

Comparative & Clinical Study of Marsha Nasya and Grivabasti with Karpasasthyadi Taila in Manyastambha (Cervical Spondylosis)

Dr. Pramod Chandra Dwivedi¹ Dr. Prachi Kawthekar² Dr. M.K. Vyas³

¹M.D. Scholar, ²professor, ³professor P.G.Deptt. Of Panchakarma, Shubhdeep Ayurved Medical College And P.G. Institute, Near Chokhi Dhani, Village: Datoda Indore, Madhya Pradesh, India

Abstract: Nasyakarma is one of the most important Panchakarma procedures for Urdhwajatrugata vikara. As Manyastambha is an Urdhwajatrugata vyadhi, Nasyakarma is the treatment of choice. The study "Comparative & clinical study of Marsh Nasya and Grivabasti with Karpasasthyadi taila in Manyastambha (Cervical Spondylosis)" is focused on important procedure i.e. Marsh Nasya, Grivabasti and also common clinical entity Manyastambha and about Cervical Spondylosis. Manyastambha is a Vatavyadhi; the principle line of treatment of Vatavyadhi is Snehana. Grivabasti is one such procedure which gives both Snehana and Swedana effect. So Nasyakarma and Grivabasti are believed to have a note worthy role in relieving Manyastambha. The aim of this study was to find the effect of Nasyakarma and Grivabasti in the management of Manyastambha and to check the comparative effect in managing the same disease. Therefore two groups were made and the results obtained in both the individual groups were compared. The study design selected for the present study was prospective comparative clinical trial.

Keywords: Marsh Nasya, Grivabasti, Manyastambha, Cervical Spondylosis,

I. Introduction

Among Panchakarma therapies Nasya is the most important, effective and confirmatory for the treatment of Urdhwajatrugata-vikaras. Besides this it is also indicated for many systemic diseases such as Kampavata, Ardit, Hikka, Manyastambh^{1,2} etc. It has been given first place in the sequence of Panchakarma in Ca.Su.2. The systematic performance of Nasya Karma helps in relieving almost all diseases of the head and neck easily. Carak mention also this.

The **Grivabasti**⁴ can be considered as an adopted procedure of Shirobasti³. It does the Vatashamana by giving Sthanika Snehana and Swedana effect⁴. The aim of this study is to evaluate the effect of same oil administrating by two different routes.

Manyastambha⁵ disease selected as a Nanatmaja Vatavyadhi¹¹ as well as Urdhwajatrugata-vikaras. It is mentioned in almost all the Classical Texts^{5,6,7,8,9,10}. It is a condition where, the aggravated Vata get localized in the Manyasamskrita Nadi (according Carak) or Shira (according Sushrut) causing symptoms like Stambha¹² and Shoola^{12,13,22,23}. It is often correlated with cervical spondylosis. This is a disorder in the discs and vertebrae in the neck degenerates, putting pressure on the spinal nerve in the neck causing neck pain¹⁴. In this condition the patient complaints of pain in the neck, which may radiate in the distribution of the affected nerve, root. The neck is held rigidly and neck movements may exacerbate pain¹⁵. Now a days, the cervical spondylosis is very common in the people who do routine activities like travelling, household work, office job, professionals; who sit for hours together doing work of the computers etc¹⁶. It can be seen in people as early as 25 years of age. As age increases so does the incidence rate¹⁷. So, there is a need for the effective management of this condition, for the betterment of the patients suffering with the same.

Karpasasthyadi Taila^{18, 19} is indicated in Nanatmaja Vatavyadhis Chikitsa. It can be given by external and internal routes. Therefore, it was selected as oil for both Nasya and Grivabasti karma. Hence, the present study is taken to comparative clinical study of Nasya and Grivabasti with Karpasasthyadi Taila in the management of Manyastambha (Cervical Spondylosis).

II. Aims & Objectives

- To evaluate the efficacy of Nasya Karma by Karpasasthyadi Taila in Manyastambha (Cervical Spondylosis).
- To evaluate the efficacy of Grivabasti Karma by Karpasasthyadi Taila in Manyastambha (Cervical Spondylosis).
- To compare the results of both Nasya karma and Grivabasti Karma in Manyastambha (Cervical Spondylosis).

