CONCEPTUAL STUDY OF NARAYANA TAILA NASYA IN THE MANAGEMENT OF MANYASTAMBHA

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ABSTRACT

Manyastambha is the clinical entity in which the back of the neck becomes stiff or rigid and the movements of the neck are impaired. Manyastambha has been enumerated in Eighty Natmaja Vata Vyadhis. It can be co-related with Cervical Spondylosis in modern prospective. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by it. In today’s busy world people work hours on computers, do night jobs, take day sleep, take long drives, watch television for hours, sleep over abnormally soft mattress and pillows, and give least importance to proper physical, mental exercises & food habits. The modified, restless, sedentary, sophisticated lifestyle has resulted in its rise. Nasya (Nasal administration of medicine), being the treatment of choice in Urdhva jatrugata Vyadhis (Disease above clavicle) can be adopted in the management of Manyastambha. Narayana Taila is specially indicated in the treatment of Manyastambha. Majority of ingredients of Narayana Taila are having Kapha Vatahara properties and Taila having Vatahara and Brihmana properties is supposed to be beneficial in Manyastambha. Thus study is undertaken to study the therapeutic efficacy of Nasya in Manyastambha. Key Words: Manyastambha, Nasya, Urdhva jatrugata Vyadhis, Narayana Taila, Brihmana.

INTRODUCTION

According to Acharya Sushruta, sleep in day time, leaning or sleeping on an uneven place, constantly gazing upwards lead to the disease Manyastambha¹. Manyastambha is the clinical entity in which the back of the neck becomes stiff or rigid and the movements of the neck are impaired. It can be co-related with Cervical Spondylosis in modern prospective². Cervical Spondylosis is a degenerative condition of the cervical spine where it may lead to Cervical Spondylotic Myelopathy³. In today’s busy world people work hours on computers, do night jobs, take day sleep, take long drives, watch television for hours, sleep over abnormally soft mattress and pillows, and give least importance to proper physical, mental exercises & food habits. The modified, restless, sedentary, sophisticated lifestyle has resulted in its rise. Pain and stiffness are the primary symptoms. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by it⁴. Narayana Taila is specially indicated in the treatment of Manyastambha.
Manyastambha. Nasya Karma (Nasal administration of medicine) being the treatment of choice in Urdhvajatrugata Vyadhis (diseases above the clavicle) can be adopted in the management of Manyastambha.

**Aim & objectives**
1. To study about Manyastambha and Nasya.
2. To study efficacy of Narayana Taila Nasya in the management of Manyastambha.

**MATERIALS & METHODS**
- All the references regarding Manyastambha and Nasya are collected from Bruhat Trayi and Laghu Trayi and various textbooks and compilation is done.
- Concept of Nasya, Manyastambha, and Narayan Taila is studied in detail.
- Collection of all the references is done and correlation between the data is done logically i.e. by using Yukti Pramana (logical inferences).

**Disease Review**

**Nidana** (Etiology): As Manyastambha is Vata Vyadhi, the Vata Vyadhi Nidana has to be considered in general. But specific etiological factors described are Diwaswapana (day sleep), Asanasthana Vikriti (improper positions during sleep), Urdwanireekshana (looking upwards). Diwaswapna increases Kapha, Vikruth Asansthana, Urdhwa neerikshana causes Vata vitiations. Vata & Kapha both gets vitiated and Kapha by encircling Vata causes Manyastambha.

**Purvaroopa** (Premonitory signs): There are no premonitory symptoms of Manyastambha mentioned in samhitas (Classical Texts).

**Rupa** (Symptoms): Ruka (Pain) and Stambha (Stiffness)

**Samprapti** (Pathogenesis): Various etiological factors causes Vata vitiation and Shleshma Avarana to Vata and leads to Shhana Samsraya in Manyapardeshi resulting Dhatu kshaya in Gheeavagata Sandhis (neck joints) resulting Painful and restricted range of cervical movements.

**Procedure Review**

**Nasya:** The procedure of instilling medicines through the nasal orifice is called Nasyakarma. The nasal orifices are believed to be the entrance of the head. The medicine instilled through them easily penetrates the Sringataka and spreads to the Siras (arterioles) of Shira (Head), Netra (Eyes), Shrotra (Ears), Kantha (Throat) and expels out the impurities. According to the functions, the Nasyakarma is of 3 types: Virechananasya, Brihmananasya, Shamana nasya. Brihmana Nasya is indicated in Vataja or Vata prominent diseases. Manyastambha is Vataj disease, so Brihmana Nasya is beneficial.

**Narayana Taila Review**

Narayan Taila is having drugs like Ashwagandha (Withania somnifera), Bala (Sida cordifolia), Bilva (Aegle marmelos), Paatala (Stereospermum suaveolens), Brihati (Solanum indicum), Kantakari (Solanum xanthocarpum), Tribulus terrestris, Ablution indicum, Azadirchta indica, Oroxyllum indicum, Boerhaavia diffusa, Paederia foetida, Premna integrifolia, Shatavari (Asparagus racemosus), Tila taila, Saussurea lappa, Elataria cardamomum, Santalum album, Nardostachys jatamansi, Saundava (Rock Salt), Acorus calamus, Pluchea lanceolate, Anethum sowa, Cedrus deodara, Desmodium gangeticum, Uraria picta, Phaseolus trilobus, Masaparni, Valeriana wallichii. Majority of ingredients of Narayana Taila are having KaphaVatasamaka or Tridoshashamaka properties and Taila having Vatahara...
DISCUSSION

Manyastambha is Nanatmaja Vata Vyadhi but Kapha Dosha association is described in Samprapti. Vata is vitiated either because of Avarana or Dhatu Kshaya. In the initial stage of Manyastambha when vitiated Vata lodges in the Kapha Stahana, the Kapha Anubandhatwam is found but when it becomes chronic, it becomes a Kevala Vata disorder, which is degenerative condition. It clarifies the role of Vata & minimal or no involvement of Kapha. Nasya is considered as the best therapy in Manyastambha. As Manyastambha is one of the Vatavyadhi, Snehana type of Brmhana Nasya is most beneficial. The drugs used in Snehana type of Brmhana Nasya are having the Gunas like Snigdha, Uṣna which are antagonistic to Gunas of Vata and thus palliates the Vata dosha. Nasya with Narayan Taila helps in Samprapti Bhanga (breaking pathogenesis) of Manyastambha. Narayan Taila is Vata Kaphaghna Sulahara and Sothahara. Due to Brumhana properties of Taila Dhatuksya Janya Manyastambha is treated and due to Snigda Guna of Taila Stambha is treated.

CONCLUSION

1. Narayan Taila Nasya can definitely be used in Manyastambha.
2. The reduction in cardinal signs of Manyastambha Pain and Stiffness can be effectively done.

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