



A COMPARATIVE CLINICAL STUDY ON THE THERAPEUTIC EFFECT OF SELECTED YOGASANA AND ANU TAILA NASYA FOR MANYASTAMBHA (CERVICAL SPONDYLOSIS) IN THE ELDERLY POPULATION

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ABSTRACT

Cervical Spondylosis is a degenerative condition of the cervical spine. Pain and stiffness are the primary symptoms. Often, there may be referred symptoms in the upper limb. Cervical Spondylosis can be co-related with Manyastambha in Ayurvedic prospective. A 66 year female patient had pain & stiffness in the neck and tingling sensation in right upper limb. On examination there was decrease range of cervical movement. On X-ray findings spondylotic changes were seen in the cervical spine. Total number of Patient taken were 60. Half of the patient i.e. in Group A 30 patients were treated with Yogasanas (Bhujangasana, Gomukhasana, ardhmatsayasana) and the rest half i.e Group B 30 patients were treated with Nasya therapy (Anu taila nasya). There was marked improvement in pain and full range of movement was achieved.

KEYWORDS : Manyastambha, Yogasanas, Anu taila nasya, cervical spondylosis

INTRODUCTION:-

Cervical Spondylosis is a degenerative condition of the cervical spine⁽¹⁾ Pain and stiffness are the primary symptoms. Often, there may be referred symptoms in the upper limb. Radiation of pain from shoulder to digits along the course of the nerve indicates nerve root compression. Paraesthesia in the form of tingling, pins and needle may be present in the hand.⁽²⁾ Cervical Spondylosis may affect males earlier than females. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by it.⁽³⁾ By age 60, 70% of women and 85% of men show changes consistent with Cervical Spondylosis on X-ray.⁽⁴⁾

Cervical Spondylosis can be co-related with *Manyastambha* in Ayurvedic prospective.⁽⁵⁾ *Manyastambha* has been enumerated in eighty *Nanatmaja Vata Vyadhis*⁽⁶⁾ According to Monier William, *Manya* means the back or the nape of the neck.⁽⁷⁾ The meaning of the word *Stambha* is *Nischalikarana*. *Stambha* means stiffness, rigidity, make stiff or immovable. Thus *Manyastambha* is the clinical entity in which the back of the neck becomes stiff or rigid and the movements of the neck are impaired. The Symptoms of Cervical spondylosis with radiation of pain from shoulder to digits, Paraesthesia in the form of tingling, pins and needle can be correlated with *Viswachi* but Primary symptoms indicate towards *Manyastambha*. According to *Acharya Sushruta*, sleep in day time, leaning or sleeping on an uneven place, constantly gazing upwards lead to the disease *Manyastambha*⁽⁸⁾

Yoga therapy is particularly appropriate for many chronic conditions that persist despite conventional medical and surgical treatment. According to 'YogaSasthra' practice of asana removes pain and among the group of asanas Bhujangasana, Gomukhasana, ardhmatsayasana are effective in relieving pain and stiffness in cervical region. Therefore study of these asanas was taken.

Anu tail is tri-doshashamaka, anti-inflammatory, gives strength to nerves and has capacity to spread through minute channels. Use of Anutaila strengthens the neck, shoulder, chest muscles and improves the capacity of sense organs. It delays the aging process. It removes toxins and congestion from head.

MATERIALS AND METHODOLOGY:

Clinical Study

Clinical trial on 60 patients diagnosed with manyastambha were selected based on the inclusion criteria and divided into two group of each having 30 patients between the age group of 60-80 years of both the sex will be carried out. Investigations and the parameters of signs and symptoms was scored on the basis of standard method and were analyzed statistically using appropriate test.

Assessment Criteria

Inclusion Criteria:

a) Patients presenting with praryatma lakshana of Manyastambha (Cervical Spondylosis) were included.

- b) Patients of either sex aged between 60 to 80 years were included.
- c) Patients willing and able to participate and perform therapy in the study for 3 weeks were included.
- d) Patients indicated for Asana's and nasya were included in the study.

Exclusion Criteria:

- a. Secondary cases of cervical spondylosis i.e. fracture, Rheumatic Arthritis, Osteoporosis etc are excluded.
- b. Patients with degenerative changes were excluded from the study
- c. Patients contra-indicated for Asanas and Nasya were excluded from the study.
- d. Patients suffering from any other systemic disease were excluded.

Source of Data

A minimum of 60 patients fulfilling the inclusion criteria were selected for the study from the OPD and IPD of BVP Ayurveda Hospital, katraj-dhankawadi, pune.

