



CLINICAL EVALUATION OF MASHADI TAILA NASYA IN MANYASTAMBHA WITH SPECIAL REFERENCE TO SHARANGDHAR SAMHITA

Ayurveda

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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 can be co-related with Cervical Spondylosis in modern prospective. According to Acharya Sushruta, sleep in day time, leaning or sleeping on an uneven place, constantly gazing upwards lead to the disease Manyastambha having the symptoms of Manyashool, Manyastambha, Bahushosha and Greevashool. Nasya Karma, being the treatment of choice in Urdhwajatrugata Vata Vyadhis, is adopted in the management of Manyastambha. Nasya by Mashadi Taila is a drug of choice in Manyastambha mentioned by Acharya Sharangdhar.

As Manyastambha is one of the Vatavyadhi, Snehana or B uhana Nasya is beneficial. The medicines used for the preparation of Mashadi Taila are having the Vata Kaphahar Properties. Punarnava, Shunthi, Prasarini, Rasna, Shatapushpa and Pippali are having the properties of Ushna, Katu, Tikta. These all Gunas are the antagonist of Vata and Kapha Dosha which is present in Manyastambha Vyadhi.

KEYWORDS

Manyastambha, Nasya, Mashadi Tail

INTRODUCTION

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 can be co-related with Cervical Spondylosis in modern prospective.

In today's busy world people work for long hours on computers, do night jobs, take long drives, watch television for hours, sleep over abnormally soft mattress and pillows, and give least importance to proper physical, mental exercises and food habits. The modified, restless, sedentary, sophisticated lifestyle has resulted in increasing incidence of Manyastambha Vyadhi.

According to Acharya Sushruta, (Su. Ni.1/67) sleep in day time, leaning or sleeping on an uneven place, constantly gazing upwards lead to the disease Manyastambha having the symptoms of Manyashool, Manyastambha, Bahushosha and Greevashool.

Nasya Karma, being the treatment of choice in Urdhwajatrugata Vata Vyadhis, is adopted in the management of Manyastambha. Nasya by Mashadi Taila is drug of choice in Manyastambha Mentioned by Acharya Sharangdhar. (Sha. Ma.9/122-130)

As Manyastambha is one of the Vatavyadhi, Snehana or B uhana Nasya will be beneficial. The drugs used in Mashadi Taila, having the Gunas like Snigdha, Ushna, Katu, Tikta. These all Gunas are the antagonist of Vata and Kapha Dosha thus palliates the Vata and Kapha Dosha of Manyastambha Vyadhi.

AIM AND OBJECTIVES

1. Literary study of Manyastambha Vyadhi and Nasya Karma.
2. Literary study of the ingredients used in Mashadi Taila.
3. Literary study about the effect of Mashadi Taila Nasya in Manyastambha Vyadhi.

MATERIALS AND METHODS

1. Literary Review of Manyastambha Vyadhi i.e. Nidana, and Rupa was studied from Charak Samhita.
2. Literary review of Nasya Karma was studied from Charak Samhita.
3. Review of Drugs used in Mashadi Taila i.e. Properties and Karmukta of each drug was studied from Charak Samhita and Bhavprakash Nighantu
4. Collection of all the references was done and correlation between the data was done by using Yukti Pramana (logical inferences).

OBSERVATIONS

In Literary review we observed following observations:

- 1) Nidana & Samprapti of 'Manyastambha Vyadhi'

Sleep in day time, leaning or sleeping on an uneven place, constantly gazing upwards lead to the disease Manyastambha (Su.Ni.1/67) Due to these factors Vata gets vitiated. Sleep in day time leads to the vitiation of Kapha. These vitiated Vata and Kapha accumulates at Manyastambha region and produces the symptoms of Manyastambha Vyadhi.

2) Rupa (Symptoms and Signs)

Manyashool, Manyastambha, Bahushosha and Greevashool are the symptoms of Manyastambha Vyadhi.

3) Nasya Procedure Review:

Ingestion of medicine (Oil, Decoction, Siddha Ksheer) in nostrils is called as Nasya. (Su.Ch. 40/21). It is indicated in all Urdhwajatrugata Vikaras (Ah. H.Su.20/1). Manyastambha is one of the Vatavyadhi mentioned as Urdhwajatrugata Vikara. Based on Medicine used for Nasya it works as Shodhan, Shaman, Tarpan/ Bruhan and Prasadan. As Manyastambha is Vatapradhan Kaphanubandhi, the Mashadi Siddha Taila will be beneficial in this condition.

