



Research Article

EFFICACY OF *NASYA KARMA* WITH *KUKKUTANDA PINDA SWEDA* AND *NASYA KARMA* IN THE MANAGEMENT OF *MANYASTHAMBHA* W.S.R TO CERVICAL SPONDYLOSIS – A COMPARATIVE CLINICAL STUDY

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ABSTRACT

Cervical Spondylosis is a common spinal problem now days. It is a general term for age related wear and tear affecting spinal disc of the neck. Normally soft disc between vertebrae provides cushioning, with Cervical Spondylosis the disc becomes compressed, when this happens the cartilage can wear away. Once this protective cartilage is gone, spur may develop on your vertebrae where they rub together and the nerves attached to spinal cord will have less room to pass between the vertebrae. Cervical Spondylosis usually starts earlier in men than women. Usually it doesn't lead to disability but sometimes these changes in the spine can cause compression which makes the finger clumsy. In Karnataka incidence and prevalence is 7.25 cases per 1000 populations and in Bangalore prevalence of Cervical Spondylosis is 23.25 per 10000 populations. Cervical Spondylosis can be compared to *Manyasthambha* mentioned in the classics. *Divaswapna*, *Asamasthana*, *Vivrutho Urva nirikshana* are the main causes leading to *Manyasthambha*. *Ruk* and *Sthambha* are the main *Lakshanas* of *Manyasthambha*. Considering these *Lakshanas* along with radiation of pain and Motor activity as the assessment parameters, *Nasya Karma* and *Swedana* were adopted in the study, which showed highly significant result in almost all parameters with p value < 0.001 taken for assessment in the group.

KEYWORDS: *Manyasthambha*, Cervical Spondylosis, *Nasya Karma*, *Kukkutanda Pinda Sweda*.

INTRODUCTION

Degenerative changes are common in the cervical spine. Indeed, they are found almost universally in some degree in persons over 50 years of age. Beginning in the Intervertebral disc, they affect the Posterior Intervertebral (facet) joints. Secondly, causing pain and stiffness of the neck, sometimes with Referred symptoms in an upper limb.^[1] In upper limb there may be vague, ill-defined and ill-localized 'Referred' pain spreading over the shoulder region, or there may be more serious symptoms from interference with one or more of the cervical nerves in their foramina. The main features of nerve root irritation is radiating pain along the course of the affected nerve or nerves, often reaching the digits. There may also be parasthesia in the hand in the form of tingling or 'pin and needles' noticeable muscle weakness is common.^[2] Cervical Spondylosis can be compared to *Manyasthambha* in our classics. *Manyasthambha* is one among the *Vata Vyadhi*, which is caused due to *Kaphavrutha Vata dosha* in *Manya pradesha*^[3]. *Manya shula* and *Manya sthambha* are *lakshanas* of this *Vyadhi*.^[4] As *Nasya karma* is best

line of *Chikitsa* for *Jatrudva vyadhi* ^[5] and considering *Chikitsa sutra* of *Manyasthambha*, *Nasya karma* and *Swedana* are adopted as *Chikitsa* in *Manyasthambha*.^[6] *Anu Taila* having *Mahaguna* i.e., excellence over other oils is used for *Nasya karma*.^[7] *Bhavaprakasha* in *Vatavyadhi adhikara* has mentioned *Kukkutanda Sweda*, a form of *Snigdha Pinda Sweda* can be adopted in *Manyasthambha* as *Bruhmanartha*.^[8] Hence by considering all the above points, a comparative study was taken up to evaluate the therapeutic efficacy of *Nasya karma* with *Kukkutanda Pinda Sweda* and only *Nasya Karma* in *Manyasthambha* w.s.r to Cervical Spondylosis.

