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REVIEW OF NASYA KARMA WITH KARPASASTHYADI TAILAM IN CERVICAL SPONDYLOSIS (*MANYASTAMBHA*)

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ABSTRACT-

Manyastambha, classified among the Eighty *Vata Nanatmaja Vyadhis* in *Ayurveda*, closely corresponds to the clinical condition of cervical spondylosis described in contemporary medicine. It presents with characteristic features such as pain and stiffness, weakness in the neck, headache, weakness in muscles of the upper limb, changed sensation in the neck, etc. Cervical Spondylosis is a term that consists of a wide range of progressive degenerative changes which affect all the components of the cervical spine (i.e., intervertebral discs, facet joints, joints of Luschka, ligamenta flava, and laminae), thereby hampering daily activities and overall quality of life. The primary etiological factor in *Manyastambha* is the aggravation of *vata dosha*, either alone or in combination with *Kapha Dosha* mainly termed as *kaphavrita vata*.

Nasya Karma is widely regarded as the premier *Ayurvedic* therapy for disorders affecting the head and neck. By administering medicinal oils or powders through the nasal passages, often described as the "gateway to the head", this approach offers a cost-effective and accessible treatment for cervical spondylosis. *Karpasasthyadi Tailam Nasya* utilizes a potent *Ayurvedic* oil renowned for its *Vata-hara* and *Balya* (strengthening) properties to address the complexities of cervical spondylosis. This targeted therapy works to lubricate the cervical vertebrae and soothe irritated nerves, effectively relieving chronic pain, reducing muscle wasting, and restoring flexibility to the spine.

KEYWORDS: *Karpasasthyadi Tailam Nasya*, *Manyastambha*, Cervical Spondylosis, *Nasya Karma*, *Panchakarma*

Introduction

Manyastambha is a debilitating clinical condition primarily characterized by the "stiffness of the neck," where the term *Manya* refers to the carotid or neck region and *Stambha* denotes rigidity. According to *Ayurvedic* classics, it is categorized as one of the eighty *Vata Nanatmaja Vikaras* (disorders caused exclusively by *Vata*). The pathogenesis typically involves the aggravation of *Vata Dosha*, often enveloped or obstructed by *Kapha*, leading to the loss of mobility and intense pain in the cervical area.

In the contemporary medical landscape, *Manyastambha* closely correlates with Cervical Spondylosis. It arises due to lifestyle factors such as improper posture, excessive strain, or age-related degeneration. This condition significantly impairs daily functioning, necessitating holistic interventions like *Nasya karma* to restore the delicate balance of the *doshas* and rejuvenate the cervical musculoskeletal structure.

Karpasasthyadi Tailam Nasya utilizes a potent *Ayurvedic* oil renowned for its *Vata-hara* and *Balya* (strengthening) properties to address the complexities of cervical spondylosis. By delivering these nourishing medicinal essences directly through the nasal gateway, the treatment penetrates the deep tissues of the neck and shoulders to pacify aggravated *Vata* and improve circulation. This targeted therapy works to lubricate the cervical vertebrae and soothe irritated nerves, effectively relieving chronic pain, reducing muscle wasting, and restoring flexibility to the spine.

MANYASTAMBHA

Nidana:

The increase in *Vata* is caused by etiological elements with *Vata* characteristics. *Samanya Visheshha Siddhanta* asserts that the idea is that different properties lead to *Kshaya* (reduction) while similar properties result in *Vridhhi* (growth).¹

Table no. 1 *Vishista Nidanas of Manyastambha:*

<i>Nidana</i>	S.S. ²	M.N. ³	B.P. ⁴	Y.R. ⁵	V.S. ⁶
<i>Divasvapana</i>	+	+	+	+	+
<i>Asanasthana Vikriti</i>	+	+	+	+	+
<i>Urdhavanirikshana</i>	+	+	+	+	+

Roopa:

According to acharyas *Ruk* (pain) and *Stambha* (stiffness) are the main primary clinical features of *manyastambha* as mentioned in classical texts.