4) Drug Review:

Acharya Sharangdhar has mentioned Mashadi Tail Nasya is the best treatment modality for Manyastambha Vyadhi. Drugs used in this Yoga are Guduchi, Erand, Punarnava, Jatamansi, Kushtha, Shunthi, Prasarini, Rasna, Katuka, Shatapushpa, Pippali.

PROPERTIES OF EACH DRUG ARE-

Drug name	Latin name/Family	Rasa	Guna	Veerya/Vi pak	Doshaghna
Guduchi	Tinospora cardifolia	Tikta, Kashaya	Laghu	Ushna/Madhur	Tridosha Shamaka, Samgrahi, Balya Dipana, Rakta Shodhaka
Erand	Ricinus Communis	Madhur	Guru, Snigdha	Ushna/Madhur	Visya, Vatahara, Amapachan
Punarnava	Boerhaavia Diffusa	Madhur, Tikta, Kashaya	Ruksha	Ushna/Madhur	Vata Shleshmahara, Mutrala, Shothahara, Vata Anulomana
Jatamansi	Nardostachys, Jatamansi	Tikta, Kashaya	Laghu	Sheeta/Katu	Tridosahar, Medhya, Varna, Nidrajanan

Kushtha	Saussurea	Katu, Tikta	Laghu	Ushna/Katu	Kaphavatajit, Shukrala, Rakta Shodhak, Varnya
Sunthi	Zingiber Officinale	Katu	Laghu, Snigdha	Ushna/Madhura	Dipana, Pachana, Anulomna, Aamdoshahara, VataKaphahar, Hridya
Prasarini	Paederia Foetidalinn	Tikta	Guru, Sara	Ushna/Katu	Vatahara, Vishya, Balakrut, Sandhankrut
Rasna	Piuchealancelata	Tikta	Guru	Ushna/Katu	Kaphavatahara, Amapacana
Katuka	Picrorhiza Kurroa	Tikta, Katu	Laghu	Ushna/Katu	Pittahara, Dipani, Bhedini, Hrudy, Jwarahara
Shatapushpa	Anthemum Sowa	Katu, Tikta	Snigdha	Ushna/Katu	Vatahara, Kaphahara, Dipana, Shulaprashama
Pippali	Piper longumlinn	Katu	Laghu, Ruksha	Ushna/Katu	Vatahara, Kaphahara, Dipana, Pachana, Vatanuloman, Ruchya, Vata Prashamana

DISCUSSION

- Vataprakopakara Viharaja Nidana like leaning or sleeping on an uneven place, constantly gazing upwards lead to Vataprakopa and Diwaswap (sleep in day time) causes Kaphaprakop in Manya (neck) region. These Nidanas are also responsible for Dushti of Asthi and Majja Dhatu which plays major role in pathogenesis of Manyastambha.
- Effect of Tarpan/ Bruhan Nasya (Errhine therapy) – Manyastambha is one of the Urdhwajatrugata Vatavyadhi. In which vitiation of Vata dosha is the main criteria. The vitiated Vata along with Tarpak Kapha causes the Manyashool, Bahushosha, Greevashool and Manyastambha. Bruhan Nasya is beneficial for Vata dosha and also for Kapha Dosha. Nasya softens the Rukshatwa of Vata dosha. (Ch.Su.25/40). In Vata Upakrama Snehan (Abhyantar and Bahyya) is advised. (A.H.Su.U.13/1). Bruhan Nasya is one of type of Abhyantar Snehan. By Bruhan/ Tarpan Nasya, Vata & it's different varieties are gets normalize. (Ch.Su.20/16). It nourishes the Pranvaha Strotas and nerves also.
- Efficacy of Mashadi Taila (Karmukta) – Acharya Sharangdhar has stated that, in Manyastambha Vyadhi, Mashadi Taila should be used as a Tarpan/ Bruhan Nasya. The drugs used in Mashadi Taila are Guduchi, Erand, Punarnava, Jatamamsi, Kushtha, Shunthi, Prasarini, Rasna, Katuka, Shatapushpa, Pippali. Out of these, Guduchi, Punarnava, Jatamamsi, Kushtha, Shunthi, Katuka and Pippali are having the properties of Laghu and Ruksha. These properties act on Kapha Dosha. Erand, Shunthi, Prasarini, Rasna, Shatapushpa are having the properties of Guru and Snigdha which act on Vata Dosha. Due to all these properties vitiated Vata and Kapha Doshas gets normalised.
- Because of all these effects and nourishment of nerves, there is Lakshanopshay in Manyastambha Vyadhi.

CONCLUSION

The reduction in signs and symptoms of Manyastambha Vyadhi can be achieved by Mashadi Taila in the form of Tarpan/ Bruhan Nasya.

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