



CONCEPTUAL STUDY ON EFFECT OF VARUNADI CHOORNA PINDA SWEDA ON MANYASTHAMBHA

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ABSTRACT

Ayurveda is a form of the Indian traditional system of medicine that has been used since ancient times to treat diseases with the help of herbal medicines and panchakarma. Now days, incidence of neck pain is increasing with an increase in desk jobs as well as after COVID due to work from home and an increase in working periods on laptops. Cervical spondylosis is a degenerative condition involving the vertebrae and discs of the neck. It occurs in both males and females, usually after the age of 40. It presents most commonly in women due to bending and doing house chores works. In modern medicine, it is correlated with cervical spondylosis. Modern management has conservative treatment with analgesics and nonsteroidal anti-inflammatory drugs with physiotherapy, but these only provide symptomatic effects and are costly sessions as well. Manyasthambha is vatavyadhi for which Acharya Charak had advised various treatment for vatavyadhi one of them is swedanaChoorna pinda sweda is modified form of samskara sweda it can provide good effects. Considering all the above points varunadi kwath choorna pinda sweda which has been described in Gada nigraha has been selected to assess its efficacy in treating manyasthambha.

KEYWORDS: Ayurved, cervical spondylosis, manyasthambha, Panchakarma.

INTRODUCTION

Acharya Sushrut considers Manyastambha as an individual disease and also as the prodromal symptom of Apatanaka.^[1] According to Acharya Charaka in explained that of head injury i.e., Shiro Abhighatam can cause manyasthambha.^[2] Manyastambha is among the eighty Vataja Nanatmaja Vikaras. Along with Vata, Kapha Dosha is associated. Vata is vitiated due to Kaphavarana or Dhatu Kshaya. Vata is vitiated and lodged in the Kapha Sthana so the Kapha involvement can occur. Cervical spondylosis is a cervical spine degenerative disorder. There is degeneration of intervertebral disc, with its protrusion and bony overgrowth of adjacent vertebrae causing compression of roots, cord or both.^[3] In the general population, the point prevalence of neck pain ranges from 0.4% to 41.5%, the 1-year incidence ranges from 4.8% to 79.5% and lifetime

prevalence may be as high as 86.8%.^[4] As according ayurved texts different line of treatment for vata vyadhi were advised in that swedana has been explained. Choorna pinda sweda is modified form of samskara sweda it can provide good effects. Choorna pinda swedais type of localised swedana which can give good results Manyasthambha due to its properties like ushna(warm), tikshna (penetrating), sara (spreads rapidly) Sukshma (reaches at microcellular level).

DISEASE REVIEW

Hetu

Nidan is term is used in ayurved to describe causative factor of disease. In our ancient texts there is no specific Nidana has been mentioned for manyasthambha. As manyasthambha is a Vatavyadhi, general Hetu of it can be taken as hetu of manyasthambha.

Table 1: Hetu of manyasthambha according to different Acharya.

Hetu	Charak Samhita	Sushrut Samhita	Astang Sangraha	Astang Hriday	Madhav Nidan
Aaharaja					
Atyalpa (very less quantity)	+	+	+	+	+
Atiruksa (Excessive dry)	+	+	+	-	+
Atisheeta (cold food)	+	+	+	+	+
Atilaghu (very light)	+	+	+	-	+
Abhojana (no food intake)	+	+	-	-	+
Viharaja					
Ratri jagarana (no sleep)	+	+	+	-	+
Divasvapana (day sleeping)	+	-	-	-	-
Ativyavaya (excess sexual act)	+	+	+	-	+
Vega dharama (stopping natural urges)	+	+	+	+	+
Plavana (swimming)	+	+	-	-	+
Dukkhashaya	+	-	-	-	+
Ativyayama (excess exercise)	+	+	+	+	+
Manasika					
Atichinta (excess anxiety)	+	-	-	-	-
Atishoka (excess grief)	+	-	+	+	+
Atikrodha (excess anger)	+	-	-	-	+
Atibhaya (fear)	+	-	+	-	-
Other					
Rogatkarshanat (weakness due to prolonged disease)	+	-	-	-	+
Marmaghanta (trauma to vital parts)	-	+	-	+	+

