

## 11.8. Manyastambha

# □ Manyāstambha (Cervical Stiffness)

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

## □ 1. Introduction

**Manyāstambha** (मण्यास्तम्भ) 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 :

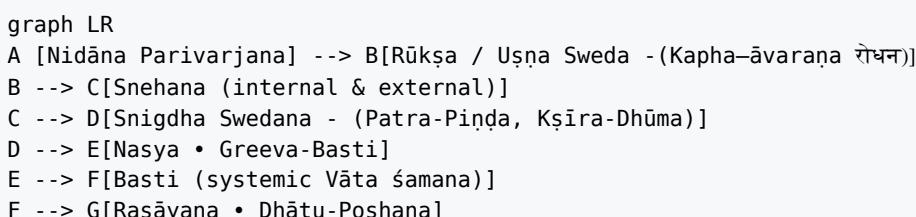
‘कण्ठोऽधः कन्धरा रुक्षा शूलो गर्दभागर्जितः ।  
ग्रैवास्तम्भः स मूढातिः प्रोक्तो मण्यास्तम्भ एव हि ॥’

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

## □ 2. Samprāpti (Pathogenesis)

Stage	Ayurvedic Dynamics	Modern Analogy
Saṅcaya → 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 <b>manya pradeśa</b> (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



© Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.

## □ 4. Chikitsā Sūtra - Governing Principles

क्रम	Classical Dictum	Practical Interpretation
1	“रुक्षस्वेदैः कफस्यापच्छयः”	Begin with dry/hot fomentation to melt Kapha-plug
2	“स्नेहस्वेदै वाते प्रधानौ”	Follow quickly with oil-massage & moist heat for Vāta
3	“नस्य शिरोभ्यङ्गः ग्रीवावस्तिश्च”	Nasya & oil-pooling on neck are mandatory
4	“बस्तिः अर्धं चिकी त्वितम्”	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)	Rükṣa 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>Nirgundi</i> , lemon, rock salt
<b>Nasya</b> (Nāvana)	Head-neck Vāta śamana	<b>Ānu Taila, Brahmi 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 x 2	Vāta-Kapha śamana, anti-inflammatory
<b>Mahārasnādi Kwātha</b>	40 ml BD	Analgesic, decongestant
<b>Trayodaśāṅga Guggulu</b>	500 mg x 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	Cold beverages, ice cream, raw salads
Soups of mung, barley, goat-meat broth	Excess sour, very spicy, junk food
Dry-ginger / ajwain in cooking	Day-sleep, night-vigil
Ergonomic desk height, 30-min micro-breaks	Long static phone-neck posture
Daily neck-Abhyanga & hot bath	Riding bike in cold wind without scarf

### □ Apathyā (Avoid)

## □ 8. Cervical Yoga Toolbox

- **Grīvā Sañcalana** - gentle rotations, lateral bends
- **Bhujangāsana** (Cobra) - opens cervico-dorsal junction
- **Marjari-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 Kṣirabala Taila oral; <b>Abhyanga + Patra-Piṇḍa Sweda</b>	Mahārasnādi Kwāṭha	Nasya 6 drops	Sneha + Snigdha sweda
11-18	<b>Greeva-Basti</b> daily	Continue Kwāṭha	Upanāha overnight	Local disc nutrition
19-26	<b>Yoga-Basti cycle</b>	Soft, warm diet	Gentle cervical physio	Root Vāṭa 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 + Vāṭa → Kapha-āvaraṇa in neck

- ↓ Rūkṣa Sweda & Virechana (Kapha ↓)
- ↓ Sneha • Snigdha Sweda (Vāṭa ↓)
- ↓ 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, Vāṭa 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.**

AYURVEDBHARATI.ORG