Samprapti

In Ayurveda, the **Samprapti** (pathogenesis) of *Manyastambha* is a sophisticated process involving the vitiation of Vata Dosha, often influenced by the secondary involvement of Kapha.

The Pathogenic Process (Samprapti Chakra)

The manifestation of *Manyastambha* typically follows this sequence:

1. **Nidana Sevana (Etiological Factors):** Consumption of Vata-aggravating foods (dry, cold, light), daytime sleep (*Diva Swapna*), improper posture, or looking upwards/downwards for extended periods.
2. **Dosha Prakopa:** These factors primarily provoke **Vata Dosha** (specifically *Vyanavayu* and *Udanavayu*).
3. **Kapha Anubandha:** Simultaneously, lifestyle errors like sleeping during the day cause Kapha to increase and envelop the Vata (*Avarana*).
4. **Sthanasamsraya:** These vitiated Doshas migrate to the **Manya Pradesha** (neck region).
5. **Vyanjana:** The *Kapha*-obstructed *Vata* causes the "*Stambha*" (rigidity), leading to the constriction of the *Sirayas* (vessels/nerves) and tendons in the cervical area.
6. **Vyadhi Vyakti:** This results in the clinical presentation of a stiff, painful neck with restricted movement.

Samprapti Ghataka**Table no 2 Samprapti Ghataka**

<i>Dosha</i>	<i>Vyana Vata, Shleshma Kapha</i>
<i>Dushya</i>	<i>Asthi, Majja, Sanyu, Mamsa</i>
<i>Agni</i>	<i>Agni Mandya Janya Ama, Asthi Dhatwagni Mandta</i>
<i>Srotas</i>	<i>Asthivaha Srotas</i>
<i>Srotodushti</i>	<i>Sanga</i>
<i>Udhbhava Vyakta Avastha</i>	<i>Pakvashaya</i>
<i>Sanchara Vyakta Avastha</i>	<i>Rasayani</i>
<i>Roga Marga</i>	<i>Madhayama Rogamarga</i>
<i>Adhishthanam</i>	<i>Manya Pradesha</i>
<i>Vyakta Avastha</i>	<i>Manya Pradesha</i>

Karpasasthyadi Tailam Nasya

Use of *Karpasasthyadi Tailam* is described in *Sahastrayogam Taila Prakarana*⁷. *nasya karma* involves the administration of medicine through the nasal route and is considered one of the best treatment procedures of *panchakarma* as *nasa hi shirso dwaram* as mentioned by *acharya charaka* and *ashtang sangrah*. The morbid *dosha* responsible for the illness is eliminated by *nasya* as it reaches the brain. The top layer of the nasal cavity, comprising the roof made up of the cribriform plate and the medial and lateral walls up to the level of the superior concha, is covered by a nasal mucosa known as olfactory mucosa.

