



Case Report

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AYURVEDIC MANAGEMENT OF MANYASTAMBA WITH SPECIAL REFERENCE TO TORTICOLLIS: A CASE REPORT

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ABSTRACT

In this era of modernization and fast life, everybody is busy and living stressful life. Neck pain is common now a days, due to fast developing technical era people can't concentrate on their proper regimens and facing problems like Manyastambha. Manyastambha is defined under Nanatmaja Vatavyadhi. It is a disease where, the Vikruta Vata get lodges in the Manya Pradesha causing symptoms like Stambha and Shoola. Manyastambha can be correlated with symptoms of Torticollis. Objective: This single case study the efficacy of Valuka sweda, greeva basti and Pippalyadi Avapeedana Nasya in the management of Manyastambha. Methods: A case report of female patient where, 45-year-old with a chief complaint of Manyastambha and Manya shoola and restricted movements in the cervical joints. Two outcome measures were used for the assessment: Toronto Western Spasmodic Torticollis Rating Scale (TWSTRS) severity score. Assessment was conducted on the 0th and 8th day. Results: Torticollis can be effectively managed using Valukasweda, Greevabasti and Pippalyadi Avapeedana Nasya. There was clinically significant difference in pain intensity and Toronto Western Spasmodic Torticollis Rating Scale (TWSTRS) scores on the 0th day and 8th days. Conclusion: Toronto Western Spasmodic Torticollis Rating Scale (TWSTRS) scores on the 0th day and 8th days was reduced from 57 to 48. Hence, Valukasweda, Greevabasti and Pippalyadi Avapeedana Nasya in the management of Manyastambha.

Keywords: Manyastambha, Torticollis, Valuka sweda, Greeva basti and Pippalyadi Avapeedana Nasya.

INTRODUCTION

Now a day's excess use of modern technology such as computer appliances, bad sleeping postures such as lying in bed with several pillows, propping up the neck into an unnatural position, lack of exercise and improper working habits leads to Vataja Nanatmaja Vyadhis¹ such as Manyastambha, and in modern it is correlated with Torticollis.

Torticollis is a common diagnosis, and estimates are that 90% of people will exhibit at least one episode of Torticollis throughout their lives. There is female to male predilection of 2 to 1 and less than 4% are seen in newborns. Symptoms may begin between 20 to 60 years. Typically occurs in 30 to 50 years age group².

Manyastambha is explained as one of the Vataja Nanatmaja Vikara and it occurs in Urdwajatru Pradesha. Pratyatma Lakshana include Ruk and Sthambha. Nidana's Like Diwaswpana, Urdwanireekshana and Asanasthana vikruthi³. In Manyastambha, Vata gets Avruta by Kapha and leads to Stamba and Ruk. We get many references of Ruksha Swedas followed by Nasyakarma which is best indicated in Manyastambha⁴.

Torticollis with recurrent, but transient contraction of the muscles of the neck and especially of the sternocleidomastoid, is called spasmodic torticollis. Synonyms are "intermittent torticollis", "cervical dystonia" or "idiopathic cervical dystonia", depending on cause. Torticollis is defined by abnormal asymmetrical head and neck position due to various reasons. It is characterized by involuntary tonic contractions or intermittent spasm of neck muscles.

The treatment for this in Contemporary Science is usually conservative with Stretching Exercises, Neck brace, analgesics can temporarily relieve. But it is observed that this line of treatment will not yield long term relief and cannot satisfy the patient⁵.

Rooksha Sweda⁶ is told for Srothoshodhana, thereby Subside the vitiated Kapha which is in Manyapradesha and for this purpose Valuka is used, which relieves the pain and stiffness. By Swedana, we also get other Lakshanas like Agni Deepti, Mardavatha, Vikaropashamana, Sthambha Nigraha and Shoolahani. Ruksha sweda has been given importance as Shamshamaneeya Sweda in Saama Dosha conditions. One of the Ruksha type of Sweda i.e. Valuka Sweda⁷ is used in Kaphaja disorders.

Greeva Basti is another significant treatment in managing Manyastambha. Mahanarayan Taila, a classical oil formulation mentioned in the Bhaishajya Ratnavali, is highlighted for its efficacy in treating Vattaj Rogas, including Manyastambha. It possesses qualities that counteract both Vata and Kapha doshas. The oily application enhances lubrication in the intervertebral discs and provides soothing relief, addressing both pain and stiffness.

