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## ‘A critical review on Manyasthambha according to Ayurveda.’

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### Abstract:

Manyasthambha is a vataja nanatmaja vyadhi. Incidence of Cervical spondylosis is increasing which hampers the quality of life. Cervical spondylosis is a degenerative condition of the cervical spine, it can be correlated with Manyastabha in Ayurveda, this condition affects the vertebral bodies and intervertebral disc of the neck. Spondylosis progresses with age and often develops at multiple interspaces. Acharya Charaka has mentioned about Manyasthambha in Trimarmeeya chapter of Siddhi Sthana. The Vata Dosha along with Kapha Dosha gets vitiated and takes ashraya at Manyapradesha affecting the Manya siras causing stambhana and ruja of neck. Preventive measures and nidhan parivarjan helpful in reducing the signs and symptoms of Manyastmabha.

**Keywords:** Manyasthambha, Trimarmeeya, nanatmaja vyadhi, Cervical spondylosis.

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**INTRODUCTION:**

Manyastambha is a vataja nanatmaja vyadhi<sup>4</sup> can be correlated to cervical spondylosis.<sup>[1]</sup> Most of the persons are suffering from cervical spondylosis. Incidence of Cervical spondylosis is increasing every year. This hampers the most active phase of life. Cervical spondylosis is a degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral disc of the neck. Spondylosis progresses with age and often develops at multiple interspaces. Acharya Charaka has mentioned about Manyastambha in Trimarmeeya chapter of Siddhi Sthana, he explained Manyastambha is because of head injury i.e. Shiro abhighatam and considered Antharayama as Manyastambha.<sup>[2]</sup>

**Objectives:**

1.To review the Manyastambha according to Ayurvedic point of view.

**Methodology:**

Literary and conceptual study was done on Manyastambha compilation from the *Brihatrayees*, *Laghutrayees*, and other classical books including journals, presented papers, previous work done and co-related,

analysed with the knowledge of contemporary science on the subject.

**Manyastambha :**

Manyastambha derived from two words 'Manya' and 'Stambha'. According to Aruna Dutta the commentator of Astang Hrdaya the meaning of the word Manya is two Nadis, laterally to the Neck. The meaning of the word Stambha is Niscalikarana (Dalhana).<sup>[3]</sup> Acharya Sushruta, has described Manyastambha as the main symptom of Apatanaka, in Vata vyadhi<sup>[4]</sup> Madhava Nidana<sup>[5]</sup>, Bhavaprakasha,<sup>[6]</sup> and Sharangadhara Samhita,<sup>[7]</sup> distributed Manyastambha as individual disease by discussing its detailed pathology along with its specific line of treatment. Manyastambha described as independent disease and discussed Nidana and treatment in Vangasena<sup>[9]</sup>, Bhaishajya Ratnavali<sup>[10]</sup> Chakradatta.<sup>[11]</sup>

**Nidana of Manyastambha:**

Manyastambha is one of the Vatananatmaja vikara. Various Nidan given as per various Acharya as below-

**Table No:01 Vatavyadhi samanya nidana according to different authors.**

<b>Nidanas</b>	<b>C. S.</b> <sup>[11]</sup>	<b>S. S.</b> <sup>[12]</sup>	<b>A. H.</b> <sup>[13]</sup>	<b>M. N.</b> <sup>[14]</sup>
Alpabhojana	+	+	+	+
Abhojana	+	+	-	+
Atimargagamana	+	+	-	+
Ativyayama	+	+	+	+
Adyashana	-	+	-	-
Aharaparinama Kala	-	+	-	+
Attyuchha Bhashana	-	-	+	-
Atipurishakshaya	+	-	-	-
Amajavyadhi	+	-	-	-
Abhighata	+	+	-	-
Bhaya	-	-	-	-
Balvata Vighraha	+	-	-	+
Chinta	-	+	-	-
Klama	+	-	+	+
Diwaswapa	+	-	-	-
Dhatukshaya	+	-	+	+
Grishma Varsha Ritu	-	+	-	-
Katu Tikta Kashaya Sevena	+	+	+	+
Dukkhashayya	+	-	-	+
Kriya atiyoga	+	-	+	-
Krodha	+	-	-	+
Laghu Bhojana	+	+	-	+
Langhana	+	+	-	+
Maithuna	+	+	-	+
Marmaghata	+	-	-	+