Contents of *Karpasasthyadi Tailam*

Drug Name	Botanical Name	Ayurvedic Karma (Action)	Doshaghnatva (Effect on Doshas)
<i>Tila Taila</i>	<i>Sesamum indicum</i>	<i>Snehana, Balya, Vyavayi, Twachya</i>	<i>Vata-hara (Vata Shamaka)</i>
<i>Karpasa</i>	<i>Gossypium herbaceum</i>	<i>Brimhana, Vrishya, Vataghna, Stanyajanana</i>	<i>Vata-hara</i>
<i>Balamoola</i>	<i>Sida cordifolia</i>	<i>Balya, Rasayana, Ojo-varadhaka, Grahi</i>	<i>Vata-Pitta Shamaka</i>
<i>Masha</i>	<i>Vigna mungo</i>	<i>Santarpana, Balya, Snehana, Vrishya</i>	<i>Vata-hara (Increases Kapha/Pitta)</i>
<i>Kulatha</i>	<i>Macrotyloma uniflorum</i>	<i>Vata-anulomana, Ashmarihara, Mutrala</i>	<i>Kapha-Vata Shamaka</i>
<i>Devadaru</i>	<i>Cedrus deodara</i>	<i>Vedanastapana, Shothahara, Vibandhahara</i>	<i>Vata-Kapha Shamaka</i>
<i>Rasna</i>	<i>Pluchea lanceolata</i>	<i>Amalpachana, Vataghna, Vishaghna</i>	<i>Vata-hara</i>
<i>Kushta</i>	<i>Saussurea lappa</i>	<i>Lekhana, Shoolaprashamana, Vajikarana</i>	<i>Vata-Kapha Shamaka</i>
<i>Sarshapa</i>	<i>Brassica campestris</i>	<i>Vidalana, Teekshna, Lekhana, Kushthagha</i>	<i>Kapha-Vata Shamaka</i>
<i>Shatahva</i>	<i>Anethum sowa</i>	<i>Vata-anulomana, Shoolaprashamana, Dipana</i>	<i>Vata-Kapha Shamaka</i>
<i>Pippali moola</i>	<i>Piper longum (root)</i>	<i>Deepana, Pachana, Vata-anulomana, Shvashara</i>	<i>Kapha-Vata Shamaka</i>
<i>Chavya</i>	<i>Piper chaba</i>	<i>Bhedana, Deepana, Pachana, Shoolahara</i>	<i>Kapha-Vata Shamaka</i>
<i>Shigrutwak</i>	<i>Moringa oleifera (bark)</i>	<i>Teekshna, Shothahara, Deepana, Vidahi</i>	<i>Kapha-Vata Shamaka</i>
<i>Punarnava</i>	<i>Boerhavia diffusa</i>	<i>Shothahara, Mutrala, Rasayana, Hridya</i>	<i>Tridosha Shamaka (Specially Kapha-Vata)</i>
<i>Shunti</i>	<i>Zingiber officinale</i>	<i>Deepana, Pachana, Grahi, Vrishya</i>	<i>Vata-Kapha Shamaka</i>

Procedure Of Nasya Karma

Mukhabhyanga was first performed using **Murchit Til Tailam**, which was massaged onto the face and neck to stimulate the supraclavicular regions. Following local sudation, **Karpasasthyadi Tailam** was carefully instilled into the nostrils while the patient maintained a specific supine position to ensure the medication reached the vital centers of the head. Throughout the treatment period, the diet remained strictly light and warm, consisting primarily of lukewarm water and easily digestible gruels, while all cold, heavy, and channel-blocking foods like curd were completely avoided to facilitate the elimination of *doshas*.

1. *Purva Karma*: **Mukhabhyanga** with *murchhit til tailam* and *Dashmool Swedana* before *nasya*.
2. *Pradhana Karma*: Administration of *karpasasthyadi tailam nasya* in increasing order of 4-16 drops over a week
3. *Pashchata Karma*: Observation, light diet, and rest after evaluation.

Pharmacodynamic Action Of Karpasasthyadi Tailam⁸⁻¹¹:-

1. Vata-Kapha Shamaka Action The oil utilized heating and penetrating ingredients like *Shigru* and *Nagara* to liquefy the *Kapha* causing neck rigidity. By clearing these obstructions, it effectively pacified the aggravated *Vata* responsible for the stiffness and pain characteristic of *Manyastambha*.

2. Brimhana and Balya (Nourishing & Strengthening) Potent agents such as *Karpasa* and *Bala* provided essential nourishment to the degenerated *Asthi* (bone) and *Majja* (marrow) tissues. This action helped to strengthen the cervical vertebrae and paraspinal muscles, effectively slowing down the degenerative process in the spine.

3. Shothahara and Shulaprashamana (Anti-inflammatory & Analgesic) Ingredients like *Rasna* and *Devadaru* acted as natural anti-inflammatory agents that reduced swelling and nerve root irritation. This significantly relieved muscle spasms and alleviated the radiating pain often associated with cervical spondylosis.

4. Mode of Action via Nasya (Sringatata Marma) Administered through the nasal route, the lipid-based formulation bypassed systemic barriers to reach the *Sringataka Marma* and adjacent nerve plexuses. This ensured a direct and rapid delivery of medicinal properties to the cervical region, restoring functional mobility to the neck.

