



**CONCEPTUAL STUDY OF KUKKUTANDA PINDA SWEDA IN THE
MANAGEMENT OF MANYASTHAMBHA (CERVICAL
SPONDYLOSIS)**

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ABSTRACT

Manyastambha is the clinical entity in which the back of the neck becomes stiff and the movements of the neck are impaired. Manyastambha has been enumerated in Eighty Nanatmaja Vata Vyadhi. It can be co-related with Cervical Spondylosis in modern parlance. Cervical Spondylodis is a degenerative condition of the cervical spine. In today's busy world people work hours on computers,

night jobs, take day sleep, take long drives, sleep over abnormally and give least importance to proper physical, mental exercise & food habits. Pain and stiffness are the primary symptoms. 66% of adults experience neck pain in their lifetime and 5% are highly disable by it. Swedan karma releases sthambha (stiffness) and pacify vitiated vata so Shula (pain) is decreased. Kukkutanda (Indian hen egg) Pinda sweda are having properties of Kapha vatahar and Brimhan properties are supposed to be beneficial in Manyastambha.

KEYWORDS: Manyastambha, CervicalSpondylosis, Kukkutanda Pinda Sweda.

INTRODUCTION

In Present era human being is prone for numerous degenerative problems, because of life styles, food habits and professional strain, in association of road and traffic situation. With the emergence of computer technology in recent years, stress and long working hours in front

of computers can lead to cervical pain. The Cervical Spondylosis^[1] is one of the commonest degenerative, neurological condition by which the major population has been affected. Most of the person above 40 years of age shows significant radiological changes and a major percentage among them develop cervical Spondylosis at the age of 50 years. By age 60, 70% of women and 85% of men show changes consistent with cervical Spondylosis on x-ray. Pain and stiffness are the primary symptoms. 66% of adults experience neck pain in their lifetime and 5% are highly disabled by^[2] it. By considering the sign and symptoms of cervical Spondylosis it can be correlated with Manyastambha.

Manyastambha^[3] is a vataj nanatmaja vyadhi. The symptoms are ruja (pain) and Stambha (stiffness and restricted movements) in Manya Pradesh (cervical region). The vata dosha gets vitiated and takes ashraya at manya pradesha affecting the manya siras causing Stambha and shoola of neck. The Stambha is the resultant spasticity of neck muscles, which stretches and makes neck stiff. Because of its prevalence and unavailability of satisfactory management the particular alignment has become a challenge for health care providers. The modern treatment includes analgesics surgical procedures which is often associated with many adverse effects. Because of such problems it not only affects the social and economic position of individual and family but also draining of national resources due to work hour lost. Pinda sweda^[4] is unique procedure of the Panchakarma. As described by Bhavprakash M.Kh. Vatvyadhi adhyaya 24/78 specially describes Kukkutanda Pinda sweda^[5] which may improve the strength of fibrous tissue increases movement and flexibility of the joints and relieves the pain and stiffness. Kukkutanda is Ushna Singdha in guna^[6] so it is helpful to decrease vitiated vata dosha. According to modern egg yolk strengthens the muscles.

The Cervical Spondylosis is one of the commonest degenerative condition by which the larger group of community has been affected. There are medical and surgical treatment approaches to treat this condition which is often associated with many adverse effect. Ayurvedic approach to the disease Manyastambha is to retard the degeneration and to strengthen the Dhatus for pacifying the vata dosha.

Disease Review -Nidan (Etiology): As Manyastambha is Vata Vyadhi, the Vata Vyadhi Nidana to be considered in general. But specific etiological factors described are Diwaswapana(day sleep), Urdwa nireekshana(looking upwards continuously), Asanasthana Vikruti(improper position during sleep) Diwaswapana increases Kapha, Vikruth Asansthana

Urdwa nireekshana causes vata vitiations. Vata &Kapha both gets vitiated and Kaphavarana vata causes Manyasthambha.

Purvarupa (Premonitory sign): As per vatvyadhi no purvarupa of manyasthambha are mentioned in samhitas^[7]

Rupa (Symptoms): Ruka(pain) and Stambha(Stiffness)

Samprapti (Pathogenesis): Various etiological factors causes Vata vitiation and *Kapha* avarana to vata and leads to Sthana Samsraya in Manyapradeshi resulting Dhatu kshaya in Greevasandhi(neck joints)resulting in painful and restricted cervical movements.



Procedure Review

Pinda Sweda: It is a unique procedure of Panchakrama.It is Type of Sweda(sudation).As mentioned in Charak Samhita Sweda has 2 types Sagni and Niragni sweda.In this Pinda sweda comes under sagni sweda and that sagni sweda have 13 subtypes. Pinda sweda comes in Sankar type of sweda. This Procedure is done externally over body by forming a Pinda (bolus) of Ayurvedic medicines with which swedana is performed.

Kukkutanda Pinda Sweda Review

As described in Charak Samhita Pinda sweda has property of Bhrimhana and Vatashamana . Kukkutanda Pinda sweda is mentioned by Bhavaprakasha is said to be effective in Manyastambha. Kukkutanda Pinda sweda includes ingredients like Kukkutanda (hen egg), Goghrit, Saindhav. Kukkutanda is Ushna Singdha in guna so it is helpful in decreasing vitiated vata dosha.

Method of Preparation

Take approximately 4 eggs with adequate amount of Ghrita and approx 10gm of Saindhav.

Sauté the eggs in ghrita and saindhav. After it is cooked , it is then wrapped in a cloth and make it into a bolus like a poultice.

Drug Action

Kukkutanda Pinda Sweda improves the strength of fibrous tissue and increases movement and flexibility of the joints and relieves the pain and stiffness Kukkutanda is Ushna Singdha in guna so it helpful to decrease vitiated vata dosha.

DISCUSSION

The race of our world is taking us away from of our natural habits and pushing us towards a life filled with disorder.which is directly related to our way of living and cervical Spondylosis is one of them. Manyastambha is nanatmaja Vyadhi but Kapha Dosha association is described in Samprapti. Vata is vitiated either because of Avarana or Dhatu Kshaya. In the initial stage of manyastambha when vitiated Vata lodges in the Kapha Sthana,the Kapha Anubandatwa is seen. As Manyastambha is one of the Vatavyadhi, Swedan having the Gunas like Snigdha, Ushna which are antagonists to Gunas of Vata pacifies it. Pinda sweda with Kukkutanda helps in manyastambha as vat kaphaghna shulahar.

CONCLUSION

- **Kukkutanda Pinda- helps in manyastambha as vata kaphaghna and shulahara**
It pacifies vata dosha and egg helps to strengthen the nerves and relieves nerve compression.
- **Saindhav-** It has Tridoshaghna, Kaphavilayan, Kaphachedan properties
- **Ghrita** - It pacifies Vata and acts as a rejuvenator and also Yogavahi which is helpful in increasing bioavailability of drugs.
- **Swedana Gunas** like Snigdha,Ushna which are antagonists to Gunas of Vata and thus pacifies the Vata dosha.

The increased temperature of the Pinda sweda causes vasodilatation & deep tissue stimulation occur. It increases the flow of blood and necessary oxygen & nutritive materials are absorbed and toxins are removed. It also acts as muscle relaxant, reduces the pain, inflammation and stiffness.

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