

## A CASE STUDY OF EFFECT OF *MASHA PRADEHA* IN MANAGEMENT OF *MANYASTAMBHA*

**Dr. Ankita Vijaysa Nilkanth<sup>\*1</sup> and Dr. Maya Gokhale<sup>2</sup>**

<sup>1</sup>MD Scholar Panchakarma, Sumatibhai Shah Ayurveda Mahavidyalaya, Hadapsar Pune.

<sup>2</sup>HOD of Panchakarma Department, Sumatibhai Shah Ayurveda Mahavidyalaya, Hadapsar Pune.



**\*Corresponding Author: Dr. Ankita Vijaysa Nilkanth**

MD Scholar Panchakarma, Sumatibhai Shah Ayurveda Mahavidyalaya, Hadapsar Pune.

Article Received on 26/06/2025

Article Revised on 15/07/2025

Article Accepted on 06/08/2025

### ABSTRACT

In today's era because of stressful lifestyle people are facing many degenerative diseases. *Manyastambha* is one of them. In *Manyastambha*, aggravated Vata get localized in *Manyapradesha* causing symptoms like *Shoola* (pain) and *Stambha* (stiffness) in back of neck. *Acharya Charak* explained it as *Vataj Nanatmaja Vyadhi*. Prevalance of *Manyastambha* is gradually increasing due to increased use of computer and mobile in inappropriate position, faulty seating posture, increased hours of travelling, lifting heavy weight. In modern medicine *Manyastambha* can be correlated with cervical spondylosis. According to *Aacharya Sushrut*, treatment modality for *Manyastambha* is *Vatashleshmahar Nasya* and *Ruksha Sweda*. *Pradeha* is one type of *Upanaha Swedana*. In *Masha Pradeha*, thick, heated paste of *Masha* applied on back of neck. In present article, a 32 years female patient having symptoms of *Manyastambha* is trated with *Masha Pradeha* for 7 days.

**KEYWORDS:** *Masha, Pradeha, Manyastambha.*

### INTRODUCTION

Etymology<sup>[1]</sup>- *Manyastambha* is mainly formed from two words, *Manya* and *Stambha*.

*Manya* – *Grivaya pashyat Shira*

*Satambha* – *Nishchalikaran*

*Sambha iha Kriyanirodha iti*

*Manya* means the back or nape of neck. While meaning of word *Stambha* is stiffness, rigidity, thus *Manyastambha* is clinical entity in which there is pain and restricted movement of neck.

In todays westernized world and changing lifestyle people are under going various disorders. People have started working on computers, spending more time on mobile in improper position, improper pillow, jerky movements during travelling causes vitiation of *Vata Dosha* which can result in numerous degenerative and inflammatory condition of bone and spine. *Manyastambha* is one of such lifestyle disorder.

According to *Acharya Sushrut*, sleeping in day time, improper way of sitting, standing and gazing upward causes aggrevation of *Vata* which get enveloped by *Kapha* producing *Manyastambha*.<sup>[2]</sup> *Acharya Charak* explain *Manyastambha* as one of the *Vataj Nanatmaj Vyadhi*.<sup>[3]</sup>

*Manyastambha* can be correlated with cervical spondylosis in modern medicine. Cervical spondylosis is age related disease that is associated with degenerative changes within intervertebral disc. It is estimated to affect about 25% of individual under 40 years, 50% over 40 years and 85% over 60 years in India.<sup>[4]</sup> It's general prevalence of around 13.76%. This shows that the condition is highly prevalent.

*Upanaha Sweda* is type of *Swedana* explained by *Aacharya Vagbhat* and *Sushrut*.<sup>[5,6]</sup> *Aacharya Dalhan* explains three types of *Upanaha Sweda*. They are *Pradeha*, *Sankara* and *Bandhana*.<sup>[7]</sup> *Pradeha* is thick, heated paste applied on affected area.

### MATERIAL AND METHODS

#### Case Report

A 32 years old female patient came to OPD of *Panchakarma* department with classical symptoms of *Manyastambha*.

#### Chief Complaints

*Manyapradeshi Shoola* (neck pain)

*Manyapradeshi Stambha* (neck stiffness) *Kriyakashtata*

*Vama Hastashoola* (left hand pain)

*Vama Hasta Chimchimayan* (tingling sensation)

*Prushtashoola* (back pain)

Since 1 year

**H/o Present Illness**

The patient is normal 1 year ago. Gradually patient having above mention complaints and came for the treatment in *Panchakarma* department.