Discussion

The clinical efficacy of *Nasya Karma* in the management of *Manyastambha* (Cervical Spondylosis) is rooted in its unique ability to deliver therapeutic agents directly to the supraclavicular regions. According to *Ayurvedic* classics, "*Nasa hi shiraso dwaram*," suggesting that the nasal passage serves as the gateway to the head and neck. In this review, the administration of *Karpasasthyadi Tailam* through the nasal route addresses the dual pathology of *Vata* aggravation and *Kapha* obstruction. The preliminary phase of *Mukhabhyanga* with *Murchit Til Tailam* and subsequent sudation facilitates the liquefaction of morbid *Doshas*, enhancing the permeability of the nasal mucosa for the primary medication.

Karpasasthyadi Tailam acts as a potent *Vata-Kapha Shamaka* and *Brimhana* (nourishing) agent. Its ingredients, such as *Bala*, *Masha*, and *Karpasa Asthi*, provide essential nutrients to the *Asthi* (bone) and *Majja* (marrow) *Dhatus*, which is critical in reversing the degenerative changes seen in cervical spondylosis. The presence of *Ushna* and *Tikshna* herbs like *Shigru* and *Nagara* helps in relieving the *Stambha* (stiffness) by clearing the *Srotas* (channels). From a modern perspective, the lipid-soluble constituents of the oil may bypass the blood-brain barrier and reach the cervical nerve plexuses through the olfactory and trigeminal pathways, reducing nerve root irritation and muscle spasms. Consequently, this intervention not only alleviates the radiating pain and numbness but also restores the range of motion, offering a comprehensive approach to spinal health through both systemic nourishment and localized detoxification.

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ABSTRACT-

Manyastambha, classified among the Eighty *Vata Nanatmaja Vyadhis* in *Ayurveda*, closely corresponds to the clinical condition of cervical spondylosis described in contemporary medicine. It presents with characteristic features such as pain and stiffness, weakness in the neck, headache, weakness in muscles of the upper limb, changed sensation in the neck, etc. Cervical Spondylosis is a term that consists of a wide range of progressive degenerative changes which affect all the components of the cervical spine (i.e., intervertebral discs, facet joints, joints of Luschka, ligamenta flava, and laminae), thereby hampering daily activities and overall quality of life. The primary etiological factor in *Manyastambha* is the aggravation of *vata dosha*, either alone or in combination with *Kapha Dosha* mainly termed as *kaphavrita vata*.

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Introduction

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MANYASTAMBHA

Nidana:

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Roopa:

According to acharyas *Ruk* (pain) and *Stambha* (stiffness) are the main primary clinical features of *manyastambha* as mentioned in classical texts.

Samprapti

In Ayurveda, the **Samprapti** (pathogenesis) of *Manyastambha* is a sophisticated process involving the vitiation of Vata Dosha, often influenced by the secondary involvement of Kapha.

The Pathogenic Process (Samprapti Chakra)

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6. **Vyadhi Vyakti:** This results in the clinical presentation of a stiff, painful neck with restricted movement.

Samprapti Ghataka**Table no 2 Samprapti Ghataka**

<i>Dosha</i>	<i>Vyana Vata, Shleshma Kapha</i>
<i>Dushya</i>	<i>Asthi, Majja, Sanyu, Mamsa</i>
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<i>Vyakta Avastha</i>	<i>Manya Pradesha</i>

Karpasasthyadi Tailam Nasya

Use of *Karpasasthyadi Tailam* is described in *Sahastrayogam Taila Prakarana*⁷. *nasya karma* involves the administration of medicine through the nasal route and is considered one of the best treatment procedures of *panchakarma* as *nasa hi shirso dwaram* as mentioned by *acharya charaka* and *ashtang sangrah*. The morbid *dosha* responsible for the illness is eliminated by *nasya* as it reaches the brain. The top layer of the nasal cavity, comprising the roof made up of the cribriform plate and the medial and lateral walls up to the level of the superior concha, is covered by a nasal mucosa known as olfactory mucosa.