Purva Rupa

The symptoms which give indication of future disease is known as purvarupa, there are no specific descriptions about the purvarupa of manyasthambha. Since manyasthambha is considered as a vata vyadhi, In Charak Samhita, purvarupa of vata vyadhi is mentioned as Avyakta Lakshana.^[5] Sushruta and Vagbhata keep silence about purvarupa. By considering the opinions of experts of Ayurveda and commentaries we can come to a

conclusion that the symptoms and signs of manyasthambha in its less severe state (mild or occasional pain) can be taken as the premonitory state of this disease before the full swing appearance of rupa.

Rupa

According to the different Acharyas the Rupa manifested in diseases are listed as follows in table 2.

Table 2: Rupa according to different Acharya.

Sr no.	Symptoms	Sushrut Samhita	Madhav Nidan	Bhavprakash	Yogratnakar
1	Manyashool	+	+	+	+
2	Manyastambha	+	+	+	+

Samprapti

The vitiated Vata with Kapha Dosha gets vitiated and resides at Manya pradesha affecting the Manya Siras causes Sthambana and Ruja of neck. Second one is due to Margavarodha. The Nidanans like Adhyashana, Vishamasana (Urdhwa Nireekshana, Asmathan

Shayanam) and other Amakara Nidanans vitiates Agni, leading to mandagni and production of Ama causing Margavarodha. In this way all the above Nidana factors will cause Vataprakopa either by dhatukshay or margavarodha.^[6]

Table 3: Samprapti Ghataka.

Dosha	Vata – Vyanavata, Kapha, shleshmaka kapha
Dushya	Asthi and Majja, Snayu, Mamsa
Agni	Jatharagni, Asthi and Majja Dhatwagni
Srotus	Asthi and Majjavaha
Srotodusti Prakara	Sanga
Udbhava sthana	Pakwashaya
Sancharasthana	Rasayani

Vyaktasthan	Greeva
Vyadhi swabhava	Chirakari
Rogamarga	Madhyamarogamarga

UPASHAYA AND ANUPASHAYA

There is no specific Pathya and Apathyas mentioned for Manyastambha. As it is mentioned in the list of Vatavyadhi, general regimen of diet mentioned under this can be done in Manyastambha and they are as follows.

Upashaya

Sarpi, vasa, taila, majja, gritha, dugdha, Shakha, Shimbhi and phala varga Kulatha, Masha, godhuma, Raktashali, patola, vartaka, dadima, Madhura, Amla, Lavan rasa pradhana foods.

Anupashaya

Chanaka, kalaya, shyamaka, kuravinda, mudga, rajamasha, guda, jambuka, kramuka, Mrinala, nishpava, Taalaphala, shimbi, shaka should be avoid taking pillow at sleeping time, sitting in wrong postures.

Sandhyasadhayata

When we go through the classics ayurvedic texts there is no mentioning of above factors in the context of

Manyashtamba. Vagbhata and Sushruta Samhita have Considered Vata Vyadhi as Mahagada. Hence, we can consider the description which is available in Vatavyadhi in general.

MATERIAL AND METHODS

Drug Review

Choorna pinda sweda is a modified version of charak's sankara sweda. this is done with bolus of various churnas, locally or on the overall body. Varunadi kwath nadi sweda where prepared as per literature as described in text Gada nigraha.

Preparation of Drug

Varunadi choorna pinda sweda will be prepared as per mentioned in *Gada Nigraha kayachikitsa vataroga adikar 16/219*.^[7]

वरुणैरण्डवातारिमुण्ड्यः शिग्रुः शतावरी ।

गोक्षुरः सषपत्रैचषां स्वेदो वातगदापहः ॥ २१९ ॥

Table 4: Drug Review.

