



## **An Integrative Ayurvedic Approach in the Management of Manyastambh (Cervical Spondylitis): A Single Case Study**

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**ABSTRACT:** Cervical spondylosis, is a primarily a degenerative disorder of the area around neck also known as cervical osteoarthritis. Earlier it was believed to be a common age-related condition affecting the cervical spine, now it is seen in almost in all age groups above 35 years. It results from wear and tear of the vertebral bones, intervertebral discs, and ligaments in the neck. Although most common in individuals above 40 years of age, it can also appear earlier due to lifestyle factors, poor posture, or injury. It is seen that most people with spondylotic changes in the cervical spine remain asymptomatic, and 25% of patients who are asymptomatic are of around 35-45 years in age, 50% are those are above over 45-55 years in age, and 85% of those are above 60 years in age.

In Ayurveda cervical spondylosis can be correlated to the Manyastambha and is one among eighty *Vataja Nanatmja Vyadhis* as well as *Urdhwajatrugata Vikaras*. Word “Manya” means nape of neck and “Stambha” means stiffness. In Allopathic system of medicine, Cervical Spondylitis is managed with NSAID’S, Muscle relaxants, steroids, Physiotherapy and Traction and in some case with surgery but in most cases results of the treatment are not as desired. Ayurveda has described a treatment regimen which not only is based on treatment through drugs but also involves modification in lifestyle thus providing holistic approach. In this present study, the aim was to review and highlight the effectiveness of different Ayurvedic treatment regimens in patients with Manyastambha.

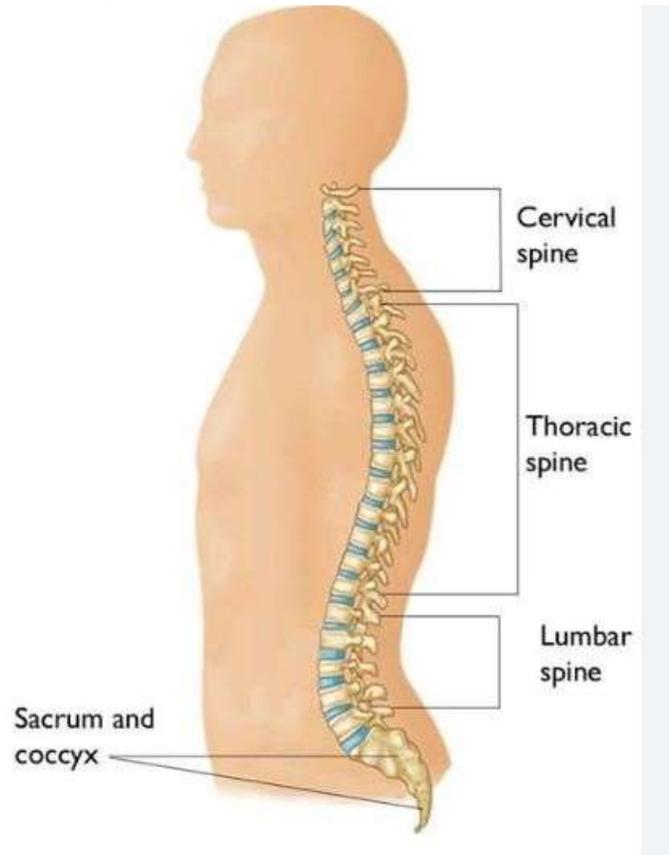
**KEYWORDS:** Manyastambh, Ayurveda, Cervical Spondylosis.

### **INTRODUCTION**

Cervicle Spondylitis is generally a age related degenerative disease which results in wear and tear of spinal disks and the development of bone spurs, which can lead to neck pain, stiffness, limited mobility, and, in more severe cases, compression of the spinal cord or nerve roots, causing symptoms like numbness, weakness, or balance issues. What happens actually is it leads to-

- **Disk degeneration,**The protective cushions (disks) between the neck bones (vertebrae) wear down, lose fluid, and shrink, causing the vertebrae to rub together.
- **Bone spurs (osteophytes):** To repair the worn cartilage, the body may grow abnormal bone outgrowths called spurs on the vertebrae.
- **Spinal canal narrowing:** The combination of disk degeneration and bone spurs can narrow the spinal canal, the passageway for the spinal cord.
- **Nerve root compression:** These changes can also compress the nerve roots exiting the spinal cord.