Treatment details for each group:-

- a) Group A
 - Yogasanas was advised to 30 patients selected randomly for a period of 21 days.
- b) Group B
 - Nasya with anutaila was advised to 30 patients selected randomly for a period of 21 days.

Period of study: 45 days

Follow up:

All the groups were examined periodically for expected results.

- | | |
|---------------------------|---|
| 1 st follow-up | - on 7 th day |
| 2 nd follow-up | - on 15 th day |
| 3 rd follow-up | - on 21 th day |
| 4 th follow-up | - on 35 th & 45 th day (Post treatment) |

- Duration of the treatment: 21 days
- Total period of study: 45 days

Asana:- Ardhamatsyendrasana, Bhujangasana & Gomukhasana.

NASYA:- ANU TAILA NASYA

Timing:- twice daily –morning 6 a.m. to 7 a.m. & evening 6 p.m. to 7 p.m.

Methods:-

- Total time for Yogasanas was approximately 15-20 minutes, which includes –warm up exercise for 1-2 minutes followed by - Omkara chanting for 1-2 minutes - Procedure time for Asana is 15 minutes - Step wise procedure of Asanas was carried out as per the text.

1.Bhujangasana:- According to gherand Samhita⁽⁹⁾:-

Definition- It consists of 2 words- Bhujanga + Asana Bhujanga-sarpe (serpent).

Asana-Asyate aste va anena iti Asana. That which gives steadiness & comfort to the body. The Asana which resembles the —hooded snake . Bhujangasana comes under Yogic procedures done in lying down prone position. Also called as the —cobra pose -as it resembles the pose of hooded cobra & also as it is said to influence the kundalini shakti.

Advantages:-

- Relieves back pain and promotes the flexibility of spine.
- Exercises the vertebrae while stretching them.
- When full posture is done, bhujangasana also contracts and relaxes the back muscles.
- Relieves stress and fatigue. Posterior, arm, shoulder and wrist become strong

2.Gomukhasana:-⁽¹⁰⁾

Definition- The word gomukha means the cow head. Gomukhasana is the pose which resembles cow head hence also called as cow head pose. Two feet to be placed on the ground and the heels to be placed contrariwise under the buttocks; the body to be kept steady and the mouth raised and sitting equably this is called the gomukhasana; resembling the mouth of the cow.

Advantages:-

- Promotes mobility of shoulder and hips.
- Strengthens the muscles of chest and back.
- Improves a rounded back and sideways curvature of the spine.
- Facilitates deeper breathing, cures loss of appetite, constipation, backache and arm sprain.

3.Ardhamatsyendrasana:- According to Gerend Samhita:-⁽¹¹⁾

- This Asana is named after the great Yogi Matsyendranath, who is reputed to have performed meditational practices in the full form of this Asana called Ardhamatsyendrasana.

BENEFITS:

- It has been found useful for helping to treat all manner of ailments, including diabetes, indigestion, rheumatism and constipation.
- Ardha Matsyendrasana has been found beneficial in the treatment of backache, neckache, stiffness and headache as well as general body stiffness.
- It helps to remove any tendency towards round shoulders and has been found useful by many people who have mild cases of sciatica, slipped disc, cervical spondylosis etc.

Nasya:

The word Nasya is derived from 'Nasa' Dhatu (Vacaspatyam). Administration of medicines through the nasal passage is known as Nasya Karma. According to Bhavamishra medicines administered through nose is Nasya. Sharangdhara and Vagbhata have same view. Nasya is one such purificatory procedure in order to prevent control & cure the urdhwajatrugata rogas as nasa is the door to shiras. Nasya is an important procedure explained under vaiyaktika swasthavritta as one of the cleaning process for channels in head and neck region.

STATISTICALANALYSIS:-

The software used for data analysis was SPSS software. The obtained information was analyzed statistically by using the Wilcoxon test to know the effect of treatment in both groups individually.

