mean value of Right rotation was 58.6 before treatment and after treatment 67 and there is statistically significant difference (p<0.015). The mean value of Left rotation was 65.3 before treatment and after treatment 75.3 and there is not statistically significant difference (p=0.071).



**Graph 1**

**DISCUSSION ON MARSHA NASYA WITH MASHA TAILA IN MANYASTAMBHA**

*Marsha Nasya* is done in morning schedule. 16 patients enrolled for treatment. In this 2 patients got

complete relief, 7 patients got marked relief, 6 patients got moderate relief. The *Vatadosha* get lodged in *Manya Pradesh* and causes *Manyashoola* and *stambha*. So, *Masha Taila* is administrated in the form of *Nasya*

which as property such as *Vatashamak*, *Brimhana* by which it pacifies the *Vata* and strengthen the tissue of *Manya Pradesh*.

### MODE OF ACTION OF MARSHA NASYA MASHA TAILA IN MANYASTAMBHA

**8 Bindu of Masha Taila is administrated in each nostril** <sup>13</sup> *Nasya Dravya* reaches the *shringataka marma* and from there it will distribute to all the region above the clavicle through facial vein and this helps to pacify the *Vata dosha* and give *brimhana* effect and helps to nourish the tissue. *Masha taila* contains *Kwatha Dravya* such as *Masha*, *Dasamoola*, *Ajamamsa*, *moorchitaTaila*, *GoKsheera* and *Kalka Dravya* such as *Atmagupta*, *Erandamoola*, *Satapushpa*, *Saindhava lavana* etc. Analysing the ingredients of *Masha Taila* contains *ushnavirya* and *kaphavatahara* property. So, action of these ingredients helps to reduce pain and stiffness of neck.

- **Overall effect of therapy**
- During the entire period of therapy, there was no any untoward effect or adverse drug reaction observed in any patients of the group.

### CONCLUSION

Group showed statistically significant improvement with the  $p < 0.001$  in pain, stiffness, flexion, right left flexion and left rotation, after treatment. Effect of *MashaTaila* is *Vatahara* and *Bruhmana*, which is an essential *Upakrama* in the treatment of *VataVyadhi*, as *Manyastambha* is one among the *NanatmajaVatajaVyadhi*, hence as proved in this study it helps reducing the signs and symptoms of *Manyastambha*. Hence, *Marsha Nasya* with *Masha Taila* performed twice a day has better relief when compared once a day in the management of *Manyastambha*.

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