- **Spinal cord compression:** In severe cases, the spinal cord itself can be compressed, leading to dysfunction and more serious symptoms.



**Common symptoms:**

- Neck pain and stiffness
- Pain that radiates to the shoulders or arms
- Muscle weakness or numbness in the arms or hands
- Tingling or pins-and-needles sensations
- Headaches, especially in the back of the head
- Limited range of motion in the neck
- Difficulty walking or maintaining balance (in severe cases)

In Allopathy system of medicine, approach for treatment in Cervicle Spondylitis focus on relieving pain and stiffness in neck region and for this drugs like NSAID’s, muscle relaxants, steroids( in some cases) are used along with Physiotherapy and Traction procedures are also employed. In some case Surgical option is also employed. But in most cases this treatment provides temporary relief.

On the other side Ayurveda focus on comprehensive approach for Cervical Spondylitis with focusing on root cause correction, pain relief, and long-term management. Ayurvedic treatment is based on the Understanding the Dosha Involved primarily *Vata* (along with *Kapha* in chronic stiffness) and Pathology Degeneration of cervical vertebrae, dryness of joints, nerve compression due to aggravated *Vata*.

Ayurveda also focuses on Avoiding Causes, *Nidana Parivarjana* which includes improving lifestyle, avoiding cold exposure, wrong body posture, prolonged bending bending while working, avoiding dry, cold, stale foods which increase *Vata*, etc.

Treatment approach which essentially Ayurveda follows includes-

Shamana Chikitsa (Internal Medicines) to mitigate painful conditions and stiffness, reduce inflammation and reverse degeneration.

**Bahya Chikitsa (External Therapies) which includes**

◆ ***Greeva Basti***

Warm medicated oil pooled on the cervical region to nourish discs and reduce stiffness.

◆ ***Abhyanga (Oil Massage)***

- Oils: Ayurvedic Medicated Oils.

◆ ***Swedana (Sudation / Steam Therapy)***

- Nadi Swedana, Patra Pinda Sweda using Nirgundi, Arka, etc.

◆ ***Lepas / Upanaha***

- Herbal paste application with Dashmool or Rasna Choorna.
- Nasya Karma- Nasya with Goghrita.

Panchakarma procedures are also done to Detox & Rejuvenation depending upon the treatment requirement.

Along with Ahara (Diet for Vata Shamana) and Vyayama & Yoga (Gentle Exercises)

## **CASE REPORT**

### **Case Presentation:**

A 52-year-old female presented to the OPD of Harmony Ayurvedic Medical College & Hospital, Ferozepur (Punjab) in September 2025 with severe neck pain and stiffness.

### **History of Present Illness**

- Patient was experiencing intermittent neck pain for the last 1.5 years which gradually aggravated badly affecting the life style of the patient.
- Initially ignored mild symptoms which gradually progressed to severe pain and restricted movement.
- Pain aggravated with physical work and prolonged posture.

### **Occupation & Lifestyle**

- Belongs to a middle-class family.
- Runs a ladies boutique/tailoring unit from home and performs household chores.
- Daily work involved over 8 hours on a sewing machine, maintaining a forwardbent neck posture for long periods.

### **Previous Treatments**

- Took NSAIDs, muscle relaxants, and underwent physiotherapy.
- Experienced temporary relief, but pain recurred after discontinuation of treatment.

### **Clinical Examination**

- Neck stiffness with reduced range of motion.
- Tenderness over cervical spine.
- Pain aggravated on extension and lateral rotation.
- No neurological deficit observed.

### **Probable Diagnosis**

- Cervical Spondylitis / Cervical Spondylosis
- Ayurvedic correlation: ManyaSthambha / Vata Vyadhi

## DISCUSSION

### Etiopathogenesis:

#### Modern View

Degeneration of cervical discs, osteophyte formation, posture-induced strain

#### Ayurvedic View

Vata Prakopa due to Dhatukshaya, improper posture, Atiyoga of Sandhi & Asthi Dhatu

### Risk Factors:

- Prolonged neck flexion (sewing work)
- Sedentary routine
- Age-related degeneration
- Repetitive stress injury

### Ayurvedic Interpretation:

- Nidana: Ati Vyayama (excess strain), Asana Dosha (faulty posture), Ratri Jagarana (late hours)
- Dosha: Vata predominance □ Dushya: Asthi, Majja Dhatu
- Samprapti: Vata aggravation → dryness (rookshata) → degeneration → pain & stiffness

### Management Approach:

#### Earlier management with Allopathic Medicine:

- NSAIDs, physiotherapy, cervical collar, posture correction.
- Limitations: Temporary relief, recurrence on discontinuation.

