



THE POTENTIAL EFFECT OF *KUKKUTANDA SWEDA* IN THE MANAGEMENT OF *MANYASTAMBHA* W.S.R. CERVICAL SPONDYLOSIS

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ABSTRACT

Backgrounds - *Manyastambha* is the clinical condition in which the back of the neck becomes stiff and the movements of the neck are impaired. *Manyastambha* has been included in Eighty *Nanatmaja vata-vyadhi*. It can be co-related with Cervical Spondylosis in modern medicine. Cervical Spondylosis is a degenerative condition of the cervical spine. Pain and stiffness are the primary symptoms. If severe, it may cause pressure on nerve roots with subsequent sensory or motor disturbances. 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. 66% of adults experience neck pain in their lifetime and 5% are highly disable by it. **Aim** – To explore the role of *panchkarma* specially *Kukkutanda pinda Sweda* in management of *Manyastambha*. *Panchakarma* is the specific Ayurvedic treatment process for the purpose of detoxification of the body through 5 specific natural physical processes. **Material & method** - In the present study, we collected and compiled about *Manyastambha* & *Kukkutanda pinda Sweda* from classical text & related data of different websites have critically reviewed. For explain the mechanism of *Kukkutanda pinda Sweda* in management of *Manyastambha*, the collect material arrange in such manner. **Discussion & conclusion** - Modern modalities have a lot of limitations along with side effects and expenditure. *Ayurvedic* management can effectively manage this condition. *Swedan karma* releases *sthambha* (stiffness) and pacify vitiated *vata* so *Shula* (pain) is decreased. *Kukkutanda* (Indian hen egg) *Pinda Sweda* is having properties of *Kapha-vatahar* and *Brihmana* properties are supposed to be beneficial in *Manyastambha*.

Keywords: *Manyastambha*, Cervical spondylitis, *Kukkutanda pinda sweda*.

INTRODUCTION: *Manyastambha* is a *vataja nanatmaja vyadhi* The symptoms are *ruja* (pain) and *Stambha* (stiffness and restricted movements) in *Manya Pradesh* (cervical region)¹. The *vata dosha* gets vitiated and takes *ashraya* at *manya pradesha* affecting the *manya siras* causing *Stambha* and *shula* of neck. The features of *Manyastambha* is generally resembles to the certain conditions of Cervical Spondylosis. The Cervical Spondylosis is one of the commonest degenerative, neurological condition by which the major

population has been affected². 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. The prevalence of cervical spondylosis is similar for both sexes, although the degree of severity is greater in males³. Now a days, Neck Pain is common problem with 1/3 of Population due to increased number of professions, who sit for hours together doing sitting in front of the computer, call center job which requires continuous

sitting in one posture are more suffers from neck pain. Because of its prevalence and unavailability of satisfactory management the particular alignment has become a challenge for health care providers. This problem not only affects the social and economic position of individual and family but also draining of national resources due to work hour lost. In *Ayurveda*, *Pinda sweda* is unique procedure of the *Panchakarma*⁴. Simple procedure like *Kukkutanda sweda* mentioned in *Bhavaprakasha* for the treatment of *Manyastambha*. *Kukkutanda-sweda* is a type of *Snigdha Sankara sweda*. It is generally used in *Shula* and *Stambhapradhana vatavyadhi*. However exact method of therapeutic procedure is not clear, hence it is necessary to establish the better therapeutic effect. In *Susruta*, *Dallahana* commentary 3 types *upanaha* as *pradeha*, *pottali* and *bandhana* method mentioned in that *pottali* method is comparatively tried with *bandhana* method so that the therapeutic effect will be evaluated in the present study. *Kukkutanda Pinda* helps in *manyastambha* as *vatakaphaghna* and *shulahara*. It pacifies *Vata dosha* and egg helps to strengthen the nerves and relieves nerve compression. It is useful in other *Vata-vyadhies* as *Ardit* (Bell's palsy), *Hanugraha*, *Greeva graham*, *Apabahuka*, *Gridhrasi* & Skin nourishment etc.

AIM: To explore the role of *panchkarma* specially *Kukkutanda pinda Sweda* in management of *Manyastambha*. *Panchakarma* is the specific *Ayurvedic* treatment process for the purpose of detoxification of the body through 5 specific natural physical processes.

MATERIAL & METHOD: In this study, the material collected and compiled about

Manyastambha & *Kukkutanda pinda sweda* from classical text and research articles^{5,6}. To explore the role of *Kukkutanda pinda sweda* in management of *Manyastambha*, the collect material arrange in such manner.