OBJECTIVES OF THE STUDY

- To evaluate the therapeutic efficacy of *Nasya karma* with *Anu Taila* followed by *Kukkutanda Pinda Sweda* in *Manyasthambha* w.s.r to Cervical Spondylosis.
- To evaluate the therapeutic efficacy of *Nasya karma* with *Anu Taila* in *Manyasthambha* w.s.r to Cervical Spondylosis.

- To compare the therapeutic efficacy of both the group.

MATERIALS AND METHODS

Source of data: 10 patients of *Manyasthambha* w.s.r to Cervical Spondylosis, approaching OPD and IPD of SKAMCH & RC, Bengaluru were selected for the study.

Drug source: *Anu Taila Nasya* was purchased in the pharmacy of SKAMCH & RC. Drugs required for *Kukkutanda Pinda Sweda* was prepared manually in *Panchakarma* theatre of SKAMCH & RC, Bengaluru.

Method of collection of data: 10 Patients of *Manyasthambha* w.s.r to Cervical Spondylosis, approaching the OPD of SKAMCH & RC, Bengaluru were selected and randomly assigned into 2 groups viz Group A and Group B comprising of 5 patients in each.

Inclusion criteria

- Patients of either sex between the age group of 30 - 70 years.

Group A - *Nasya Karma* with *Kukkutanda Pinda Sweda*

1) Common Procedure - *Nasya Karma* for Both the Groups

- **Poorva Karma** - *Mukhabhyanga* with *Murchitha Tila Taila* followed by *Nadi Sweda*.
- **Pradhana Karma** - *Nasya Karma* using *AnuTaila* 12 drops each nostril.
- **Paschat Karma** - *Dhoomapana* with *Haridra khanda*.

2) *Kukkutanda Pinda Sweda*

Poorva Karma

Preparation of procedure

Table 1: Showing Ingredients of *Kukkutanda Pinda Sweda* (For 1 *Pottali*)

Ingredients	Quantity
1. <i>Kukkutanda</i> (Egg)	8
2. <i>Jambira</i> (Lemon)	1
3. <i>Haridra Churna</i>	10 grams
4. <i>Rasna Churna</i>	10 grams
5. <i>Saindhava Lavana</i>	10 grams
6. <i>Murchita Ghrita</i>	Quantity Sufficient

Lemon will be cut into small pieces and fried in pan with mild heat with sufficient quantity of *Murchita Ghrita*. As the colour of lemon fades, *Haridra churna*, *Rasna Churna* and *Saindhava Lavana* is added and fried well. Eggs are added to this, mixed well and *Pottali* will be prepared.

Preparation of patient

- The affected cervical region of the patient is exposed in sitting position.
- *Sthanika Abhyanga* with *Murchitha Tila Taila* was done to the affected cervical region.

Pradhana Karma

- *Kukkutanda Pinda Sweda* was done by repeated tapping and rubbing method to the affected cervical region.

Paschat Karma

- Treated area will be wiped with clean cloth dipped in warm water.
- Patient will be advised to take rest for 5 minutes.

- Patients presenting with *Lakshanas* of *Manyasthambha*.
- Patients presenting with signs and symptoms of Cervical Spondylosis.
- Patients who are fit to undergo *Nasya Karma* and *Swedana Karma*.

Exclusion criteria

- Patients with systemic diseases that may interfere with the course of treatment.
- Benign or malignant tumor of the spine or tuberculosis of the vertebral column.

Duration of the study

- Total duration of the study is for 7 days.

INTERVENTION

- 10 patients of *Manyasthambha* who fulfill the inclusion criteria were selected and assigned into 2 groups viz., Group A and Group B
- Comprising of 5 patients in each.