Nasya Karma comes under the Pancha Shodhanakarma⁸. It as the Prime treatment modality in curing Urdhwajatrodhwagata Rogas⁹. As "Nasa hi Shirasodwaram" the systematic performance of Nasya Karma helps in relieving almost all diseases of the head and neck easily. The important action of Shirovirechana (clearing the channels of head) by clearing the Doshasamghata deep rooted in the channels of Indriyas situated in the Shiras.

Pippalyadi avapeedana nasya¹⁰ is mentioned under bruhananasya vidhi by Sharangdhara, it is the type of vairechanika nasya and teeksha in nature.

Acharyas state that Avapeedana Nasya is more effective in the management of Manyastambha. Avapeedana Nasya is the type of Nasya where medicated swarasas extracted from Aushada Kalka are instilled into the each nostrils.

MATERIALS AND METHODS

Case Presentation

A female patient aged 45 years with complaints of pain and sensation of tightness in the neck since 2022 and diagnosed with neck spasms initially, was treated for the same and found mild relief with allopathic treatments. It was aggravated in winter season and decreased in summer season. She did not know case of HTN and DM. She is Nursing staff belonging to low economic class. Gradually complained of decreased concentration, forgetfulness, feelings of self-harm ideas and disturbed sleep which triggered his neck spasms and develops abnormal asymmetrical head and neck position due to various reasons. It is characterized by involuntary tonic contractions or intermittent spasm of neck muscles. On repeat consultation with the allopathy doctor, the patient was diagnosed with torticollis, and was advised analgesic tablet for 3 months, the patient approached the Panchakarma OPD, with OPD no 2426033 at SVM and RPK Hospital Ilkal, Bagalkot district Karnataka, India.

Examination

A neurological examination showed dystonic posture with torticollis with shoulder elevation, prominence of sternocleidomastoid muscle. Ashtasthana Pariksha, which reveals Nadi (pulse) - 72 beats/min, Mala - Prakruta, Mutra - Prakruta, Jihva - Alipta, Shabda, Sparsha and Drika - normal, Akriti - well built.

Timeline: A detail of the case and follow up is given in Table 1.

Intervention: All the medicines were procured from SVM and RPK Hospital Ilkal, Bagalkot district, Karnataka, India. Treatment protocols are provided in Table 2 and 3

Ingredients of applied medicines

Ingredients of Valuka sweda: valuka

Ingredients of Mahanarayana Taila: Bala, Ashwagandha, Shatavari, Yashtimadhu, Manjishta Rasna, Dashamoola, Chandana Kustha, Tagara, Turmeric, Daruharidra, Karpura, Kunkuma, Sariva, Devadaru, Kokilaksha, Jatamamsi and Nagakeshara.

Ingredients of Pippalyadi Avapeedana Nasya: Pippali and saindava, the daily fresh Nasya Dravya was prepared for patient in the form of Avapeedana Nasya in RPK Ayurvedic Hospital, Ilkal. (Figure 1 and 2)

Table 1: Timeline of case

2022	Pain and sensation of tightness in the neck and diagnosed as neck spasms and followed allopathy and homeopathy medicines with little relief.
2024	Patient lost his job, lost money in stock markets with complaints of decreased concentration, forgetfulness, feelings of self-harm ideas and disturbed sleep which triggered his neck spasm.
2024 November	Patient approached the OPD at SVM and RPK Hospital Ilkal, Bagalkot district, Karnataka, India. and was diagnosed as Vata Vyadhi. TWSTRS score was assessed and recorded with a score of 57. Panchakarma treatments involving Valuka sweda Chikitsa to remove Ama was advised followed by Greeva basti with Mahanarayana taila and Pippalyadi avapeedana were advised in treatment protocol
2024 to 2025	On discharge, patients were advised shamana aushadi for a period of 15 days and TWSTRS score was assessed again and recorded with a score of 47.

