

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

Dr Prerana Devidas Gaikwad<sup>1</sup> and Dr. Pramod Mandalkar<sup>2</sup>

PG Scholar Panchakarma<sup>1</sup>

HOD and Guide<sup>2</sup>

S.M.B.T. Ayurved College and Hospital, Dhamangaon, Igatpuri, Nashik

**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<sup>(1)</sup>.*

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

## I. INTRODUCTION

Acharya charaka has explained eighty different types of nanatmaja vatavyadhi<sup>(2)</sup>. Manyastambha is one of the most important amongst the eighty types of nanmtajvyadhi. In Manyastambha back of neck becomes stiff and rigid and the movements of neck are impaired. The main characteristic feature of Manyastambha are neck pain and stiffness<sup>(3)</sup>. In the present era, leading to sedentary lifestyle, sitting in front of computers for long time, travelling too much on two wheelers, lack of neck exercise, improper sitting postures, increased mental stress etc are the main reason of aggravation of vata followed by kaphaaawaran which in turn causes stabdhta of manyasiras situated in the back of neck thus resulting in Manyastambha. The doshas involved are Vata and Kapha. Swedana karma is indicated in Vata and Vata kaphaja disorder<sup>(4)</sup>. Vata is responsible factor for inducing pain in neck region. The Guna of Vata and Swedana are opposite to each other. The Ushna guna of Sweda relieves pain in neck region. Based on signs and symptoms Cervical Spondylosis can be co related to Manyastambha.

Cervical spondylosis is a degenerative disorder involing intervertebral discs, cervical spine and joints of the cervical region. There is degeneration of the intervertebral disc with its protrusion and bony overgrowth of the adjacent vertebrae, causing narrowing of the cervical canal and intervertebral foramina with resultant compression of nerve roots, cords or both. In Manyastambha there is derangement of Vata and kapha implying pain, stiffens and decrease the movement of neck.

## AIMS

- To study the effects of Lavana pinda sweda in Manyastambha.
- To evaluate the practical application of Ayurvedic Lavana pinda sweda.



### OBJECTIVES

- Single case study to assess the result of Lavana pinda sweda in Manyastambha.
- To study the mode of action of Lavana pinda sweda.

### CASE STUDY

Details of patient complaints: A 42 yrs male patients came with complaints since past 15 days

- Pain in neck and spine region
- Numbness and tingling sensation
- Difficulty in neck movements
- Neck movement restriction

H/o – sleeplessness, No H/o – any major illness

No H/o – DM/HTN

On examination –

Physical examination was carried out after the patients informed consent was obtained. The patient was alert, cooperative and well-oriented with time on general examination, position of individual was in supine position and was relaxed. The pulse rate being 65 beats per minute, blood pressure 110/70mm Hg and his breathing rate was 20 breaths per minute.

### MATERIAL AND METHODS:

#### Material Required for lavana pinda sweda:

- Saindhava Lavana (small crystals of Rock Salt) – 500 gm
- 18 inches square cotton cloth – 2 in number
- 5 feet long cotton threads – 2 in number
- Vessels having round bottom for frying medicine.
- Gas-stove
- Big spoon

### TREATMENT

Lavana pinda sweda – The therapeutic procedure of swedana (sudation) performed using boluses filled with saindhava lavana (rock salt) was termed as lavana pinda sweda<sup>(5)</sup>.

It was categorized under Ruksha Pinda Sweda.

### PROCEDURE<sup>(6)</sup>

#### PURVAKARMA :-

Selection & Examination of pt.-

Selected patient must be indicated and fit for lavana pinda sweda. General examination, systemic examination, Ashtavidha Pariksha, Dashvidha Pariksha carried out with vital data and recorded. Written consent taken before starting the procedure.

Preparation of Patient :- Asked the patient to evacuate the bowel and bladder. Ekangga Abhyanga performed before pinda sweda.

Preparation of lavana bolus:-

Take saindhava lavan ( small crystals of rock salt) and use this for a purpose. It should be without impurities and clean. 500 grams of lavana is taken in vessel and directly heated without adding oil on slow gas. Lavana is continuous stirring, till colour of mixture gets change to slightly reddish. This lavana is prepared for the preparation of 2 boluses. A



cotton cloth is spread on table and 500 grams of lavana is placed on cloth. Make the round bolus and free end of cloth are folded and tied with thread to form holder. In this way 2 boluses should be neither tight nor loose rather it should be stiff.

