

Efficacy of Integrated treatment with Manayabasti, Nasya and Selective Yoga Techniques in Manyastambha: A Case Report

¹Vikrant Biswas, ²Rahul Jadhav and ³Pragya Mulewa

^{1,2}Department of Swasthavritta and Yoga, ³Department of Prasuti Tantra Evum Stree Rog, Parul Institute of Ayurveda and Research, Parul University - 391760 (India)
Corresponding Author: Dr. Vikrant Biswas
Email: dr.vikrantbiswas@gmail.com
Phone: +918770049967

Abstract

Manyastambha, clinically correlating with cervical spondylosis, is an increasingly common *Vata-Kaphaja* disorder characterized by neck stiffness and pain.

A 61-year-old male with chronic neck pain, stiffness, numbness, dizziness, and muscle weakness was managed through a combination of *Shodhan Chikitsa* (Detoxification), *Shamana Chikitsa* (oral medication), and selected yoga techniques.

The patient underwent 14 days of *Panchakarma* therapies (*Abhyanga*, *Nadi Sweda*, *Manya Basti*), yoga practices, and internal medications including *Dashmoola Kashaya* and *Yogaraj Guggulu*.

Marked clinical improvement was observed in all symptoms, with reduction in VAS score of neck pain from 5+ to 2 and stiffness from 3 to 1.

The integrative approach showed significant symptomatic relief in *Manyastambha*, supporting the potential of *Ayurveda* and Yoga in musculoskeletal disorders.

Key words : *Manyastambha*, Cervical spondylosis, *Ayurveda*, *Shodhan Chikitsa*, Yoga therapy, *Panchakarma*.

In Ayurveda classical literature the neck and cervical region is called *Vata* dominant disorder characterized by *Manyastambha*.⁶ As per ayurveda classical stiffness, restricted movement and pain in the books such as *Charak Samhita*, *Sushruta*

^{1,3}PG Scholars, ²Guide and Professor

Samhita, the disease *Manyastambha* classified under the *Nanatmaja Vata Vyadhi*.⁵ In modern medicine the disease correlate closely with cervical spondylosis, a degenerative spinal condition that affects the cervical part of vertebrae. Mainly it occurs at C4 – C6 levels with resulting in Chronic disability and poor quality of life.⁴

The causative factors include poor posture, sedentary lifestyle, occupational hazards, and mental stress. The modern treatment involves analgesics and physiotherapy, but long-term dependence and recurrence are common. [4] *Ayurveda* offers a holistic management approach involving *Panchakarma* procedures, internal medications, and *Yoga*, targeting *Doshic* equilibrium and structural rehabilitation. The *Ayurveda* management is holistic, comprising *Panchakarma*, internal medications, and *Yoga*, aimed at *Doshic* equilibrium and structural rehabilitation. Scientific literature is emerging to validate this approach, as clinical trials have shown that *Shodhana Chikitsa*, particularly *Nasya* and *Basti*, is statistically superior to conventional management with regards to reduction in pain and neurological deficits.² Specific *Yoga* protocols using extension-based asanas such as *Bhujangasana* have also been shown to correct biomechanical faults and result in significant reduction in neck pain intensity and functional disability. This report discusses the efficacy of this integrated protocol.

Case Description :

Patient Information: A male patient (OPD no- 25020020) came to us on 08/07/2025 with complaints of radiating pain from neck to upper limbs since last 3 years. He

suffered from stiffness on neck, shoulder and forearm region. So, with the mentioned complaint he came to Khemdas Hospital for further treatment and management.

Chief Complaints –

- Neck Pain Radiating to Bilateral Hands – 3 Years.
- Neck Stiffness – 3 years.
- Headache sometimes in the evening time.
- Pain increases in the Morning time.

History of present illness -

A 61-year-old male patient came with complaints of neck pain radiating to bilateral hands, neck stiffness, headache for 3 years so he came to Khemdas Hospital for further management and treatment.

