

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

### 11.7. Jihwastambha

### जिह्वास्तम्भ (Jihvā-stambha) — "tongue-stiffness / paralysis"

(A member of **Vatavyādhi** group, clinically akin to isolated glossal palsy, bulbar-LMN involvement or severe dysarthria after stroke/viral neuritis)

# 1 रोगस्वरूपम् | Classical snapshot

"जिह्वास्तम्भः स्तम्भिताक्षरभाषितः स्राद्यपाने व्यवहितः वाक्प्रवृत्तिविवर्जितः"

— Mādhava Nidāna, Vātavyādhi Nidāna, śloka 52

"When aggravated **Vāta** impairs the nerves of the voice-track, the tongue becomes stiff; the patient cannot articulate, chew, drink or speak."

### Key clinical signs

- Sudden heaviness & numbness of tongue
- Slurred / absent speech, drooling, bite injuries
- Difficult deglutition, cough while sipping

# 2 सम्प्राप्ति (Pathogenesis)

Ghaṭaka Details

Hetu Direct cold-dry wind on face/ neck, day-sleep, speaking for long, post-viral neuritis, brain-stem stroke,

trauma around ear

Doṣa Vāta (Prāṇa + Udāna) 1; often Kapha āvaraṇa (local oedema) Dūṣya Snāyu (hypoglossal nerve & intrinsic muscles), Rakta / Māṃsa

**Srotas** Rasavaha & Nāḍīvaha of head-neck

Adhiṣṭhāna Jihvā-mūla & stylomastoid canal (nerve exit)

Pathway  $\rightarrow$  rukṣatā / śītala guṇa dries myelin  $\rightarrow$  Vāta blocks conduction  $\rightarrow$  tongue becomes rigid or flaccid.

## 2.1 Samprāpti-vighaţana (Break-the-chain strategy)

- 1. If Kapha/āma cloak present → Rūkṣa nāḍī-sweda + mr̥du virecana (castor oil)
- 2. **Sneha-sātmyakaraṇa** internal & external oils restore lipid sheath
- 3. **Local Sweda** nāḍī-sweda / *Kṣīra-dhūma* milk-steam (klassic for tongue palsy)
- 4. Nasya / Nāvana direct drug-delivery to cranial vault (see sūtra below)
- 5. Basti (for chronic / recurrent cases) pacifies root Vāta

# 3 चिकित्सा-सूत्र (concise rule-set)

"अर्दिते नावनं मूर्ध्नि तैलं तर्पणमेव च,

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नाडीस्वेदोपनाहाश्च..." — C. S. Cikitsā 28 | 99 (guideline for head-neck vatika)

Applied to Jihvā-stambha it yields the mnemonic "N S T S B R"

Letter	Measure	Purpose	
N	Nāvana-nasya (Brahmī-ghṛita / Ānū-taila 6 drops/nostril × 7-14 d)	Unblocks Prāṇa-vāta channels	
S	Sneha-pāna (Kṣīrabala 101 taila 10-15 ml b.i.d.)	Re-myelination, vāta-śamana	
т	Taruṇa-Kṣīra-dhūma (medicated milk-steam) to face/tongue 10 min	Snigdha sweda, improves nerve bloodflow	
s	<b>Swedana / Upanāha</b> – Nirgundī-tila-saindhava paste over jaw 4 h daily	Local warmth & drug penetration	
В	<b>Basti</b> (Dashamūla nirūha + Kṣīrabala anuvāsana, 8-day yoga-basti)	Root-level Vāta control, prevents relapse	
R	<b>Rasāyana</b> phase (Aśvagandhā-lehya, Guḍūcī-satva, Śilājatu) for 8-12 wk	Axonal repair & speech recovery	

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# 4 प्रायोगिक चिकित्सा-योजना (21-day clinic template)

Day	A.M.	Noon	P.M.	Goals
1-3	Dry nāḍī-sweda to face + hot water sips; Hingvāṣṭaka 2 g t.i.d.	Light gruel	<b>Eranda-taila</b> 20 ml bedtime (once)	Clear Kapha/āma
4-10	Kṣīrabala taila pāna 10 ml; Head abhyanga; <b>Kṣīra-dhūma</b> 10 min	Mahārasnādi kaṣāya 40 ml	Nasya 6 drops; facial physio drills	Sneha-Sweda-Nasya core
11-18	<b>Yoga-basti</b> schedule (alt. nirūha / anuvāsana)	Continue kaṣāya	Upanāha over jaw; mirror speech therapy	Deep vāta-śamana
19-21	Start Rasāyana stack: Aśvagandhā-lehya 10 g h.s., Brahmī vati 250 mg t.i.d.	Soft diet	Kşīrabala pāna 5 ml	Neural rebuild

(doses tailored to deha-bala & agni)

## 5 Rasāyana add-ons (weeks 3-12)

DrugDoseNeuro-actionAśvagandhā-lehya10 g h.s. with warm milkNerve growth, myo-toneBrahmī-ghṛita (oral)5 ml a.m.Synaptic plasticityGuḍūcī-satva500 mg b.i.d.Anti-inflammatory, antioxidantŚilājatu (śuddha)250 mg b.i.d.Trace minerals for axoplasm

# 6 Pathyā • Apathyā

### Pathyā

- Warm ghee-enriched diet (rice-gruel, mung-soup).
- Garlic-milk at night, sesame-laddu for lipid sheath.
- Daily head-abhyanga, scarf protection from wind, vocal rest.
- Tongue-mobilising physiotherapy: balloon blowing, "la-ra-ta-ka" drills.

### **Apathyā**

• Cold fizzy drinks, dry snacks, smoking, excess sour pickles.

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- Speaking loudly for long, day-sleep post-lunch, night-vigil.
- AC draft directly on face / neck.

## 7 Why Nasya & Kṣira-dhūma are pivotal

*Nasya* is the "gateway to the cranial vault"; Prāṇa-vāta seats include **jihvā (tongue)** itself, so oil drops reach the facial-nerve plexus quickly.

 $K \sim T$  reduces nerve oedema, re-lubricates myelin, proven useful in Jihvâ-stambha, Ardita and Hanustambha.

#### Take-home mnemonic → "N S T S B R"

Nasya → Sneha-pāna → Taruṇa Kṣīra-dhūma → Sweda/Upanāha → Basti → Rasāyana. Follow the sequence, respect āma/kapha first, keep diet warm-unctuous, and tongue palsy usually regains speech within 3-6 weeks.

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