



RESEARCH ARTICLE

ROLE OF NASYA AND ROOKSHA SWEDANA (VALUKA) IN THE MANAGEMENT OF MANYASTAMBHA-PILOT STUDY

Dr. Sahil Basotra¹ and Riya Jasrotia²

1. Assistant Professor, GAMC&H Akhnoor, Jammu.
2. Student Final Prof, GAMC&H Akhnoor, Jammu.

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Abstract

A comprehensive study is reported of nasya and rookshaswedana based on ayurvedic treatment in this paper. Manyastambha is a type of VatajaNanatmajaVyadhidiscribed under the heading of Vatavyadhi. It is characterized by symptoms like Ruk (pain) and Stambha (stiffness) in the Manyapradesha (cervical region) of UrdwajatruPradesha. Nasya is an important therapeutic procedure under the panchashodhan karmas. It is more or less essential in urdhvajatrugatavikaras. So Rukshasweda and Nasya is believed to have a noteworthy role in relieving the inflammatory condition and stambatwa with in the cardinal feature of manyastambha. Therefore, this study has been undertaken as an attempt to help the patients suffering from manyastambha in our society and also to evaluate the efficacy of these treatment modalities.

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Introduction:-

Nasya is an important therapeutic procedure as many of the courses of Ayurvedic treatment. It comes under the Panchashodhana karmas. It is more or less essential in all Urdhwajathruvikaras. Nasya is effective not only for inducing immediate results but also serves as a permanent cure. During the course of time, some therapies have been developed in Ayurveda. Apart from curing some of the obstinate and otherwise incurable diseases, these special therapies help in rejuvenating the body. Choorna Pinda sweda is the most important technique of rookshasweda. For this rookshasweda, a compound called kolakulathadichoorna which is mentioned by Charka is used and prepared by pounding all the drugs and made into a pottali for swedana purpose. A successfully employed rookshasweda is believed to help to a great extent, the patients suffering from different neuromuscular disorders and also several systemic diseases. Manyastambha is a vatajananatmajavyadhi the symptoms may include Ruka&Sthamba.^[1]

The most common symptom is pain in the neck, worsening with exertion and relieved, in the early stages, by rest. This pain often radiates down to the hand, with the fingers becoming numb due to compression of the nerves that innervate the upper extremity. The brachial plexus is affected. The trapezius area becomes tender and painful. A nodule can form in the muscle due to chronic pressure. The symptoms of cervical cord compression can sometimes be severe. The pain radiates down the right or left arm to the fingers, to the chest and shoulder blades depending on which side the nerve root is involved. It can become continuous, making movements painful and limited.^[2]

Ayurvedic textbooks have described special treatment modalities like RookshaSweda, Nasyakarma, Panchamulakwatha, Dashamulakwatha, KukudandSweda^[3] and Abhyangam

Corresponding Author:- Dr. Sahil Basotra

Address:- Assistant Professor, GAMC&H Akhnoor, Jammu.

Aims And Objectives:-

1. A detailed study on ValukaSweda, Nasya and Manyastambha (Cervical Spondylosis).
2. To evaluate the effect of ValukaSweda and Nasya in Manyastambha.

Materials And Methods:-**Clinical Study:**

The patients attending the OPD at Government Ayurvedic Medical College & Hospital, Akhnoor. The selection was done randomly after fulfilling the criteria of selection and eligibility for the study.

Sample Size – 10; Sample Duration – 7 Days

Selection Criteria

A) Diagnostic Criteria: Classical signs & symptoms of Manyastambha (Cervical Spondylosis):

1. Ruk (Neck pain)
2. Stambha (Neck stiffness)

Inclusion Criteria

1. Patients having classical signs & symptoms of Manyastambha (Cervical Spondylosis) such as Stambha and Ruk in Manyapradesha.
2. Patients between the age group of 20 to 70 years, irrespective of religion, sex, socio-economic status, occupation etc.
3. Patients fit for Nasya Karma and Swedana Karma.
4. Patients who are willing to sign the informed consent.

Exclusion Criteria

1. Patients below 20 and above 70yrs of age.
2. Pregnant women and lactating mothers.
3. Associated with severe systemic disorders like Hypertension, Diabetes etc.
4. Patients who are unfit for Nasya and Swedana Karma.
5. Some diseased conditions like Cervical Myelopathy, Prolapsed disc etc.

Treatment Plan:

| S. No. | Treatment | Dose | Duration |
|--------|-----------------------|-------------------------|----------|
| 1. | Ruksha (Valuka) Sweda | 15-20 min/day | 7 days |
| 2. | ShadbinduTailaNasya | 6 drops in each nostril | 7 days |

Grading for Assessment of Subjective & Objective Parameters

| | |
|--|--|
| Grading for Assessment of Subjective & Objective Parameters | 0 – No pain 1 – Mild pain 2 – More than mild pain but tolerable 3 – Moderately severe pain 4 – Severe pain 5 – Intolerable, perhaps suicidal pain |
| Grading for Assessment of Subjective & Objective Parameters | 0 – No movement 1 – Up to 25% of total movement 2 – Up to 50% of total movement 3 – Up to 75% of total movement 4 – Full range |

| | |
|------------------------|--|
| Extension | 0 – Full range 1 – Restricted movement 2 – No movement |
| Lateral Flexion | 0 – Full range 1 – Restricted movement 2 – No movement |
| Rotation | 0 – Full range 1 – Restricted movement |

| | |
|-----------------------------|---|
| | 2 – No movement |
| Passive Neck Flexion | 0 – Without any difficulty 1 – With some difficulty 2 – With much difficulty 3 – Unable to do |
| Muscle Strength | 0 – Complete paralysis 1 – A flicker of contraction 2 – Power is detectable only when gravity is excluded by appropriate postural adjustment 3 – The limb can be held in force of gravity but not the examiner's resistance 4 – There is some degree of weakness usually described as poor, severe or moderate strength |