Occupational History –

Nature of Work – Standing mostly

• General Examination –

Gait – Normal	Clubbing – Not clubbing
Decubitus – Supine	Lymph Nodes – Not Palpable
Facies – Normal	Pulse rate – 92 beats/min
Pallor – Absent	Respiratory rate – 19/min
Icterus – Absent	Heart rate – 92/min
Cyanosis – Absent	Blood Pressure – 130/80 mm Hg
Edema – Absent	Temperature – 97.8 C ⁰ /F

• Rogi Pariksha –

Prakruti – *Vata kaphaj*
Sarataha – *Madhyam*

Sanhananataha – Avar

*Pramanataha – Height -158 cm Weight –
52 kg BMI – 20.8 kg/m²*

Satwataha – Madhyam

Satmyataha – Madhyam

Ahara Shakti – Madhyam

Vyayamshakti – Madhyam

Vaya / Jihwa – Vruddha / Niram

Systemic Examination –

1. Locomotory System –

Patient can walk without support

Range of Motion - Restricted at B/L shoulder joint.

2. Respiratory System –

○ **Inspection** – B/L Chest Symmetrical

○ **Palpation** – Trachea centrally placed

○ **Percussion** – Resonance sound all over chest

○ **Auscultation** – Air Entry Bilateral Equal

3. Cardiovascular System –

○ **Palpation** – No Cardiomegaly

○ **Percussion** – NAD

○ **Auscultation** – S₁ S₂ heard

4. Gastro Intestinal System –

○ **Inspection** – No Scar

○ **Palpation** – Soft and Non tender

○ **Percussion** – Tympanic Sound

○ **Auscultation** – Bowl sound heard

5. Central Nervous System –

Sensory Motor :

○ Sensation: Normal

○ Tone: Normal

▪ Power: +3

▪ Co-ordination: Normal

▪ Involuntary/Movements: No any involuntary movement

• Patient is conscious and oriented to place, person and time.

Radiological Investigations –

○ **X-ray**: Osteophytes are seen from C5-C6, narrowed disc space, sclerosis.

○ **MRI**: Posterior disc bulge at C5-C6, ligamentum flavum hypertrophy, no cord compression.

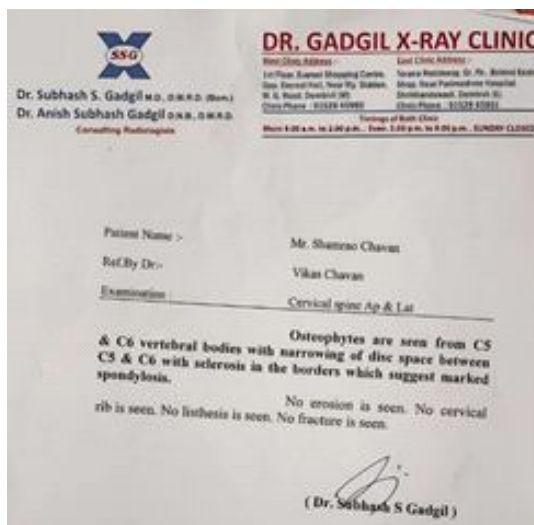


Figure 1

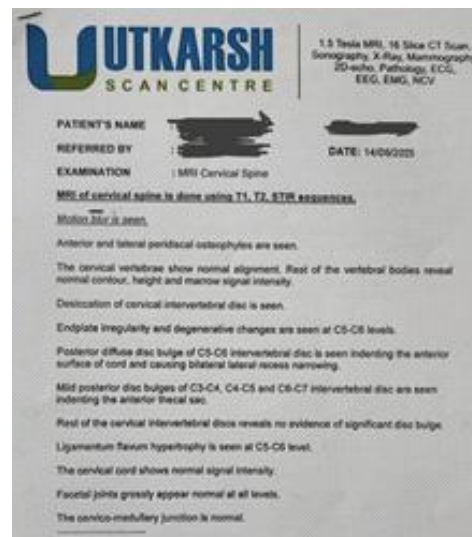


Figure 2

Diagnosis: Based on *Ayurvedic* assessment and MRI/X-ray findings, the patient was diagnosed with *Manyastambha* (corresponding to cervical spondylosis).

Previous Treatment–Tab – Nortriptyline, Methylcobalmin and Pregabalin – 01 tab after food for 4 months.

Samprapti (Pathogenesis) –

- Pathogenesis involves aggravation of *Vata*, *Vyana Vayu* particularly, and its interaction with *Kapha* or degenerate tissues in the cervical region.
- Based on the patient’s symptoms of *Stambhana* (stiffness) and *Ruk* (pain) alongside the restricted range of motion, the condition was diagnosed as *Vata-Kaphaja Manyastambha*. The pathogenesis is understood as follows: The Nidan lead to the Prakopa of Vata Dosha (specifically *Vyana Vayu*, which governs voluntary movement and circulation). This vitiated Vata then becomes *Margavarodha* or *Avarana* (obstructed) in its normal path by aggravated *Kapha Dosha* (which has properties of heaviness and stability).