### Now Treatment Plan as per Ayurvedic Principles:

#### 1. Mridu Snehana & Swedana – to relieve stiffness.

*Snehana and Swedana are essential Ayurvedic therapeutic procedures involving oleation and sweating, respectively, used primarily for treating Vata disorders. These methods are integral in the management of painful condition Manyastambha, serving as preparatory steps before more intensive treatments like Shodhana. Snehana nourishes the body through oil application, while Swedana promotes sweating, helping to alleviate symptoms like pain and stiffness. Together, they enhance overall treatment outcomes for various Vata-dominated conditions.*

- i) Greeva Basti with Shashar Adhi Oil – local oleation with medicated oil.
- ii) Steam – For Nadi Shodhana.

#### 2. Nasya Karma – pacifies Vata in Uttamanga.

#### 3. Internal Medications: the patient was advised following medication according to her age and disorder requirement, o Trayodashanga Guggulu,

Time tested ayurvedic formulation known for its benefits for treating painful conditons in Musculoskeletal Nervous system, It contains Guggulu( resin derived from Commiphora Mukul tree) along with 12 other herbs which is where it gets its name “ Trayodasha “ means thirteen. As it has analgesic and antiinflammatory properties, it repairs and strengths bones, joints, ligaments and muscles and also is useful in Nerve pain especially pain in Low back & discomfort caused by Sciatica.

#### o Dashmool Kwath,

Dashmool Kwath is a traditional Ayurvedic decoction comprising of roots of ten herbs, it is widely used to balance Vata & Kapha Dosha besides it has anti-inflammatory properties and repairs Nerves as well.

○ **Tab. Shallaki MR- One Tablet TDS,**

*Its Ingredients are- The primary active ingredients in Shallaki MR are:*

- *Boswellia serrata (Shallaki or Salai guggul) extract: An anti-inflammatory herb traditionally used in Ayurvedic medicine to treat arthritis. It works by inhibiting by inhibiting lipoxygenase (5-LOX) pathway, which helps reduce inflammatory molecules in the body. Besides it prevents cartilage from damage and prevents the breakdown of connective tissues between joints.*
- *Gloriosa superba (Langali) extract: An herb known in Ayurveda for relieving muscle pain and joint inflammation.*
- **Nasya with Goghrita**

**The Patient was prescribed with following Medicines as-**

1. Trayodashanga Guggulu- Two tablets BD after meals,
2. Dashmool Kwath- 15 ml. with equal quantity of water before meals 2 times a day(BD),
3. Tab. Shallaki MR- One Tablet TDS,
4. Rhumenyl oil for local application
5. Greeva Basti with Shashar Adhi Oil – local oleation with medicated oil.
6. Steam – For Nadi Shodhana
7. Nasya with Goghrita

The treatment was advised for two weeks and patient was asked for follow-up after two weeks (14 days).

**Besides The Patient was also advised Lifestyle Modifications**

- Ergonomic correction during tailoring.
- Regular mild neck stretching exercises.

The patient's condition was reviewed after 14 days and there was significant improvement in pain and neck stiffness. After 28 days there was more than 90% reduction in pain and neck stiffness was gone. Further patient was advised the same treatment for one month. After one month (actually two months from start of treatment) the patients quality of life had significantly improved and she was continuing her professional and domestic chores unhindered.

**CONCLUSION**

This case highlights how occupation-induced strain and neglect of early symptoms can lead to chronic cervical spondylitis. Conventional treatments offer symptomatic relief but integrative Ayurvedic management focusing on Vata pacification, rejuvenation, and lifestyle correction provides sustainable benefits. Early intervention and awareness are crucial for preventing progressive disability.

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