Method:-

The patient had been given ValukaSwedana to the shoulders and the neck. Afterwards, Nasya with ShadbinduTaila with 6 drops has been instilled into each nostril. All Poorva and Paschath Karmas for these procedures were followed accordingly. Instruction regarding post-Panchakarma procedures (PariharaVishayas) has been explained to the patients after the Panchakarma treatment.^[4]

**Observation:-**

| Patient | Lakshan | Before Treatment | After Treatment |
|-----------|-------------|------------------|-----------------|
| Patient 1 | Ruka | | |
| | 1. Severity | Gr. 3 | Gr.1 |
| | 2.Duration | 2months | |
| | Stambha | | |
| Patient 2 | 1. Severity | Gr.2 | Gr.3 |
| | 2.Duration | 1.5months | |
| | Ruka | | |
| | 1. Severity | Gr. 4 | Gr.1 |
| Patient 3 | 2.Duration | 5months | |
| | Stambha | | |
| | 1. Severity | Gr.3 | Gr.0 |
| | 2.Duration | 5 months | |

| | | | |
|-----------|-------------|------------|------|
| Patient 3 | Ruka | | |
| | 1. Severity | Gr.2 | Gr.0 |
| | 2.Duration | 15 days | |
| | Stambha | | |
| Patient 4 | 1. Severity | Gr.1 | Gr.0 |
| | 2.Duration | 15 days | |
| | Ruka | | |
| | 1. Severity | Gr.4 | Gr.2 |
| Patient 5 | 2.Duration | 7 months | |
| | Stambha | | |
| | 1. Severity | Gr.4 | Gr.2 |
| | 2.Duration | 6-7 months | |

| | | | |
|-----------|------------------------|------------|------|
| Patient 6 | 2.Duration | 2 month | |
| | Stambha 1. Severity | Gr.1 | Gr.0 |
| | 2.Duration | 1-2 months | |
| | Ruka 1. Severity | Gr.2 | Gr.0 |
| | 2.Duration | 20 days | |
| | Stambha 1. Severity | Gr.1 | Gr.0 |
| | 2.Duration | 15 days | |

| | | | |
|-----------|------------------------|--------|------|
| Patient 7 | Ruka 1. Severity | Gr. 4 | Gr.2 |
| | 2. Duration | 1 year | |
| | Stambha 1. Severity | Gr.3 | Gr.1 |
| | 2. Duration | 1 year | |

Discussion:-

Manyastambha

Manyastambha (Greevastambha) is explained as a type of VatajaNanatmajaVikaras described under Vatavyadhi. It occurs due to the vitiation of Vata dosha either by Kapha dosha Avarana or by Dhatukshaya which later turns out to be KevalaVatavyadhi. It is a progressive disorder, so timely proper treatment is very important. Classical textbooks advised RookshaSweda (dry sudation) and Nasya Karma (Nasal instillation) for the management of Manyastambha. Swedana (sudation) is said to be a specialized treatment to provide unparalleled relief in pain, swelling and stiffness associated with the disease. It is also responsible for Agnideepti, Mardavatha, Vikaropashamana, SthambaNigraha and Shoolahani.^[5]

Probable Mode of Action

Valuka is KaphaVataghna. RookshaSweda with Valuka (sand) does Srothoshodhana thereby subsides the vitiated Kapha in Manyapradesha and may help to release Kaphavarana. The application of heat causes relaxation of muscles and tendons, improves the blood supply and activates the local metabolic processes which are responsible for the relief of pain, swelling, tenderness and stiffness. Hence, Rooksha (Valuka) Sweda may help to relieve the pain and stiffness of the neck.

Nasya karma is explained as the best treatment for UrdhwajatrugataVikara. In the initial stage of Manyastambha, Kaphavarana is there and later aggravation of Vata dosha and Dhatukshaya. The ingredients of ShadbinduTaila are Tridosahara, Balya, Rasayana, Srothoshodhaka and Vedanasthapaka properties which may help to pacify Kaphavata. Nasya reaches the Shringatakarma, spreads all over, scratches the morbid Doshas of Urdhwajatru and excretes them from Uttamanga. It helps to relieve the pain and stiffness of the neck by increasing vasodilation and enhancing the vital circulatory process of the body, especially the cervical region and thus providing strength to the neck and shoulder it removes spasms and rigidity of the muscles.

The overall effect of therapy in the trial is significant and provides a 9.09% improvement in all the subjective and objective parameters. All the parameters of Swedana and Nasya are highly significant and show 34.35% and 97.83% improvement respectively.

Conclusion:-

Manyastambha is a Vatavyadhi that occurs due to the vitiation of Vata dosha either by Kapha dosha Avarana or by Dhatukshaya in all the components of the cervical spine leading to pain and stiffness of the back of the neck. RookshaSweda (Valuka) and Nasya Karma provided better results in relief of pain and stiffness of the back of the neck and are effective in the management of Manyastambha (Cervical Spondylosis).

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