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 रुक् **(Ruk)** Deep aching or sharp "catch" on movement

गर्दभागर्जित Grating / crepitus on motion

± Radiation Occiput, shoulder, arm when nerve roots irritated

श्लोक:

"कण्ठोऽधः कन्धरा रूक्षा शूलो गर्दभागर्जितः। ग्रैवास्तम्भः स मूढार्तिः 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	
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 Vighaţana - 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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WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

☐ 4. Chikitsā Sūtra - Governing Principles

कम Classical Dictum Practical Interpretation

"रुक्षस्वेदैः कफस्यापच्छ्यः"
 Begin with dry/hot fomentation to melt Kapha-plug
 "स्नेहस्वेदौ वाते प्रधानौ"
 Follow quickly with oil-massage & moist heat for Vāta

3 "नस्यं शिरोभ्यङ्गः ग्रीवानस्तिश्च" Nasya & oil-pooling on neck are mandatory

4 "बस्तिः अर्थं चिकी त्सितम्" Enemas = half of Vāta management

5 "पश्चाद् रसायनैः पुनर्वलम्" 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 *Eranda, Nirgundī*, 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

Mrdu 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

 $Trayodaśāṅga~Guggulu~500~mg \times 2~Nerve-tonic;~chronic~degeneration$

Aśvagandhā-Lehya 10 g HS Anabolic, rasāyana

Guḍūcī Satva 500 mg BD Antioxidant, micro-vascular

☐ 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 **1** and digestion is clear.

^{*}Tailor to deha-bala & agni.

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Day-sleep, night-vigil

☐ 7. Pathyā-Apathyā

Dry-ginger / ajwain in cooking

☐ Pathyā (Do) ☐ Apathyā (Avoid)

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

Ergonomic desk height, 30-min micro-breaks Long static phone-neck posture

Daily neck-Abhyanga & hot bath 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
	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 ✓

$\ \square$ 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.

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WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

- 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.

 \square 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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