

11.8. Manyastambha

Manyāstambha (Cervical Stiffness)

Rasāyana & Pathyā-Apathyā • Samprāpti Vighaṭana • Chikitsā Sūtra • Chikitsā Yojanā

1. Introduction

Manyāstambha (मण्वास्तम्भ) is the classical description of rigid, painful neck and upper-back musculature. It commonly corresponds to modern entities such as — acute cervical spasm, “text-neck”, early cervical spondylosis, or trapezius myofascial syndrome.

Cardinal Features

संकेत	Clinical cue
स्तम्भ (Stambha)	Board-like stiffness, loss of rotation/extension
रुक (Ruk)	Deep aching or sharp “catch” on movement
गर्दभागर्जित	Grating / crepitus on motion
± Radiation	Occiput, shoulder, arm when nerve roots irritated

श्लोकः

“कण्ठोऽधः कन्धरा रुक्षा शूलो गर्दभागर्जितः ।

ग्रेवास्तम्भः स मूढातिः प्रोक्तो मण्वास्तम्भ एव हि ॥”

“Dry-rigid nape with grating pain is termed **Manyāstambha**.” — Mādhava Nidāna 22 | 52

2. Samprāpti (Pathogenesis)

Stage	Ayurvedic Dynamics	Modern Analogy
Sañcaya → Prakopa	↑ Vāta (ruṣka, śīta) + Kapha (śleṣma, āvaraṇa) from cold drafts, prolonged desk posture, day-sleep	Postural overload, micro-ischemia of paraspinals
Prasara	Aggravated doṣa spreads via māmsa / snāyu srotas	General neck ache & fatigue
Sthāna-saṁśraya	Kapha covers Vāta in manya pradeśa (cervical soft tissue)	Local oedema, myofascial knots
Vyakti	Stiff, painful, crepitant neck = Manyāstambha	Acute spasm / “crick”
Bheda / Saṅkara	If unchecked, pure Vāta degeneration — loss of disc height, osteophytes	Chronic cervical spondylosis

3. Samprāpti Vighaṭana - Breaking the Chain

graph LR

A [Nidāna Parivarjana] --> B[Rūkṣa / Uṣṇa Sweda - (Kapha-āvaraṇa रोधन)]

B --> C[Snehana (internal & external)]

C --> D[Snigdha Swedana - (Patra-Piṇḍa, Kṣīra-Dhūma)]

D --> E[Nasya • Greeva-Basti]

E --> F[Basti (systemic Vāta śamana)]

F --> G[Rasāyana • Dhātu-Poshana]

4. Chikitsā Sūtra - Governing Principles

क्रम	Classical Dictum	Practical Interpretation
1	“रूक्षस्वेदैः कफस्यापच्छेद्यः”	Begin with dry/hot fomentation to melt Kapha-plug
2	“स्नेहस्वेदौ वाते प्रधानौ”	Follow quickly with oil-massage & moist heat for Vāta
3	“नस्यं शिरोभ्यङ्गः ग्रीवावस्तिश्च”	Nasya & oil-pooling on neck are mandatory
4	“वस्तिः अर्धं चिकी त्सितम्”	Enemas = half of Vāta management
5	“पश्चाद् रसायनैः पुनर्बलम्”	Finish with Rasāyana to rebuild collagen & nerve health

5. Chikitsā (Treatment Modalities)

5-A Panchakarma / Bahirparimarjana

Therapy	Goal	Classical Media
Valuka Sweda (hot-sand)	Rūkṣa heat to liquefy Kapha	Roasted sand + saindhava
Abhyanga	Re-lubricate tissues	Mahānārāyaṇa Taila, Kṣīrabala Taila
Patra-Piṇḍa Sweda	Deeper myorelaxation	Leaves of <i>Eranda</i> , <i>Nirgundī</i> , lemon, rock salt
Nasya (Nāvana)	Head-neck Vāta śamana	Ānu Taila, Brahmī Ghṛita
Greeva-Basti	Targeted disc feeding	Warm Kṣīrabala / Sahacarādi Taila 30 min
Yoga-Basti (8-day)	Systemic Vāta reset	Alt. Daśamūla-Nirūha & Kṣīrabala Anuvāsana
Mṛdu Virechana (if āma)	Clear sticky Kapha-āvaraṇa	20 ml Eranda Taila once