**H/o past illness-** no any

**Personal History**

Name- XYZ

Age -32yr

Sex – Female

Marital status- married

occupation – Teacher

**Hetusevan-** 8 hours seating work, Writing work, Inappropriate seating posture, Use of heighted pillow, Ratrijagran.

**On Examination**

BP- 110/70 mm of hg

PR- 82/ min

Temp.-98 f

RR- 20/min

weight- 54.3 kg

S/E CNS- conscious and oriented

CVS- S1 S2 normal

RS- AEBE clear

ASHTAVIDHA PARIKSHA	DASHAVIDHA PARIKSHA
Nadi- Vatapradhan	Prakruti- Pittapradhan Vata
Mala- Samyak	Vikruti- Apatarpanatmak
Mutra- Samyak	Sara- Madhyam
Jivha- ishat saam	Samhanan- Madhyam
Shabda- Spashta	Praman- Madhyam
Sparsha- Anushnaseeta	Satmya- Madhyam
Druk- Prakrut	Satva- Madhyam
Aakruti- Madhyam	Aharshakti- Avara
	Vyayamashakti- Avara
	Vaya- Madhyam

**Treatment**

*Pachana Chikitsa*

*Musta Churna* 3gm *Vynodan* with *Koshna Jala* for 3 days.

*Panchakarma* treatment

*Sathanik Swedan* – *Masha Pradeha* at *Manya Pradesha* is planned for 7 days.

**Mobility of flexion**

		0 <sup>th</sup> day	7 <sup>th</sup> day
Grade 0	Normal i.e. 50 degrees able to touch chin and chest		50 degree
Grade 1	38 to 49 degree of total neck movement	45 degree	
Grade 2	25 to 37 degree of total neck movement		
Grade 3	13 to 34 degree of total neck movement		
Grade 4	No flexion of neck		

**Preparation of Masha Pradeha**

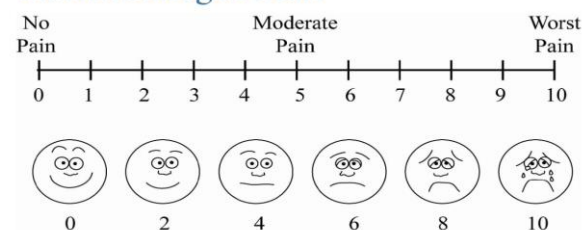
- 1) 50 gm of *Masha* with is taken & Grinded in grinder.
- 2) 150 ml of water is taken in hot pan & grinded *Masha* added in it & add *Goghrut* in it. 5gm *Saindhav* is added in it.
- 3) Mix it well & cooked on medium flame until it begins to bubble and turn into thick paste.

**Operating Procedure**

- 1) Patient should be lie comfortably in prone position with neck and head straight and arms keeping under head.
- 2) *Masha Pradeha* (paste) is applied on *Manyapradesha* of patient.
- 3) Temperature is check before application and asked patient about tolerance of temperature.
- 4) Temperature is maintained using hot dryer for 20 min. and after that clean with cotton pad.

**OBSEVATION AND RESULT****Subjective Criteria**

*Ruka* (pain) measured by VAS (VISUAL ANALOG SCALE)<sup>[8]</sup>

**Visual Analogue Scale**

	0 <sup>th</sup> day	7 <sup>th</sup> day
RUKA	6	1

**RANGE OF PAIN SCALE**

0-NIL

1-3 MILD

4-7 MODERATE

8-10 SEVERE

**Objective Criteria**

The Range of movement of The Neck is measured with the help of Goniometry<sup>[9]</sup> as before after.

**Mobility of Extension**

		0 <sup>th</sup> day	7 <sup>th</sup> day
Grade 0	Normal i.e. 60 degree extension of head up to back		60 degree
Grade 1	45 to 59 degrees of total neck movement	45 degree	
Grade 2	30 to 44 degrees of total neck movement		
Grade 3	15 to 29 degrees of total neck movement		
Grade 4	No extension of Neck		

**Mobility of lateral flexion**

		0 <sup>th</sup> day	7 <sup>th</sup> day
Grade 0	Normal i.e. 45 degrees ear touch to shoulder tip		
Grade 1	34 to 44 degrees of total neck movement		40 degree
Grade 2	23 to 33 degrees of total neck movement	30 degree	
Grade 3	12 to 22 degrees of total neck movement		
Grade 4	No flexion of neck		

**Mobility of lateral rotation**

		0 <sup>th</sup> day	7 <sup>th</sup> day
Grade 0	Normal i.e. 80 degrees able to make complete rotation		
Grade 1	60 to 79 degrees of total neck movement	65 degree	75 degree
Grade 2	40 to 59 degrees of total neck movement		
Grade 3	20 to 39 degrees of total neck movement		
Grade 4	No rotation of neck		

**DISCUSSION**

Aacharya Charak explains the treatment modalities as *Antaparimarjan* and *Bahiparimarjan*.<sup>[10]</sup> *Swdana* is included in *Bahiparimarjan*. *Swdana* is useful for both *Vata* and *Kapha Vyadhis*.<sup>[11]</sup> *Manyastambha* is *Vataj Nanatmaja Vyadhi*.

**Action of Swedana<sup>[12]</sup>**

1. *Stambhaghata* (reduce stiffness)- The main contributor for *stambha* is *sheeta guna*. *Swdana* being *Snigdha* and *Ushna* corrects *Vata & kapha Doshas* & relieves stiffness. *Swdana* also clears *srotodushi* or *sanga*.