Assessment Parameters

Table 2: Showing assessment parameters and grading

Sl. No	Parameters	0	1	2	3
1.	Neck pain	Absent	Mild and intermittent pain	Moderate and bearable pain	Severe and unbearable pain
2.	Neck stiffness	Absent	Mild stiffness	Moderate stiffness without restricted movements	Severe stiffness with restricted movements
3.	Radiating pain	Absent	Mild intermittent radiating pain	Moderate radiating pain with occasional tingling sensation	Severe radiating pain with tingling sensation
4.	Motor function upper limb	Normal	Possible to button the shirt with difficulty	Possible to button the shirt with great difficulty	Impossible to button the shirt

OBSERVATION AND RESULTS

Table 3: Showing distributions of patients of Manyasthambha according to sex

Male	2
Female	8

Table 4: Showing distributions of patients of Manyasthambha according to age

Age Group	No of Patients
30 - 40 years	2
40 - 50 years	4
50 - 60 years	2
60 - 70 years	2

Table 5: Showing assessment parameters in patients before treatment

Symptoms	No of patients
Neck pain	10
Neck stiffness	09
Radiating pain	08
Motor function loss	02

Table 6: Showing the results on Neck pain

Phase	Group	Mean diff	SD	SE	PSE	t-Value	P- Value	Re
BT-AT	A	1.1	0.87	0.08	0.25	3.5	<0.001	HS
	B	0.9	0.56	0.05				

On comparing the effect of treatment on neck pain between the groups Group A mean difference was 1.1 with SD 0.87 and in Group B mean difference was 0.9 with SD 0.56. Before and after treatment, the P value (<0.001) revealed statistically highly significant between the groups.

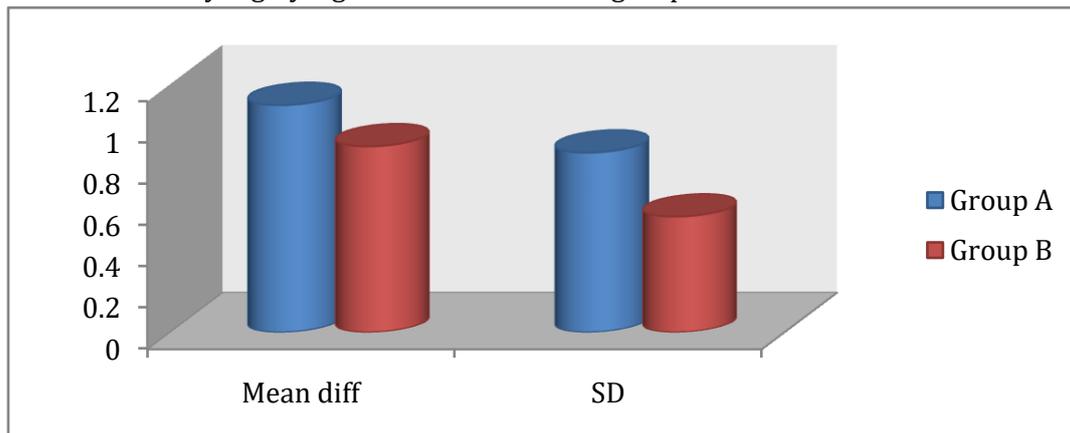


Table 7: Showing the results on neck stiffness

Phase	Group	Mean diff	SD	SE	PSE	t-Value	P- Value	Re
BT-AT	A	1.2	0.75	0.10	0.31	4.1	<0.001	HS
	B	0.4	0.51	0.05				

On comparing the effect of treatment on neck pain between the groups Group A mean difference was 1.2 with SD 0.75 and in Group B mean difference was 0.4 with SD 0.51. Before and after treatment, the P value (<0.001) revealed statistically highly significant between the Groups.