Contents of *Karpasasthyadi Tailam*

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<i>Masha</i>	<i>Vigna mungo</i>	<i>Santarpana, Balya, Snehana, Vrishya</i>	<i>Vata-hara (Increases Kapha/Pitta)</i>
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<i>Shunti</i>	<i>Zingiber officinale</i>	<i>Deepana, Pachana, Grahi, Vrishya</i>	<i>Vata-Kapha Shamaka</i>

Procedure Of Nasya Karma

Mukhabhyanga was first performed using **Murchit Til Tailam**, which was massaged onto the face and neck to stimulate the supraclavicular regions. Following local sudation, **Karpasasthyadi Tailam** was carefully instilled into the nostrils while the patient maintained a specific supine position to ensure the medication reached the vital centers of the head. Throughout the treatment period, the diet remained strictly light and warm, consisting primarily of lukewarm water and easily digestible gruels, while all cold, heavy, and channel-blocking foods like curd were completely avoided to facilitate the elimination of *doshas*.

1. *Purva Karma*: **Mukhabhyanga** with *murchhit til tailam* and *Dashmool Swedana* before *nasya*.
2. *Pradhana Karma*: Administration of *karpasasthyadi tailam nasya* in increasing order of 4-16 drops over a week
3. *Pashchata Karma*: Observation, light diet, and rest after evaluation.

Pharmacodynamic Action Of Karpasasthyadi Tailam⁸⁻¹¹:-

1. Vata-Kapha Shamaka Action The oil utilized heating and penetrating ingredients like *Shigru* and *Nagara* to liquefy the *Kapha* causing neck rigidity. By clearing these obstructions, it effectively pacified the aggravated *Vata* responsible for the stiffness and pain characteristic of *Manyastambha*.

2. Brimhana and Balya (Nourishing & Strengthening) Potent agents such as *Karpasa* and *Bala* provided essential nourishment to the degenerated *Asthi* (bone) and *Majja* (marrow) tissues. This action helped to strengthen the cervical vertebrae and paraspinal muscles, effectively slowing down the degenerative process in the spine.

3. Shothahara and Shulaprashamana (Anti-inflammatory & Analgesic) Ingredients like *Rasna* and *Devadaru* acted as natural anti-inflammatory agents that reduced swelling and nerve root irritation. This significantly relieved muscle spasms and alleviated the radiating pain often associated with cervical spondylosis.

4. Mode of Action via Nasya (Sringatata Marma) Administered through the nasal route, the lipid-based formulation bypassed systemic barriers to reach the *Sringataka Marma* and adjacent nerve plexuses. This ensured a direct and rapid delivery of medicinal properties to the cervical region, restoring functional mobility to the neck.

Discussion

The clinical efficacy of *Nasya Karma* in the management of *Manyastambha* (Cervical Spondylosis) is rooted in its unique ability to deliver therapeutic agents directly to the supraclavicular regions. According to *Ayurvedic* classics, "*Nasa hi shiraso dwaram*," suggesting that the nasal passage serves as the gateway to the head and neck. In this review, the administration of *Karpasasthyadi Tailam* through the nasal route addresses the dual pathology of *Vata* aggravation and *Kapha* obstruction. The preliminary phase of *Mukhabhyanga* with *Murchit Til Tailam* and subsequent sudation facilitates the liquefaction of morbid *Doshas*, enhancing the permeability of the nasal mucosa for the primary medication.

Karpasasthyadi Tailam acts as a potent *Vata-Kapha Shamaka* and *Brimhana* (nourishing) agent. Its ingredients, such as *Bala*, *Masha*, and *Karpasa Asthi*, provide essential nutrients to the *Asthi* (bone) and *Majja* (marrow) *Dhatus*, which is critical in reversing the degenerative changes seen in cervical spondylosis. The presence of *Ushna* and *Tikshna* herbs like *Shigru* and *Nagara* helps in relieving the *Stambha* (stiffness) by clearing the *Srotas* (channels). From a modern perspective, the lipid-soluble constituents of the oil may bypass the blood-brain barrier and reach the cervical nerve plexuses through the olfactory and trigeminal pathways, reducing nerve root irritation and muscle spasms. Consequently, this intervention not only alleviates the radiating pain and numbness but also restores the range of motion, offering a comprehensive approach to spinal health through both systemic nourishment and localized detoxification.

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