MANYASTAMBHA: The word *Manyastambh* collectively formed by two word, *Manya* means *Gala Parshwashira* (Nape/back of Neck) and *stambh* means stiffness. *Manyastambha* is a *Kapha-Avaranajanya vatavyadhi*. It is characterized by *Shula* and *Stambha* in *Manya Pradesha*. The *Stambha* is the resultant spasticity of neck muscles, which stretches and makes neck stiff.

The reference about *Manyastambha* is available in various text of *Ayurveda*.

According to *Charaka*, *Manyastambha* enumerated among 80 disorders of *Vatajananatmaja vyadhi*. In *Chikitsasthana*, he described diseases along with description of *Antarayama*, he has mentioned, that vitiated *Vata* gets localized in *Manyapradesha* spreads into the channels causes *Manyastambha*⁷. *Acharya Sushruta* says that *Manyastambha* is due to sleeping in day time, improper way of sitting, standing and gazing upward, *Vata* gets *avarana* by *kapha* produces *Manyastambha*⁸. *Acharya Kashyapa* described the *Manyastambha* has been included as one among the *Soothikaroga*⁹. According to *Bhavaprakasha* indulging in day sleep, adopting improper position seats, looking upward for long time, *Vata* gets aggravated associated with *Kapha* gives rise to *Manyastambha*, for the same *Kukkutanda sweda* is adopted as the line of treatment¹⁰. *Kukutanda*, *Saindhva* and *Ghruta* are main content & this relives stiffness of the neck. Cervical spondylosis, also known as cervical osteoarthritis or

neck arthritis. Cervical spondylosis is a general term for age-related wear and tear affecting the spinal disks in your neck. As the disks dehydrate and shrink, signs of osteoarthritis develop, including bony projections along the edges of bones (bone spurs). Cervical spondylosis is very common and worsens with age. It can be caused by other factors as well. Cervical spondylosis first diagnosed according to symptoms. Some imaging tests as X-ray cervical spine (Anterio-Posterior and Lateral View), CT Scan, MRI and nerve function tests to confirm the diagnosis. Routine Blood and Urine investigated also.

ETIOLOGY & PATHOGENESIS:

Manyastambha is *Vata-vyadhi* so the *Vata vyadhi nidana* to be considered in general. But specific etiological factors described are *Diwaswapana* (day sleep), *Urdwanireekshana* (looking upwards continuously), *Asanasthana vikruti* (improper position during sleep). *Diwaswapana* increases *Kapha*, *Vikruth Asansthana* & *Urdwanireekshana* causes *vata* vitiations. *Vata* & *Kapha* both gets vitiated and *Kaphavaravata* causes *Manyastambha*. As per *vata vyadhi* no *purvarupa* of *Manyastambha* are mentioned in *samhitas*¹¹.

Various etiological factors causes *Vata* vitiation and *Kaphavarana* to *vata* and leads to *Sthanasamsraya* in *Manyapradesh* resulting *Dhatukshaya* in *Greevasandhi* (neck joints) resulting in painful and restricted cervical movements.

KUKKUTANDA PINDA SWEDA:

Kukkutanda Pinda Sweda is a unique procedure of *Panchakarma*. It is Type of *Sweda*(sudation). As mentioned in *Charaka Samhita Sweda* has 2 types *Sagni* and *Niragni sweda*. Further *sagni sweda* have 13 subtypes. *Pinda-sweda* is one of

the type of *sagni sweda* and that *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. As described in *Charaka Samhita Pinda-sweda* has property of *Bhrimhana* and *Vata shamana*. *Kukkutanda Pinda sweda* is mentioned by *Bhavaprakasha* is said to be effective in *Manyastambha*.

Kukkutanda Pinda-sweda includes ingredients like *Kukkutanda* (hen egg), *Go-ghruta*, *Saindhava*. Take approximately 4 eggs with adequate amount of *Ghruta* and approx 10 gm of *Saindhava*. Saute the eggs in *ghruta* and *saindhava*. After it is cooked, it is then wrapped in a cloth and make it into a bolus like a poultice.

MODE OF ACTION: The mode of action of *kukkutanda Sweda* shows in three forms, they have mild *Snehana* effect, fomentation effect and nourishing effect. When the procedure *Kukkutanda Sweda* starts, the heat produced by the medicated bolus increases the temperature to more than 2 to 3 celsius in all areas of the body. The increased temperature of the *Pinda sweda* causes vasodilatation & deep tissue stimulation will takes place due to which increased blood will enhances transformation of the necessary nutrients and oxygen which are supplied and waste products are expelled because of increased blood supply the metabolism will increase as a result the output of waste products from the cells are increased. It also acts as muscle relaxant, reduces the pain, inflammation and stiffness.