III. Materials And Methods

Patients presenting with signs and symptoms of Manyastambha (Cervical Spondylosis) will be selected from the OPD and IPD of Shubhdeep Ayurvedic Medical College and Hospital Indore (m.p.).

Inclusion criteria–

Total 60 patients will be selected fulfilling the criteria of Manyastambha (Cervical Spondylosis) irrespective of sex, religion, education, occupation, economical status etc.

- 1) Age – 20 to 70 years.
- 2) Patients with symptoms of Manyastambha (Cervical Spondylosis).
- 3) Patients with degenerative changes in vertebrae of cervical region X- ray (if required).
- 4) Patient ready to give written consent.

Exclusion criteria–

- 1) Patients below 20 and above 70 years.
- 2) Patients who are having any structural deformities and need surgical care.
- 3) Conditions related to spine other than Manyastambha (Cervical Spondylosis).
- 4) Patients having major illness for a longer period and systemic pathogenesis e.g. Cardiac disorders, chronic renal failure, diabetes, psoriatic arthritis, Polymyalgia, Rheumatoid arthritis, Gout, Tuberculosis will be excluded.
- 5) Patients not willing for clinical trial.

Drug details

Karpasasthyadi Taila (Sashrayogam Tail Prakaran page no.80) will be identified and Karpasasthyadi Taila will be procured from the local markets of Indore (m.p.). Its ingredients are • Karpasa asthi • Bala • Masha Dravadravya • Kulatha • Devadaru • Bala • Rasna • Kushta • Sarsapa • Nagara Kalka • Satahwa • Pippali and Pippalimoola • Chavya • Sigrū • Punarnava • Tila Taila - Sneha • Ajaksheeram.

Research methodology–

Study type- Interventional.

Masking- Open comparative study.

No. of groups- 2

A special proforma as per disease will be prepared and after complete examination and investigations. All the patients will be divided randomly in two groups each contains 30.

Poorvakarma–

Group A (Nasyakarma) –Mukh Abhyanga done with moorchita tila tail followed by Nadi Sweda with dashmool Kwatha will be done.

Group B (Grivabasti) -Preparation of mash pishti and Sthanika Abhyanga with moorchita tila tail will be done.

Pradhanakarma –

Group A (Nasyakarma) -Nasya karma: Karpasasthyadi tail Dose-8 bindu²⁰ (as marsh Nasya) in each nostril in continuous flow for consecutive 7 days²⁰.

Group B (Grivabasti) -Grivabasti^{03,04} with Lukewarm Karpasasthyadi tail 200 ml. (30 min.) for 7 days⁰³.

Pashatkarma –

Group A (Nasyakarma) -Dhumpan²¹ (medicated) and Kawal²¹ with Ushna jala.

Group B (Grivabasti) –Area will be wiped off and cleanse properly.

Sample size- 30 patients in each group.

Study site- OPD/IPD Wing of P.G.Department of Panchakarma, Shubhdeep Ayurvedic Medical College and Hospital Indore (m.p.)

Assessment criteria-

Subjective-

To assess the effect of therapy objectively, all the signs and symptoms are given scoring depending upon their severity.

1. Stambha¹²(Stiffness)
2. Shoola^{12,13,22,23}(Pain)

Grading–Grading for the neck pain (Shool) –

0. No pain

I. Mild pain occasional / intermittent, relived on rest.

II. Moderate pain frequent, relived after taking pain killer.

III. Severe pain not tolerable not relived fully even after Taking pain killer Grading for the neck Stiffness (Stambha)

I. 0 to 25 % restriction of neck movement.

II. 25 to 50 % restriction of neck movement

III. 50 to 75 % restriction of neck movement

IV. 75 to 100 % restriction of neck movement

Objective–Signs and symptoms of Manyastambha (cervical spondylosis) mentioned in Ayurveda and Contemporary medicinal texts.

1. Range of joint movement (goinoscopic).

2. Clinical finding

Final assessment of Result–

A special proforma will be prepared according to disease and all the subjective and objective values will be applied to proper statistical methods to produce the results.

Timelines –

Total study period-Till the enrollment of requirement of patients.

Treatment period- 7 days

Follow up period- 14days

Observation–

The above mentioned data will be reburied periodically compared and observation will be made.

IV. Results and Conclusion

The result and conclusion will be made according to the observation obtained.

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