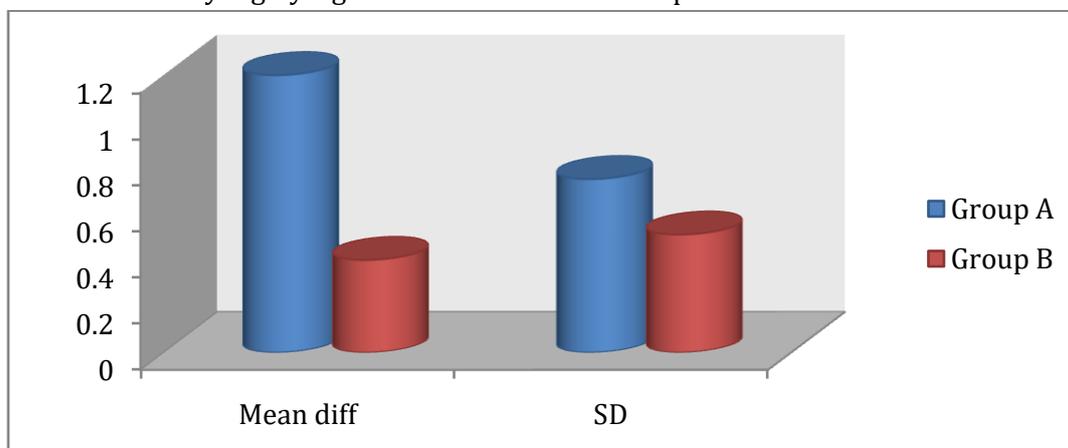
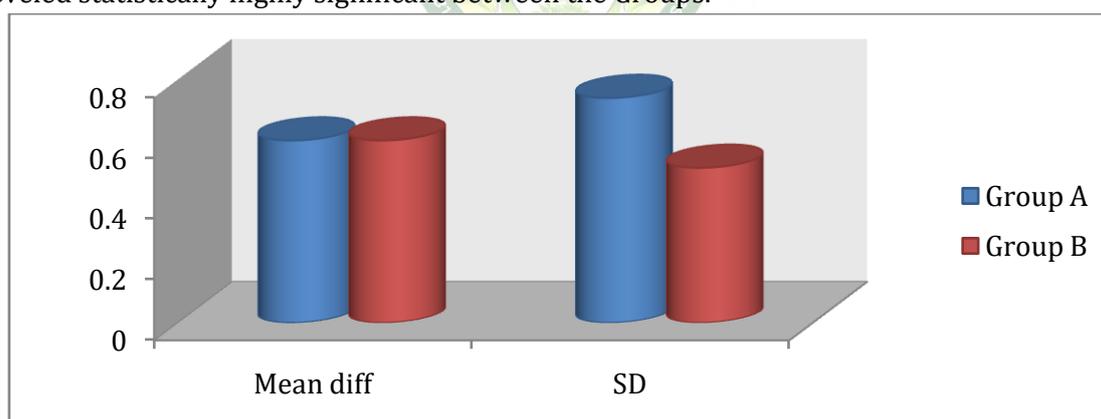


Table 8: Showing the results on radiating pain

Phase	Group	Mean diff	SD	SE	PSE	t-Value	P- Value	Re
BT-AT	A	0.6	0.74	0.093	0.25	2.4	<0.05	S
	B	0.6	0.51	0.064				

On comparing the effect of treatment on neck pain between the groups Group A mean difference was 1.1 with SD 0.87 and in Group B mean difference was 0.9 with SD 0.56. Before and after treatment, the P value (<0.001) revealed statistically highly significant between the Groups.



Note: As sample size is small with respect motor function loss, could not elicit statistically

DISCUSSION

Manya is *chala* i.e locomotor part of the body. In *Amarakosha* “*Manya*” is described as “*Greeva paschath sira*”.[9] *Manyasthambha* is one of the *Nanatmaja Vatavyadhi*[11] which can be correlated with cervical spondylosis in modern medicine. Cervical spine due to its position, complex structure and great mobility is vulnerable to injuries. In present era people are being more prone to numerous degenerative diseases because of fast and stressful life. *Manya sthambha* is one such life style disorder caused due to continuous irregular sitting

and sleeping posture, excessive use of vehicles, job requiring bending of neck and twisting, lack of exercise, unhealthy food stuff, suppression of natural urges leading to *Vata prakopa* causing *Kaphavrutha Vata* in *Manya pradesha*. [10]