Plawana	+	+	-	+
Ruksha Sevana	+	+	-	-
Ratrijagarana	+	+	-	+
Rogajanita Dourbalya	+	-	-	+
Sheeta Sevana	+	+	+	+
Sushka Shaka Mamsa Atisevana	-	+	-	-
Shoka	+	-	+	+
Sahasa	-	+	-	-
Shrama	-	+	-	-
Udvega	+	+	+	+
Vishamasana	-	+	-	-
Vegadharana	+	+	+	+
Masura Mudga Nishpava Atisevana	-	+	-	-

C. S.- Charak Samhita, S. S.- Sushrut Samhita A. H.- Astang hruday M. N. – Madhav Nidan

**Table No:02 Vishistha Nidana of Manyastambha according to different classics**

Nidana	S. S. <sup>[15]</sup>	M. N. <sup>[16]</sup>	B. P. <sup>[17]</sup>	Y. R. <sup>[18]</sup>
Diwaswapna	+	+	+	+
Asanasthana Vikruti	+	+	+	+
Urdwanireekshana	+	+	+	+

B.P.-Bhavprakash, Y.R.-Yogratnakar

Dalhana clarifies that by looking upwards continuously is vakra position of manya leads to minor trauma and precipitates the symptoms. In Charaka Samhita abigathwam of siras is one of the reasons for Manyastambha. <sup>[19,20]</sup>

### Samprapti of Manyastambha (pathogenesis) :<sup>[21]</sup>

The knowledge of Samprapti is very much essential from treatment point of view and it also helps to understand complete pathogenesis of a disease. Due to nidana

sevana Vata gets vitiated and gets Kapha avruta, which in turn does sthabdatha of fourteen manya siras situated in the back of neck and results in Manyastambha. The Vata Dosha along with Kapha Dosha gets vitiated and takes ashraaya at Manyapradesha affecting the Manya siras causing stambhana and ruja of neck. Vata prakopa Nidanas mentioned like dhatukshaya, which mainly occur after 40 to 50 years of life in terms of degenerative changes found in the cervical spine.

#### Samprapti ghatakas:<sup>[22]</sup>

- **Dosha** - Vata - Vyanavata Kapha -shleshmaka kapha

- **Dushya** - Asthi and Majja, Snayu, Mamsa
- **Agni** - Jatharagni, Asthi and Majja Dhatwagni
- **Srotus** - Asthi and Majjavaha
- **Srotodusti Prakara** - Sanga Udbhava sthana -Pakwashaya
- **Sancharasthana** - Rasayani Vyaktasthan - Greeva Vyadhi
- **Swabhava** - Chirakari
- **Rogamarga** - Madhyamarogamarga

**Table No:03 Vyavachedak nidana (Differential diagnosis)**

Vyavachedak nidana				
Parikshawidhi	Manyastambha <sup>[23]</sup>	Avabahuka <sup>[24]</sup>	Vishwachi <sup>[25]</sup>	Amsasosha <sup>[26]</sup>
<b>Nidan</b>	Diwaswapna Asamasthan	Vata Doshaprakopaka	Vata Doshaprakopaka	Vata Doshaprakopaka
<b>Purva Rupa</b>	Alpashula in Manya	Shool in Manya Karna,	Shool in Talam Prutyanguli,	Shool in Amsa, Manya, Prusta
<b>Rupa</b>	Shool & stamba in Manya	Prusta, Bahu Manya, Prusta Shool	Kandara, Bahuprista	Shool more in Amsa
<b>Dosha</b>	Vata kapha	Vata kapha	Vata	Vata-kapha
<b>Adhithana</b>	Manya pradesha	Bahupradesha	Hastatalam	Amgapradesha

**DISCUSSION:**

Manyastambha is one of the Vatajanantmaja vikara. The condition of Manyastambha, is the clinical condition in which the back of the neck becomes rigid or stiff and the movements of the neck are impaired. The stiffness of neck is consequence of aggravated vata lodging in the cervical region. Along with Vata, Kapha dosha is also associated in this disease. Vata is vitiated either because of kaphavarana or Dhatu kshaya. Vata is vitiated and lodged in the Kapha sthana so the Kapha involvement can occur.

**CONCLUSION:**

Manyastambha is one of the Vatajanantmaja Vyadhi, Acharya Sushruta have mentioned Kapha Avruta Vata and included under Vatajanantmaja vyadhi. Manyastambha, it can be correlated with Cervical spondylosis, it is a degenerative condition of the cervical spine that affects the vertebral bodies and intervertebral disks. Vata dosha involvement in etiopathogenesis is dominant so treatment and preventive plan should be done accordingly.

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