2. *Gouravaghata* (reduce heaviness)- By using *Swdana* body fluids are excreted through *Sweda* & lightness is gain. *Swdana* stimulates the nerve ending and Promotes muscle strength.

3. *Sheetaghata* (reduce coldness) - *Ushna guna* of *Swdana* helps to reduce coldness.

4. *Swedakarakata*- *Swdana* induces sweat. It excrete the metabolic wastes in body tissues.

5. *Vatashamana*- *Snigdha Sweda* pacifies *Vata Dosha* by its properties opposite to *Vata dosha*.

*Masha* is included in *Swedanarth Dravya* by Aacharya Charak.<sup>[13]</sup>

**Properties of Dravya used in Pradeha**

DRAVYA	MASHA <sup>[14]</sup> (Phaseolus Mungo)	SAINDHAV <sup>[15]</sup>	GOGHRUTA <sup>[16]</sup>
RASA	Madhura	Lavana, Madhura	Madhura
VEERYA	Ushna	Sheeta	Sheeta
VIPAKA	Madhura	Madhura	Madhura
GUNA	Singhdha, Guru	Singhdha, Guru	Singhdha, guru

From above mention actions of *Swdana karma* and properties of *Dravyas* used for *Swdana* indicate *Vatashamak* property which is main factor in *Samprapti* of *Manyastambha*. It also acts as *Shoolahar* (reduces pain) and *Stambhahar* (reduces stiffness).

**CONCLUSION**

The prevalence of *Manyastambha* is increasing now a days. The *Ayurveda* gives better and various therapeutic Procedure. The treatment of *Manyastambha* done by reducing alleviated *Vata Dosha*. The case study demonstrates that *Masha Pradeha* is an effective, non-invasive, and safe Ayurvedic intervention for managing

*Manyastambha*, especially in the early stages or functional muscular stiffness.

**REFERENCES**

1. Sulaiman S., Waheeda B., Bhat R.; Conceptual study of *Manyastambha*; published by World journal of advance healthcare research ISSN: 2457-0400.
2. Sharma A; Sushruta Samhita of Maharshi Sushruta; Vol-I, Chaukhamba Surabharati Prakashan, Varanasi, Edition, 2013; Nidanstan 1/67 pg.no.467.
3. Kale V; Charak Samhita by Aacharya Charak; Vol-1, Chaukhamba Prakashan, Delhi, Edition, 2016; Sutranstan 20/11 pg.no.-301.

4. Kuo D., Tadi P.; Cervical Spondylosis; Published by National Liabrary of Medicine, 2023, PMID 31855384.
5. Gadgil D., Joshi Y., Kulkarni S.; Ashtangahrudaya by Acharya Vagbhat; Manakarnika Publication, Pune, Edition, 2016; Sutrasthan 17/1 pg.no. 274.
6. Sharma A; Sushruta Samhita by Acharya Sushruta; Vol-II, Chaukhamba Srurabharti prakashan, Varanasi, Edition, 2010; Chikitsasthan 32/1 pg.no.416.
7. Yadavsharmana P; Sushruta Samhita by Acharya Sushruta; Chaukhamba Sanskrit Sansthan, Varanasi, Chikitsa Sthana, 32/12 pg.no.513.
8. Interpretation of Visual Analogue Scale-J pain 2003 September 4(7)407-14- Randomized clinical trial [www.ncbi.nlm.nih.gov/pubmed](http://www.ncbi.nlm.nih.gov/pubmed)
9. Kale S.P, Vd. Sonwane R.D. published by IAMJ- ISSN.23205091.
10. Kale V; Charak Samhita by Acharya Charak; Vol-I, Chaukhamba Prakashan, Delhi, Edition, 2016; Sutrasthan 11/55 pg.no.186.
11. Kale V; Charak Samhita by Acharya Charak; Vol-I, Chaukhamba Prakashan, Delhi, Edition-2016; Sutrasthan 14/3 pg.no.226.
12. Kale V; Charak Samhita by Acharya Charak; Vol-I, Chaukhamba Prakashan, Delhi, Edition, 2016; Sutrasthan 22/11 pg.no.317.
13. Kale V; Charak Samhita by Acharya Charak; Vol-I, Chaukhamba Prakashan, Delhi, Edition, 2016; Sutrasthan 14/25 pg.no. 229.
14. The Ayurvedic Pharmacopia of India, Part 1, Volume 3, Masha, pg no-118, Goverment of India, Ministry of Health and Family welfare, Department of AYUSH.
15. Acharya Y.T. Edited; Charak Samhita-Chakrapani Tika Ayurved Dipika; Chaukhamba Sanskrit Sansthan, Varanasi, 4<sup>th</sup> Edition, 1994; Sutrasthan 27/300 pg no 170.
16. Kale V; Charak Samhita by Acharya Charak; Vol-I, Chaukhamba Prakashan, Delhi, Edition, 2016; Sutrasthan 27/232 pg. no. 414.