#### **PRADHANKARMA Of Lavana pinda sweda :-**

The temperature of lavana bolus is tested and used for giving swedana. The bolus is placed over manya (neck) region gently. Once the bolus gets cooled (as felt by touching the bolus with the hand), it is changed with another bolus which has been kept on pan with slow heat. The bolus is repeatedly interchanged with the backup bolus throughout the treatment duration so as to maintain the constant temperature. The procedure is repeatedly done for a period of 20 minutes.

#### **PASHCHATAKARMA:**

1. Vital data should be recorded after procedure. 2. Ask the patient to take rest for few minutes and then the treated parts are washed with warm water. 3. Give the information to the patient about diet regimen. CAUTION – Everyday the bolus is replaced with the fresh lavana for better effects and results. The procedure is done till the sweating occurs and the patient feels light (samyak swinna lakshanas) Follow up – follow up will be carried out on 8th and 14th of treatment

#### **Drug Properties<sup>(7)</sup>**

Dravya: Saindhava lavana,

Guna: laghu, snigdha, sheeta

virya: sheeta

, vipak: Madhura

Doshghnta: kapha, vatashamak

Form of application: external fomentation with heated bolus

Quantity used: 500gm per setting

Duration of therapy: 20 minutes per day for 7 days

#### **Probable mode of action-**

- Local application of heat increases cutaneous and muscular blood flow, improving oxygenation and metabolism in the tissues.

Thermal stimulation causes vasodilatation and sweat gland activation, resulting in increased excretion of waste metabolites through perspiration.

Heat reduces muscle spasm and nerve root irritation, enhancing joint mobility.

The mineral content of Saindhava lavana helps in osmoregulation, drawing out tissue toxins through osmotic diffusion.

#### **RESULTS-**

After 7 days of treatment there was significant improvement in Symptoms.

#### **DISCUSSION-**

This single case study suggests that Lavana pinda sweda has better effect in management of Manyastambha. Patient show reduction in symptoms with continuous and gradual use Of such ayurvedic pinda sweda. The disease is mainly diagnosed on the basis of signs and symptoms of Manyastambha. All the symptoms have subsided within the duration of treatment course. Same treatment protocol for further case study need to be Done on larger sample size for More reliable And increase the Accuracy in result.



## II. CONCLUSION

This study concluded that Lavana pinda sweda is effective and give symptomatic relief to patient of Manyastambha . That may be because well known properties of these drugs like Deepana,Rochana,Vidbhedi.

## REFERENCES

- [1]. Therapeutic procedure of panchakarma by Dr.Pramod Mandalkar Rudra publication.
- [2]. Vaidya Yadavji Trikamji Acharya edited Charak Samhita of Agnivesh with Ayurved Dipika Commentary of ChakrapaniDatta,4th edition 1994, Chaukhamba Sanskrit series, Varanasi, Sutrasthana, Adhaya.20 sloka 11, page no.113.
- [3]. Article-Research Article Manyastambha:An Ayurvedic Approach by Sruthi and Harikrishna S KVG Ayurveda Medical College ,Karnataka.November,2020 DOI:10.24327/IJRSR.
- [4]. Charaka. Charaka Samhita (Ayurveda Deepika Commentary of Chakrapani Datta). Yadavji Trikamji, editor. 1st ed. Varanasi: Chaukhamba Publication; 2011. Sutra Sthana, 14/26. p.89.
- [5]. Dr Pramod Mandalkar , Therapeutic Procedures of Panchakarma, Minor Panchakarma Procedure, Chapter 36,Pg No 164, Rudra Publication 2022.
- [6]. Rout AK. A clinical study of Haritaki and Saindhava Lavana in Kaphaja Kasa with special reference to Samyoga Guna. Ayu. 2011 Jul;32(3):308-314. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3326882/>
- [7]. "Pranava Kerala Ayurveda," Pranava Ayurveda -, Jul. 08, 2022. <https://pranavaayurveda.co.uk/treatment/kizhi-pottali-treatments/Lavana-Pinda-Sweda/> (accessed Nov. 26, 2025).