Effect of *Nasya Karma*

As nose is the nearest root to administer medicine to *Shira Pradesha* “*Naasa hi shiraso dwaram*”.[11] The drugs administered will reach *Shrungataka marma* and quickly spreads to *Urvajatru*

pradesha removes accumulated *Doshas* localized there^[12]. Hence *Nasya karma* is best treatment of choice in *Urvajatrugata Vikara*.^[13] *Anu taila* is *Snehana nasya*, which does *Snehana* of *Manya Pradesha* and does *Drudendriyatha*.^[14] It is *Sukshma srotogami*, due to which it reaches to minute channels removes *Doshas* and strengthens *Manya pradesha* by providing strength to muscles and ligaments of neck region. *Anu taila* firstly mobilizes the *Kaphadhi dosha* from the *Sthanas* and acts as *Bruhmana*.

Effect of Kukkutanda Pinda sweda

Pinda sweda is highly effective in painful condition caused due to *Vatakapha dosha*.^[15] *Bhavaprakasha* in his *Vatavyadhi adhikara* has mentioned *Kukkutanda Sweda*, a form of *Snigdha Pinda Sweda* can be adopted in *Manyasthambha* as *Bruhmanartha*. Due its *Snigdha* and *Ushna guna* does Vasodilation inturn improves circulation of affected region, strengthens the muscle and regulates *Vata*, which relieves *Sthabdhatha* of the affected region and *Bruhmana* action is achieved.

Observation on Ruk

Out of 10 patients selected, all 10 patients had neck pain. Among them 4 patients showed mild reduction in the intensity of pain from 2nd day and remaining 6 patient's pain reduced after 5th day significantly. *Anu taila nasya* being *Sneha nasya* adopted here enters the *Sukshma srothas*, mobilizes *Kaphadhi dosha* from the *Sthana* and strengthens *Manya pradesha* by providing strength to muscles and ligaments of neck region. *Kukkutanda pinda sweda* having *Snigdha guna* along with other *Dravyas*, which possess the properties like *Vata shamana* reduces the *Ruksha guna* of *vata* and hence pain, was relieved after relieving *Avarana*.

Observation on Radiating Pain

Out of 10 patients selected, 9 patients had radiating pain. Among them 7 patients had significant reduction with respect to radiating pain after 5th day and 2 patients had mild reduction of pain was noticed after 7 days. After removing *Doshas* from the *Jatrurhva Pradheshha* through *Nasya karma*, *Kukkutanda Pinda sweda*, due its *Snigdha* and *Ushna guna* does Vasodilation inturn improves circulation of affected region, strengthens the muscle and thereby regulates *Vatadosha*, hence radiation of pain is reduced.

Observation on Stiffness

Out of 10 patients selected, 8 patients had stiffness. Among them 6 patients showed significant improvements after 5th day of treatment and another 2 patients showed mild reduction with respect to stiffness, which even persist after 7th day of treatment. *Swedana* has *Sthambhagna* property.

Kukkutanda pinda sweda being *Snigdha* and *Ushna*, due to its *Ushna guna* there will be vasodilation, which in turn improves circulation of affected region, hence *Vatadosha* is regulated and *Bruhmana* action is achieved.

CONCLUSION

Cervical Spondylosis is a degenerative condition of cervical spine causing Neck pain, Neck Stiffness, radiculopathy including motor function loss hampers the daily activities of individual. As it is a *Kaphavratha Urvajatrugata Vatavyadhi*, *Nasya karma* was adopted to remove *Kaphadhi dosha* and does *Snehana*, followed by *Kukkutanda pinda sweda* as *Vata shamanartha* and *Bruhmanartha*. Hence when compared between two groups, *Nasya karma* with *Anu Taila* followed by *Kukkutanda pinda sweda* (Group A) has significant result comparing to only *Nasya karma* with *Anu Taila* (Group B), as there was added procedural effect in the Group.

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