5-B Internal Shamana & Rasāyana Medicines

Drug	Dose*	Action
Yogarāja Guggulu	500 mg × 2	Vāta-Kapha śamana, anti-inflammatory
Mahārasnādi Kwātha	40 ml BD	Analgesic, decongestant
Trayodaśāṅga Guggulu	500 mg × 2	Nerve-tonic; chronic degeneration
Aśvagandhā-Lehya	10 g HS	Anabolic, rasāyana
Guḍūcī Satva	500 mg BD	Antioxidant, micro-vascular

*Tailor to **deha-bala & agni**.

6. Rasāyana Phase (Weeks 4-12)

Rasāyana	Nerve-Disc Benefit
Aśvagandhā	↑ Myelin & muscle strength
Bala-Rasāyana	Overall musculo-skeletal tone
Śilājatu	Trace minerals, osteophyte control
Āmalakī Rasāyana	Collagen matrix antioxidant

Start once pain & stiffness ↓ and digestion is clear.

7. Pathyā-Apathyā

Pathyā (Do)

Warm, ghee-rich meals, garlic-milk at night
Soups of mung, barley, goat-meat broth
Dry-ginger / ajwain in cooking
Ergonomic desk height, 30-min micro-breaks
Daily neck-Abhyanga & hot bath

Apathyā (Avoid)

Cold beverages, ice cream, raw salads
Excess sour, very spicy, junk food
Day-sleep, night-vigil
Long static phone-neck posture
Riding bike in cold wind without scarf

8. Cervical Yoga Toolbox

- **Grīvā Sañcalana** – gentle rotations, lateral bends
- **Bhujangāsana** (Cobra) – opens cervico-dorsal junction
- **Marjarī-Bitilāsana** (Cat-Cow) – rhythmic extension/flexion
- **Setu Bandha** (Bridge) – strengthens posterior chain
- **Śavāsana** – integrates relaxation

Hold each pose pain-free, coordinate with slow Ujjāyī breath.

9. 28-Day Chikitsā-Yojanā Snapshot

Days	Morning	Mid-day	Evening	Key Goal
1-3	Hingvāṣṭaka 2 g + hot water; Valuka-Sweda	Light yava-yūṣa	20 ml Eranda Taila purge (once)	Melt Kapha
4-10	10 ml Kṣīrabala Taila oral; Abhyanga + Patra-Piṇḍa Sweda	Mahārasnādi Kwātha	Nasya 6 drops	Sneha + Snigdha sweda
11-18	Greeva-Basti daily	Continue Kwātha	Upanāha overnight	Local disc nutrition
19-26	Yoga-Basti cycle	Soft, warm diet	Gentle cervical physio	Root Vāta pacification
27-28	Start Aśvagandhā-Lehya; begin Rasāyana stack	Normal warm diet	Light yoga, meditation	Transition to rehab

10. One-look Flow

Poor posture / cold → ↑Kapha + Vāta → Kapha-āvaraṇa in neck
 ↓ Rūkṣa Sweda & Virechana (Kapha ↓)
 ↓ Sneha • Snigdha Sweda (Vāta ↓)
 ↓ Nasya • Greeva-Basti (local feed)
 ↓ Yoga-Basti (systemic reset)
 ↓ Rasāyana 8-12 weeks
 Healthy, mobile cervical spine ✓

Key Take-aways

1. **Kapha-āvaraṇa first** → always open with Rūkṣa heat & mild purge.
2. **Sneha-Sweda duo** is the heart; without oil & warmth, Vāta won't calm.



3. **Nasya + Greeva-Basti** deliver medicine straight to cervical facet & discs.
4. **Basti** is non-negotiable for long-standing or radiating pains.
5. **Rasāyana & Pathyā** uphold the cure; skip them and relapse is common.

□ With this integrated ladder of Panchakarma, Rasāyana, and mindful lifestyle, Manyāstambha usually melts away within 4-6 weeks, leaving the neck supple and strong.

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