

Efficacy of Lavana Pinda Sweda in Manyastambha W.S.R. Cervical Spondylosis- A Case Study

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Abstract: *Manyastambha is painful disorders mainly associated with vitiation of Vata and Vyana vayu. The vitiated Vata get lodged in neck region resulting muscular pain in neck area. symptoms of Manyastambha closely resembles to cervical spondylosis. The Lakshanas of Manyastambha are Greeva shool, Greeva Stambha, Greeva shopha, Gatra suptata. The disease not only affects health of an individual but also put burden on quality of life and hampers day to day activities significantly. The disease considered as Vata Vyadhi which may occur due to the Diwaswapa, improper downword and upword movements of neck, over stretching of neck, improper sleeping positions and uses of inappropriate pillow, etc. So it is necessary to find an effective treatment modality. Lavana pinda sweda is mostly useful in kaphapradhan vatvyadhi. This therapeutic procedure of swedana is carried out by bolus of saindhava lavana known as lavana pinda sweda⁽¹⁾.*

Keywords: Ayurveda, Manyastambha, Lavana pinda sweda, Cervical spondylosis