● **Clinical Findings :**

- Neck pain radiating to bilateral hands (VAS 5+)
- Stiffness (VAS 3)
- Numbness
- Tingling
- Dizziness
- Mild muscle weakness for 3+ years.

1. Nidan (Etiological Factors) :

According to *Ayurveda*, *Manyastambha*

is precipitated by factors that aggravate the *Vata* and *Kapha doshas*.

● **Aharaja Nidan Dietary Factors –**

- Intake of food having *Ruksha* (Dry), *Sheeta* (Cold), *Laghu* (light) properties. Like patient skips the breakfast, at the time of lunch he used to take milk and 2 *bhakri* (thick chapati made up of *bajra* and *jwar*) with *Bharta* (roasted brinjal mixed with red chili), skipping evening snack at the time of dinner he usually takes *Kadhi* (Curry) and *Khichdi*.
- *Vishamashana* - irregular intake of food.
- *Adhyashana* - eating before the previously taken meal is digested.
- *Alpahara*, or insufficient diet, leading to Dhatu Kshaya, or tissue depletion.
- Excessive intake of *Kashaya* (astringent), *Katu*, and *Tikta* rasa.

● **Viharaja Nidan (Lifestyle Factors) –**

- *Urdhwanireekshana* : Constant upward gazing or extension of neck, because of the tree’s inspection at farm.
- *Divaswapna*: *Kapha* increases and obstruct the *Vata* because of sleeping in the day time.
- *Asanastha Vikruti* : Improper sitting postures or maintaining a static posture for prolonged periods.
- Excessive physical exertion (*Ativyayama*) and carrying heavy loads on the head/shoulders (*Bharavahana*).

● **Manasika Nidan (Psychological Factors):**

- As the patient is weak in socio economy status he does *Chinta* and have *Bhaya* of future that increases the *Vata dosha*.

Intervention

The patient received an integrative therapeutic regimen over 14 days, including:

A. Panchakarma Therapy (Shodhan Chikitsa) :

- *Sthanik Abhyanga* with *Mahanarayan*

Taila + Nadi Sweda for (30 min/day) – 14 days.⁵

- *Nasya* with *Mashadi Taila* 8 drops in each nostril.⁵
- *Manya Basti* with *Mahamasha* and *Mahanarayan Taila* – 14 days.⁵
- *Katibasti* and Physiotherapy as support.

B. Internal Medications (Shamana Chikitsa) :

Medicine	Dose	Duration	Anupana
<i>Dashmool Kashaya</i> ⁵	40 ml BD	18 days	Luke warm water
<i>Kshir Bala Capsule</i> ¹¹	1 capsule BD	18 days	Warm water
<i>Yogaraj Guggulu</i> ³	2 capsules BD	18 days	Warm water
<i>Erand Bhrishta Haritaki</i> ⁵	2 tabs HS	18 days	Warm water
<i>Ashwagandha Vati</i> ³	40 ml BD	18 days	Warm water

C. Yoga Therapy (Selective Techniques)

Yoga session taken and supervised by Yoga Instructor -

Loosening Exercise	Rounds	Time (min)
Neck Rotation (its limitation)	3	4 minutes
Neck movement (Right, Left, Up, and Down)	3	4 minutes
Neck twisting (Turning head to right and left)	3	4 minutes
Flexion and Extension of Shoulder joint	3	4 minutes

Therapeutic Yoga module made for Manyastambh -

Asana	Duration	Repetitions	Frequency
<i>Setu Bandhasana</i> ⁸	30-60 sec	4	3-4/week
<i>Bhujangasana</i> ⁸	15-30 sec	4	3-4/week
<i>Balasana</i> ⁸	1-3 min	3	Daily
<i>Makarasana</i> ⁸	1-3 min	3	Daily
<i>Gomukhasana</i> ⁸	1-5 min	4	Daily

Follow-up and Outcomes –

Follow up was assessed weekly for 4 weeks. Result was noted by multiple parameters.