Sr No.	Drug Name	Botanical Name	Rasa	Virya	Vipaka	Guna	Dosh Karma	Upyuktang
1	Varuna	<i>Crataeva religiosa</i> Forst.f.	Tikta, Kasaya	Usna	Katu	Laghu, Ruksa	Kapha, Vataghana	Twak
2	Shatavari	<i>Asparagus racemosus</i> Willd	Madhura, Tikta	Sita	Madhura	Guru, Snigdha	Vata-pittahara,	Tuberous roots
3	Gokshur	<i>Tribulus terrestris</i>	Madhura	Sita	Madhura	Guru, Snigdha	Vata-pitta hara	Seed
4	Vatari (Yavani)	<i>Carum Copticum</i> Benth & Hook [Trachyspermum(L) Sprague}	Katu	Usna		Laghu,ruksa, Tiksna	Kapha-vata hara,	Fruits
5	Sarshapa	<i>Brassica campestris</i> Linn.var.rapa (Linn.)	Katu, Tikta	Usna	Katu	Laghu, Snigdha	Kapha-vatahara,	Seed
6	Gorakmundi	<i>Sphaeranthus indicus</i> Linn.	Tikta, Katu	Usna	Katu	Laghu, Ruksa	Tridosha hara,	Pancanga
7	Redi (Eranda)	<i>Ricinus Communis</i> Linn.	Madhura, Katu, Kasaya	Usna	Madhura	Snigdha, Tiksna, Suksma	Kapha-vatahara,	Leaves
8	Shigru	<i>Moringa pterygosperma</i> Gaertn. (M.oleifera Lam.)	Katu, Tikta	Usna	Katu	Laghu, Ruksa, Tiksna	Kapha-vatahara,	Leaves

Table 5: Contents/ materials used in choorna pinda sweda.

Contents/Materials Used	Choorna Pinda Sweda
Varuna Churna	25gm
Eranda Churna	25gm
Shatavari Churna	25gm
Yavani Churna	25gm
Gokshuradi Churna	25gm
Vatari Churna	25gm
Shigru Churna	25gm
Sarshapa	25gm
Tag	2
Cotton Cloth (45cm x45cm)	2

Procedure

a) Poorva Karma

- 1) The room having day light and devoid of direct atmosphere influence like dust will be selected.
- 2) Patient should attend the natural urges and sit on the table.
- 3) Drugs, instruments, required for snehana, swedana will be collected.
- 4) Mridu Abhyanga with lukewarm tila taila will be done over neck region.

b) Pradhan Karma

- 1) After Completion of poorva karma patient will be asked to be lie in prone position.

- 2) Varun, Eranda, Shatavari, Gokshura, Vatari, Sarshapa, Shigru, Gorkamundi these will be taken in powdered form and fried in vessel till it attains a golden-brown color.
- 3) Thus, prepared choorna should be tied into pottali.
- 4) The pottali should apply on manya region with mild pressure.

c) **Pashchat Karma**

After pradhan karma patient will be advised to covered the body parts which are subjected to swedana from direct air.

MODE OF ACTION

In Manyasthambha the Doshas mainly involved are Vata and Kapha. Acharya Charak had advised swedana treatment for vata vyadhi. In Manyasthambha there is involvement of vata and kapha dosha. Swedana by its Ushna property relieves Stambh does Srotosudhi (clears the channels) and Amapachana (digest the undigested materials) and relieves stiffness. In tissues there are number of small capillaries, having very minute pores, which help in nourishing the tissues and at same time they help to drain out the impurities.^[8] Choorna pinda sweda helps to activates of these pores. It also helps to relieve muscle spasms, reducing inflammation It increases in collagen extensibility results in increase in range of joint movement in neck region. In Manyasthambha, Vata is responsible for inducing pain especially its Ruksha (dry) and Shita Guna (cold). Choorna pinda sweda by its Ushna Guna reduces Shitata (coldness) in the neck region and thus pain gets reduced. And by its Snigdha Guna (unctuous property) absorbs Rukshata (dryness), which contribute pain in neck region.

CONCLUSION

The above considerations show that varunadi choorna pinda sweda can be effective in manyasthambha so it can be employed because it is easily accessible throughout the world, and it is also cost effective.

CONFLICT OF INTEREST

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