

## 11.8. Manyastambha

# Manyāstambha (Cervical Stiffness)

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

## 1. Introduction

**Manyāstambha** (मणयास्तम्भ) 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

### श्लोक :

“कण्ठोऽथः कन्धरा रुक्षा शूलो गर्दभागर्जितः ।

ग्रेवास्तम्भः स मूढातिः प्रोक्तो मणयास्तम्भ 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-samśraya	Kapha covers Vāta in manya pradeśa (cervical soft tissue)	Local oedema, myofascial knots
Vyakti	Stiff, painful, crepitant neck = <b>Manyāstambha</b>	Acute spasm / “crick”
Bheda / Saṅkara	If unchecked, pure Vāta degeneration — loss of disc height, osteophytes	Chronic cervical spondylosis

## 3. Samprāpti Vighaṭana - Breaking the Chain

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

### 5-B Internal Shamana & Rasāyana Medicines

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

\*Tailor to deha-bala & agni.

## 6. Rasāyana Phase (Weeks 4-12)

Rasāyana	Nerve-Disc Benefit
<b>Aśvagandhā</b>	↑ Myelin & muscle strength
<b>Bala-Rasāyana</b>	Overall musculo-skeletal tone
<b>Śilājatu</b>	Trace minerals, osteophyte control
<b>Āmalakī Rasāyana</b>	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; <b>Valuka-Sweda</b>	Light yava-yūṣa	20 ml Eranda Taila purge (once)	Melt Kapha
4-10	10 ml Kṣīrabala Taila oral; <b>Abhyanga + Patra-Piṇḍa Sweda</b>	Mahārasnādi Kwātha	Nasya 6 drops	Sneha + Snigdha sweda
11-18	<b>Greeva-Basti</b> daily	Continue Kwātha	Upanāha overnight	Local disc nutrition
19-26	<b>Yoga-Basti cycle</b>	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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