Sr. No	Complaint	Before Treatment	After Treatment
1.	Radiating neck pain (V.A.S Score)	5+	2
2.	Neck stiffness and rigidity (V.A.S Score)	3	1
3.	Numbness and tingling in neck (V.A.S Score)	3	1
4.	Dizziness and headache with neck movement (V.A.S Score)	3	1
5.	Mild muscle weakness(V.A.S Score)	3	1
6.	Tingling Sensation	Present	Absent
7.	Neck Bending through all Directions	Restricted	Assorted

Legend: VAS scale is used in medical field to **measure subjective symptoms like pain in numeric form**. It helps doctors **quantify intensity from 0 to 10** in a simple way. It is useful to **compare severity before and after treatment**. It is widely used in **clinical assessment and research** due to easy and reliable scoring. No adverse events were reported during or after the treatment. The patient experienced improved sleep, greater cervical mobility, and enhanced daily functioning.

In this case, the treatment of *Manyastambha* was planned using a holistic combination of *Shodhana*, *Shamana*, and Yoga therapies. This integrated approach targeted both major aspects of the disease — *Avarana* (obstruction in the channels) and *Dhatu Kshaya* (degeneration of tissues) — to achieve an overall healing effect.

Mode of Action –

Nasya:

Ayurveda explains that the nose is the doorway to the head. When *Mashadi Taila* is administered through *Nasya*, the medicine reaches the *Shringataka Marma* — an important nerve center. This helps remove deeply lodged toxins from the nervous pathways (*Majjavaha Srotas*) while also nourishing the cervical nerves. Thus, it not only cleanses but also rejuvenates the tissues, countering the degenerative changes seen in *Manyastambha*.

Manya Basti and Abhyanga :

Warm *Mahanarayan Taila* applied locally through *Manya Basti* and *Abhyanga* provides oiling and gentle heat to the neck area. The warmth increases local blood circulation by causing vasodilation. Better circulation helps flush out pain-causing inflammatory chemicals (like substance P), relaxes tight neck muscles, and reduces stiffness — which is the main symptom of *Manyastambha*.

Internal Medication :

Yogaraj Guggulu works as an effective

anti-inflammatory and *Vata*-balancing medicine to relieve pain and stiffness. *Dashmoola Kashaya* further reduces swelling and inflammation. *Ashwagandha* and *Kshir Bala* support the nervous system and strengthen muscles and bones, assisting in the structural recovery of the cervical spine.

Yoga Therapy :

Including *Bhujangasana* and *Makarasana* in the treatment helped correct posture by gently extending the cervical spine, which usually remains stressed due to forward-bent activities. These asanas strengthen the deep neck muscles, improve spinal stability, and also decrease the chances of recurrence of symptoms.

Patient's Perspective –

My Occupation is farming, I have farm of various types of crops and fruits, from last 3 years I am suffering from severe and constant pain. My neck used to hurt so badly that even lifting small things became difficult. Sometimes the pain would travel down to my hands, and I often felt dizzy—it was really frightening. I tried several allopathic medicines, but the relief never lasted more than a few hours.

When I began this Ayurvedic treatment, I was honestly unsure about the oil therapies. But within treatment Period, I could feel the stiffness in my neck starting to ease. By the end of the two-week treatment, the sharp pain had almost disappeared. Now I can sleep peacefully through the night without waking up in discomfort, and I finally feel strong enough to get back to my work in the fields.

Importance and Limitations of the Study
Importance :

This case highlights how a non-surgical, holistic approach can effectively manage chronic cervical spondylosis. By focusing on the root cause—*Vata* imbalance and lifestyle factors—rather than just symptoms, the treatment led to better functional recovery. The inclusion of Yoga further helped maintain the improvements gained from *Panchakarma* through continued self-care and rehabilitation.

Limitations :

As this is a single case, the results can't be generalized without larger studies. The treatment period was only 14 days, so long-term effects and recurrence couldn't be fully assessed. Also, while pain relief was measured through patient feedback (VAS), no MRI was done to confirm structural changes.

The combined treatment using *Nasya* and *Manya Basti*, supportive medicines, and specific Yoga practices proved highly effective in managing *Manyastambha* (Cervical Spondylosis). The approach helped relieve pain, stiffness, and nerve-related symptoms by balancing the *Doshas* and improving posture and spinal function. This holistic and non-surgical method appears to be a safe, affordable, and practical option for patients and deserves further study through larger clinical trials.

- **Conflict of interest** – None
- **Funding** – None
- **Consent** – Taken

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