Observations

GROUPA :- Effect of YOGASANAS

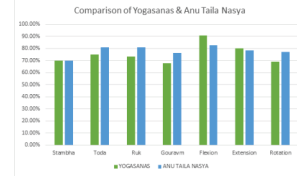
- No of patients = 3
- Clinical examination Mean score Percentage of relief
- BT AT

Parameter	BT	AF	% Improvement
Stambha	2.86667	0.866667	69.77 %
Toda	3.2	0.8	75.00 %
Ruk	2.2667	0.6	73.53 %
Gouravm	2.2667	0.7333	67.65 %
Flexion	1.0667	0.1	90.63 %
Extension	1.1667	0.2333	80.00 %
Rotation	1.4	0.4333	69.05 %

GROUPB :- Effect of ANU TAILANASYA

- No. of patients = 30
- Clinical examination Mean score Percentage of relief
- BT AT

Stambha	3.1	0.93333	69.89 %
Toda	3.16667	0.6	81.05 %
Ruk	2.2667	0.4333	80.88 %
Gouravm	2.4	0.5667	76.39 %
Flexion	1.5333	0.2667	82.61%
Extension	1.5333	0.3333	78.26 %
Rotation	1.6	0.3667	77.08 %



RESULTS :- The result of our study showed that there is a statistically significant difference between Group A & Group B. The result analysis shows significant improvement in both the groups.

DISCUSSION ON RESULTS :-

STAMBHA:- Observation shows mean increment of 69.77% in Group A and 69.89% in Group B.

- With the gentle stretching of muscles and joints- release muscle tension- increases flexibility thus helps in removal of stiffness.
- Anu taila with its capacity of penetrating minute channels helps in vata shaman thus reducing stiffness of cervical joints.

TODA :- Observation shows 75% relief in Group A and 81.05% relief in Group B.

- Continuous practice of selected yogasanas lead to automatic relaxation of contracted muscles and normal flow of vata in Manya Pradesh. Thus aggravated vataguna like chala, ruksha, toda are reduced.
- Anu taila get properly absorbed in siras due to which anuloman of vata occurs which help in reducing the pricking sensation in Manya Pradesh.

RUK :- Observation shows 67.65% relief in Group A and 76.39% relief in Group B

- Due to sthiratwa and vata shaman guna of asana, aggravated vata subsides and pain reduces. The reduction in pain and stiffness and increase in the range of movement occurs with the regular practices of yogasanas.

- Anu taila nasya has deepan, pachan, tridosh-hara property and with the help of these properties shaman of aggravated vata dosha occurs which provide relief in pain in manya region.

GOURAVM :- Observation shows 67.65% of relief in Group A and 76.39% of relief in Group B.

- Yogasanas allows flexing of muscles and one can stretch muscles without much efforts. Yogasanas causes vata shaman and increases mamsa dhatu bala and Asthi Pushti.
- Sneha dravya reaches to cellular level due to its properties like sukshma & vavayi guna which helps in pacifying vata and kapha dosha thus resulting in reduction of gouravam.

FLEXION :- Group A shows 90.63% of relief in patients while Group B shows 82.61% relief in patients.

- Yogasanas helps in gentle stretching of muscles and joints which releases muscle tension and increases flexibility.

- Anu taila helps in mamsa dhatu bala which helps in proper flexion of cervical muscles.

EXTENSION :- Observations shows 80% of relief in patient in Group A and 78.26% of relief in patient in Group B.

- Continuous practice of selected yogasanas causes structural changes in the joints which helps in the realignment of the bones and cartilages.
- Nasya helps in stimulation and nourishment of sira, snayu, asthi and majja of manya.

ROTATION:- Observation shows 69.05% relief in patient of Group A and 77.08% relief in patient of Group B.

- Sthirata guna of asanas gives bala to mamsa & asthi dhatu and causes vata shaman which helps in rotation of neck region.
- Nasya with its snehan property reduces friction between the joints, thus helps in proper rotation of cervical joints.

CONCLUSION:

1. Increased level of environmental pollution, poor dietary habits, lack of exercise and with decreased immunity have subjected man to innumerable modern health hazards and one of such condition is Cervical Spondylosis.
2. Group A showed significant result compared to Group B in patients suffering from flexion and extension
3. Group B showed significant results compared to Group A in patients suffering from stambha, toda, ruka, gauravam and Rotation,
4. Both Group showed significant results in patient suffering from cervical spondylosis.
5. Nasya with anu taila helps in degenerative conditions of cervical spondylosis as its name indicates it is having the capacity to penetrate minute channels.
6. Anu taila with its Shamana, Bruhana & snehana property is tridoshghana in nature.
7. The pain, stiffness and decrease in the range of movement at the spine are due to structural changes in the joint. The pathology is due to the compression of nerve roots plexes.
8. Asana definitely plays an important role in prevention of Kati shula, Manyashula and associated symptoms without any side effects.
9. Asanas can be practiced without causing any undue disturbances in their daily routine of life irrespective of age, place, climate or any other such factor.

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