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Jinginyadi Nasya in the management of *Manyastambha* w.s.r. to Cervical *Spondylosis*: A Review

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Abstract:

At current era *Manyastambha* is most commonly occurring disorder; due to changing life style i.e. stressful jobs, dietary habits, travelling, improper posture of sitting, sleeping and working orders. *Manyastambha* is *Urdhvajatrugata Vyadhi* (supraclavicular region). So as per treatment point of view *Nasya* is effective *Karma* for *Manyastambh*. In the management of *Manyastambh* *Jinginyadi Nasya* is described by *Acharya Vangasena*. By signs and symptoms *Manyastambha* can be co-related with Cervical *Spondylosis* of modern era. As per research study the prevalence of Cervical *Spondylosis* is 5.23%. So as per prevalence of cervical *spondylosis* is common and major health issues to people and it can be solved with the help of treatment like *Nasya* in *Panchakarma*.

Keywords:

Manyastambha, *Nasya*, Cervical *Spondylosis*, *Panchakarma*, *Urdhvajatrugata Vyadhi*

INTRODUCTION -

Ayurveda basically derived three constituents of 'Shariram' i.e. *Dosha*, *Dhatu* and *Mala* ^[1]. Among three *Dosha's* *Vata* is described as 'Yantra Tantra Dhara' ^[2]. *Vayu* directs all the activities in body & henceforth *Vayu* is an active principle of body but when *Sama Avstha* of *Dosha* is disturbed pathology is generated.

Manyastambha has been described in *Bhruhatriees* and *Laghutriees*. A detail explanation of *Manyastambha* was given by *Acharya Charaka* and *Sushruta*. *Acharya Charaka* has described the *Vata Vyadhi* and categorised them into *Upasthamabhita* & *Nirupsthamabhita* ^[3] on the basis of types of pathogenesis and also *Samanyaja* & *Nanatmaja* ^[4] *Vata Vyadhi*. *Manyastambha* is *Nanatmaja Vata Vyadhi*. *Acharya Sushruta* has explained *Manyastambha* ^[5] with its treatment in detailed manner. *Manyastambha* is *Urdhvajatrugata Vyadhi* (supraclavicular region). So as per treatment point of view *Nasya* ^[6] is effective *Karma* for *Manyastambha*. *Nasya* is convenient, time and cost effective, easy with no side effect and act on root causes. In the management of *Manyastambha*, *Jinginyadi Nasya* ^[7] is described by *Acharya Vangasena*; which consist water soluble extract of *Manjishtha* & *Shuddha Guggula*.

By signs and symptoms, *Manyastambha* can be co-related with Cervical Spondylosis of modern era. At current era, *Manyastambha* is most commonly occurring disorder. Due to changing life style i.e. stressful jobs, dietary habits, travelling, improper posture of sitting, sleeping and working

orders as a result of this, *Manyastambha* i.e. cervical spondylosis has been increased.

As per research study the prevalence ^[8] of Cervical Spondylosis is 5.23% and it is more common in males than females the ratio is 3:1. So as per prevalence of cervical spondylosis is common and major health issues to people and it can be solved with the help of treatment like *Nasya* in *Panchakarma*.

AIM & OBJECTIVE-

AIM-

- To study the effect of *Jinginyadi Nasya* in the management of *Manyastambha* w.s.r. to Cervical Spondylosis.

OBJECTIVES-

Primary objective-

- A clinical study of *Jinginyadi Nasya* in the management of *Manyastambha* w.s.r. to Cervical Spondylosis.

Secondary objective-

- To study the *Nasya Karma*.
- To study the *Manyastambha Vyadhi*.
- To study Cervical Spondylosis.

Ethmology –

The term *Manyastambha* is composed of two words i.e. *Manya* & *Stambha*. *Manya* means neck & *Stambha* means stiffness. *Manyastambha* means stiffness in neck region. *Manyastambha* is explained as *Nanatmaja Vata Vyadhi*. Along with *Vata*, *Kapha Dosha* is also

associated. *Vata* is vitiated either because of *Kaphavarana* or *Dhatukshaya*. *Vata* is vitiated & lodged in the *Kapha Sthana* so the involvement of *Kapha Dosha* can occur. At the initial stage of *Manyastambha* the *Kapha Anubandhatwam* was acknowledge but when it becomes chronic, it becomes as a *Vata Vyadhi* only, which is degenerative condition in nature.

Causes of *Manyastambha*:

- *Diwaswapa* (day sleeping)
- watching downwards, upwards for the side for long time
- causing overstretching of neck
- wrong sleeping positions
- use of large pillow

Signs & Symptoms –

- *Manyashoola* (Pain in neck region)
- *Manyastambha* (Stiffness in neck)
- *Gaurava* (Heaviness)
- *Chimchimayana* (Numbness)

MATERIAL & METHOD –

Ayurvedic literature included *Sanhitas*, research articles & e-journals

Drug Review:

Sr. No.	Drug	Family	Latin Name	Rasa	Veerya	Vipaka	Guna/Prabhava	Part used
1.	<i>Manjishtha</i>	Rubiaceae	<i>Rubia Cordifolia</i>	Tikta, Kashay, Madhura	Ushna	Katu	Guru, Ruksha	Root
2.	<i>Guggula</i>	Burseraceae	<i>Commifora Mukul</i>	Tikta, Katu	Ushana	Katu	Laghu, Ruksha, Tikshna, Prabhava-Tridoshahara	Niryasa

were used as source material. Modern text including research publications were also used to understand modern point of view of *Manyastambha* which is co-related with cervical spondylosis. Pathophysiological compounds like *Dosha*, *Dhatu*, *Mala*, *Stratos*, *Roga Nidana* etc. were studied & interpreted treatment methods, formulations, compounds etc. were also reviewed from the point of their features, benefits, used to understand the various etiopathological changes described in *Ayurveda*. Result was observed from the findings of clinical studies on *Nasya*.

OBSERVATION -

Jinginyadi Nasya –

It is *Avapidaka* type of *Nasya*. In *Jinginyadi Nasya* homogenous paste (*Kalka*) in equal quantity 2 gms each both of *Manjishtha* & *Shuddha Guggula Choorna* is prepared by adding 6 ml water in it. After 10 minutes the *Kalka* is kept in pores cotton cloth and *Pottali* is prepared. For *Nasya Karma Pottali* is squeezed in patient's nostrils 4 *Bindu*^[9] in each nostril.

DISCUSSION: *Nasa* is mentioned as a gateway to *Shira* and diseases which affect the *Shira* can be cured by *Nasya*. It is said to be strengthening to shoulder and neck also. Thus the importance of *Nasya* is inevitable. Even in modern medicine also, nasal root of administration is taking new dimensions. Nasal root of administration is supposed to be the most potent drug delivery system as bioavailability of medicine will be more compared to other roots of administration.

Manyastambha in initial stage is *Shleshmanavrutta Vatta* when it becomes chronic, it becomes *Vata Vyadhi* only, which is degenerative condition in nature. *Jinginyadi Nasya* with *Sthanika Snehana* & *Svedana* acts on both condition. It breaks the pathology of the disease, gives strength to the neck region & improves the neck movement.

CONCLUSION –

- *Manyastambha* can be co-related with cervical spondylosis as per sings & symptom.
- *Jinginyadi Nasya* is *Avapidaka Nasya*.
- *Jinginyadi Nasya* is effective in both *Shleshmanavrutta Vataja* & *Vataja* condition.
- *Jinginyadi Nasya* can used in *Manyastambha* for 7 days continously for significant results.

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