Table 2: Treatment protocol

Date	Procedure	Medicine	Duration
20/11/2024 to 26/11/2024	Valuka sweda	Valuka	7 days
	Greeva basti	Mahanarayana taila	
	Avapeedana nasya	Pippalyadi avapeedana nasya	
27/11/2024 to 11/12/2024	Shamana aushadi		

Table 3: Shamana aushadi

Aushadi	Quantity	Dose	Kala	Anupana
Rasnadi guggulu	250mg	2 BD	A/F	Ushna Jala
Dashamularishta	3tsp TID	3tsp TID	B/F	Ushna Jala
Cap. Ksheerabala	250mg	1 TID	A/F	Ushna Jala

Table 4: Results

Toronto Western Spasmodic Torticollis Rating Scale (TWSTRS) severity score		
Parameters	BT	AT
Torticollis severity scale (maximum - 35)	25	22
Disability scale (maximum - 30)	20	18
Pain scale (maximum - 20)	12	09
TWSTRS severity score	57	49

BT: Before Treatment, AT: After Treatment



Figure 1: Pippali and Saindava lavana



Figure 2: Pippali Avapeedana Nasya



Figure 3: Valuka Sweda



Figure 4: Greeva Basti



Figure 5: Avapeedana Nasya

RESULTS AND DISCUSSION

After treatment protocol, torticollis symptoms like pain and stiffness in the neck had reduced considerably, and a maximum reduction in restricted movements. Neutral position retention was observed for long period of time. The Visual Analog Scale (VAS) score was reduced from 10 to 5. Before and after treatment, assessment of the torticollis severity scale showed a reduction from 25 to 22, disability scale from 20 to 18, and pain scale from 12 to 09. The total TWSTRS score reduced from 57 to 47. The patient experienced a marked reduction in pain in the neck and left shoulder. Before and after treatment assessment.

A detailed history revealed that the patient was suffering from chronic Pain and stiffness, had lost his job, gradually complained of decreased concentration, forgetfulness, feelings of self-harm ideas and disturbed sleep which triggered his neck spasms. This gives an understanding that these factors might have caused Kaphaavruta Vataprakopa. Ruksha Sweda, Greeva basti and Avapeedana nasya karma are advised in the management of Manyastamba¹¹.

Valuka is Kapha Vataghna. Rooksha Sweda with Valuka (sand) does Srothoshodhana thereby subsides the vitiated Kapha in Manyapradesha and may help to release Kaphavarana. The application of heat causes relaxation of muscles and tendons, improves the blood supply and activates the local metabolic processes which are responsible for the relief of pain, swelling, tenderness and stiffness. Hence, Rooksha (Valuka) Sweda may help to relieve the pain and stiffness of the neck.¹² (Table 2)

Greeva vasti is a type of local sweda. It is directly done over the affected area. Manyastamba is a type of Vatakapha disorder. Greeva vasti helps break of samprapti of Manyastamba. Both vata and kapha have Shita property which is pacified by the hot

property of Maha Narayana taila. It also clears srotodushti in Manyastamba. Swedana improves blood circulation and provides nourishment to the affected area. Heat can improve the elasticity of fibrous tissue. The viscosity of the matrix decreases; consequently, connective tissue such as tendon tissue and ligament becomes more elastic.

According to Ayurveda, Nasya therapy is a specialized treatment for Urdhwajatrugata Vikara. The nose is considered the gateway to the brain (Shiraso Dwaram Nasahi), and Nasya therapy directly influences Prana Vaha Srotas and Kapha Dosha. Pippali (*Piper longum*) - Potent Kapha-Vata Shamaka, Deepan-Pachan, and Virechana properties that help in reducing pain and stiffness. Saindava having sheeta veerya and tridosahara in nature. helps in Kapha and Vata shamana.

Further we observed that Average percentage of reduction in Manya Sthamba is 70%, Torticollis severity scale (maximum 35) was 22, Pain scale (maximum - 20) was 18, Disability scale (maximum 30) was 9, TWSTRS severity score was 47 were obtained in objective parameter. The patient was advised for continuation of shamana aushada, patya and apatya. (Table 3 and 4)

CONCLUSION

This case study is documented evidence for the effective management of Manyastamba through Nasya and Patya and Apatya. Shodhana has great importance in Avarajanya Vyadis. The Treatment of Manyastamba mainly done by reducing the alleviated vata dosha. The symptoms of Manyastamba can be reduced and the disease can be stopped in its primordial and primary stage to lead a good quality of life.

Patient Consent: Written consent for publication of this case has been obtained from the patient.

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