Skin is a large and highly complex organ, with extensive network of blood vessels, branches, and sensory receptors that

monitor touch, pressure, temperature and pain. Here the nourishing effect will be in from the ingredients, the main ingredient being egg yolk that contains proteins and fat soluble vitamins A, D, E, K and lecithin which is present in egg yolk is having cosmetic and pharmacological application and that is how this treatment helps in nourishing skin and as acts on various pathological conditions. *Kukkutanda* (eggs) which are from authentic source for the procedure, so that to avoid any kind of complications and to give the optimal results.

The mode of action of *Kukkutanda swedan* depends on its contents. Properties of these contents are :

*Saindhava*¹²: It has *Tridoshaghna*, *Kaphavilayan* & *Kaphachedan* properties
*Ghruta*¹³: It pacifies *Vata* and acts as a rejuvenator and also *Yogavahi* which is helpful in increasing bioavailability of drugs.

Kukkutanda: It is *Ushna-Singdha*¹⁴ in *guna* which are antagonists to *gunas* of *Vata* thus pacifies the *Vata dosha*. It improve the strength of fibrous tissue increases movement and flexibility of the joints and relieves the pain and stiffness. *Kukkatanda* also helps to strengthen the nerves and relieves nerve compression.

DISCUSSION: Cervical spondylosis is the most common disorder of the cervical spine, caused by degenerative changes in the vertebrae and intervertebral discs occurring as a result of constant inappropriate stress on the cervical spine. It is characterized by degeneration, disc protrusion, calcification and consequent pressure on the nerve roots of the cervical and brachial plexus. Degeneration in the disc leads to undue pressure over the nerve roots. The degeneration of cervical disc

demands *Brihmana* (nutritional therapy) and *Rasayana* (rejuvenation) therapy. *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 Anubandhatwa* is seen. Mostly we found *Kevala Vatajanya Lakshanas* (symptoms arising due to involvement of only *Vata Dosha*) more commonly. General line of the treatment of *Vata vyadhi* (Vatic diseases) was also adopted for the *Manyastambha*. *Charaka* has mentioned “*Navanastarpananisusnigdamswedayetata*”, meaning, one should perform *Navana* (oleation in nostrils), *Tarpana* (oleation in eyes), *Snehana* (internal and external oleation) and *Swedana* (sudation therapy) as the basic line of treatment of any *Vata vyadhi*¹⁵. These *Upakramas* help in the *Samprapti Vighatana*. *Abhyanga* with the paste of *Kukkutanda*, *Go-ghrita*, *Nimbu rasa* and *Saindhava lavana* was should be done for approx 30 minutes. Both *Kukkutanda* and *Nimbu* have the *Vatahara* and *Vata-Kaphahara* properties respectively which lead to deprivation of increase *Vata dosha*. *Go-ghruta* is *Brihmana* as well as *Vatapitta hara* while *Saindhava Lavana* acts as a carrier for absorption through skin pores. *Abhyanga* softens the skin, gives soothing effect, allows free movement, reduces the spasticity and rigidity in joints as well as muscles, improves blood circulation to the muscles and relieves the pain. In the long term, muscle wasting may also be prevented.

It clears the *Stroto-Dusti* (impurity of channels) or *Sanga* (hinderance). Serves to pacify *Vata*, and thus reduces spasticity (*Stambha*), hypertonicity (*Gaurava*), and produces sweat which softens the skin. It

increase the blood circulation of the area in contact, improves local metabolism, and relieves stiffness and variety of obstructions by widening of the pores which allows easy movement of the liquefied solid or semisolid (waste) materials.

CONCLUSION: Cervical Spondylosis is emerging as one of the most common diseases in present era. The prevalence of this disease has been expected to increase due to improper lifestyle, poor working, sleeping and sitting postures. It 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 *Dhatu*s for pacifying the *Vata dosha*. The *Ushna* and *Teekshna* qualities of *Kukkutanda* along with *Saindhava lavana* applied in the method of *Sweda karma* causes *Kaphavilayana* and *Sneha guna* of *Ghruta* and *Ushna guna* of *Sweda* will pacify the *Vata*. According to modern egg yolk strengthens the muscles. *Kukkutanda sweda* have no complication and easy to practice. Along with aforesaid therapies, postural corrections during work, sleep, travel and avoidance of elevated cushions below the neck, coupled with regular exercises can go long in preventing the cervical spondylosis.

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