



A CASE STUDY ON MANAGEMENT OF MANYASTAMBHA (CERVICAL SPONDYLOSIS) WITH UPANAHA SWEDANA.

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Need for the Study-

Cervical spondylosis is a natural age-related disease process that is associated with degenerative changes within the inter vertebral disc. This disease that lasts for long time associated with and influencing many systemic conditions is treated as an immuno- musculoskeletal disorder, explained in modern medicine which has a close resemblance with the clinical entity of MANYASTAMBHA.

In recent years an intense study of different conditions primarily involving the musculoskeletal structures has been made and it revealed that inflammatory or degenerative changes occur in disease like cervical spondylosis .There is no cure for arthritis but recent discoveries indicate that remission of symptoms is more likely when treatment begins early.

This study reviews the evaluation and management of cervical spondylosis and highlights the role of the inter professional team in evaluating and treating patients with this condition with the help of Ayurvedic Upanaha Swedana Therapy.

BASELINE-

The completion of the study was assessed with following parameters before and after treatment-

Subjective Parameters-

- 1. Visual Analogue Scale for gradation of Pain (VAS)**
- 2. Range of Movement**

Objective Parameters-

Goniometer Reading for assessing range of Flexion, Extension, Right and Left lateral movements

Subjective parameters-

1. On the VAS-Ruk (Pain in Manyapradesh) improved from Severe Pain (BT) to No pain (AT).
2. Stambha (Stiffness in Manyapradesh) improved from a range of 75-100% restricted movement(BT) to Normal movement (AT).

Objective parameters-(Goniometer reading)

1. Flexion- Range improved from 55degrees (BT) to 75degrees (AT).
2. Extension- Range improved from 30degrees (BT) to 50degrees (AT).
3. Right Lateral- Range improved from 25degrees (BT) to 45degrees (AT).

Left Lateral- Range improved from 20degrees (BT) to 45degrees (AT).

Description of Patient –

Name of Patient - Miss. ISHA BABY , NONGRUM

Age - 26 years

Gender - Female

Nationality - Indian

State - Assam

District - kamrup

Appearance - On the first appearance, the patient appear immobile and stiff at the head ,neck region .

Physical and mental disposition - Pt. Stable . BP- 130/80 mm/hg, The patient readily agreed to take the therapy.

Occupation and socio-economic status – Tailoring Profession

☒ On examination- Tenderness +

☒ P/H/O- X-ray of Cervical spine AP& Lateral .

☒ Lateral view - Cervical spine that was done on December 12,2022; revealed right foraminal protrusion at C4/5 level, Diffuse disc bulge at C5/6 and C6/7 level

☒ S/H/O- NA

☒ Complaints:-

1. Pain and stiffness in the back of neck region. Pain is radiating to Rt upper limb with tingling sensation from 6 months.
2. Mild shoulder pain and headache
3. Difficulty in movement of the neck for 2 months

Diagnosis - ManyasthambhaTreatment plan-

- ☒ *Deepan and pachan* is done with *lahsunadi vati* in dosage of 250 mg , Tibrit churna ½ tsf with lukewarm water for 7 days twice a day before the UPANAHA SWEDANA and the therapeutic treatment (UPANAHA SWEDANA) was done for 7 days . The contents of all the drugs (except the shell) were emptied into a bowl, in this bowl 10ml Panchaguna oil and 10gms Saindhava Lavana, Nirgundi & Arka leaves was added .This was mixed well with the help of stirrer. This mixture was poured over a heated frying pan and fried on low flame, when it became like flake (omelet) then it was kept over Eranda patra (*Ricinus communis*), Nirgundi (*Vitex Negundo*) , Arka (*Calotropis Procera*) leaves of ,This was utilized for application as upanaha . The thickness of applied layer was around 1-1.5 cm.This upanaha was fixed with cotton cloth and tied with *Swasthikabandhana* (a crossed method of ligation). Oral medicines were prescribed - *Ashwagandha churna* , *Shatavari churna*, *prasarini churna* with lukewarm water in dose of each 2gm, *rasnadi guggulu* and *purannavadi guggulu* each 2 tablet with *Dashmool kwath* in a dose of 10 ml. All these drugs were prescribed for twice a day. These oral medications were continued in following 1 months after the completion of *Panchkarma* schedule.

Observations at the midpoints

Parameter	Day 1	Day2	Day3	Day4	Day5	Day6	Day7
<i>Manyashool</i>	severe pain	moderate pain	moderate pain	mild pain	mild pain	mild pain	No pain
<i>Sthambha</i>	75% to 100% restricted. (Restricted movement of Neck)	50%to 75%restricted (neck movement with Maximum pain)	50%to 75%restricted (neck movement with Maximum pain)	25%to 50%restricted (neck movement but With moderate	25%to 50%restricted (neck movement but With moderate pain)	up to 25%restricted (neck movement but with little pain)	Normal movement
Improvement	Grade - 4	Grade- 3	Grade -3	Grade-2	Grade-2	Grade-1	Grade-0

Progress of the treatment –

Parameter	Day 1	Day2	Day3	Day4	Day5	Day6	Day7
<i>Manyashool</i>	severe pain	moderate pain	moderate pain	mild pain	mild pain	mild pain	No pain
<i>Sthambha</i>	75% to 100% restricted. (Restricted movement of Neck)	50%to 75% restricted (neck movement with Maximum pain)	50%to 75% restricted (neck movement with Maximum pain)	25%to 50% restricted (neck movement but With moderate	25%to 50% restricted (neck movement but With moderate pain)	up to 25% restricted (neck movement but with little pain)	Normal movement
Improvement	Grade-4	Grade-3	Grade -3	Grade -2	Grade -2	Grade -1	Grade -0

Outcomes at Endpoint-

- ☒ The patient got relief after complete treatment of 7 days Upnah sweda with Panchaguna oil, Saindhava Lavana, Nirgundi and Arka leaves.

BT & AT Comparison-

Visual analogue scale (VAS)-

Parameters	Mean score	
	BT	AT
Ruk (Pain) in Manyaprad esha	severe pain	No pain
Stambha (Stiffness) in Manyaprad esha	75%to 100%restricted. (Restricted movement of Neck)	Normal movement

Discussion-

- Upanaha widely used therapeutic procedure in treatment of vatavyadhi. The action of Upanaha is based on two criteria i.e one from *karmukata* and other from *dravya*. As part of *karmukata* it does *swedanakarma*, *vestanakarma*. *Ushnatva* and other properties of drugs helps in alleviating stiffness, coldness by pacifying vata.
- This therapy is primly used to prolong thermal conduction and regulation. Skin being largest organ in the body offers advantages compared to other routes of administration. The rate of drug absorption through skin depends on solubility, duration of contact, skin physical condition etc.
- *Upanaha* applied immediately increases raise in temperature at the site of application.
- It further prevents heat loss because of thick layer of paste and bandaging. These together acts as bad conductor of heat.
- It also maintain humidity, moisture and prevents evaporation of sweat there by acts as thermo regulator. As that of other *sweda*, it also causes local hyperthermia which improves local blood and lymphatic circulation hence improves local tissue metabolism, reduces inflammation and relaxes local musculature.

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