



Case Study

THE EFFECT OF AGNIKARMA WITH ASHTAPADA SHAPED SUVARNA SHALAKA IN MANYASTAMBH- A CASE STUDY

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Article info

Article History:

Received: 22-02-2022

Revised: 05-03-2022

Accepted: 16-03-2022

KEYWORDS:

Manyastambh,
Cervical
spondylosis,
Agnikarma
Suvarna shalaka,
Ashtapada.

ABSTRACT

Manyastambh is a medical disorder in which the back of neck becomes stiff and movements of the neck are diminished. We can correlate it with cervical spondylosis. Cervical Spondylosis is one of the commonest deteriorative states of cervical spine. Its pathology begins at the intervertebral disc (fibrocartilage) with decadence of disc resulting in the compression of cervical nerve along with decreasing of space. Pain that occurs may extend from mild ache to severe dysfunction. This condition affects not only the socio economic state of a person but also impedes the quality of life with change in lifestyle. According to Ayurvedic text. In case of severe pain localized in skin, muscles, ligaments and joints, we can do *Agnikarma*. In the present case, a 30 years old female patient came to the OPD of Shri Krishna Government Ayurvedic College & Hospital, Kurukshetra, Haryana with complaints of pain in the back of neck, difficulty in neck movements specially flexion of the neck and radiating pain in the left shoulder since last four months. So, after taking proper history, clinical examination and investigations (X Ray) the case diagnosed as *Manyastambh* and patient was treated with Ayurvedic parasurgical procedure i.e., *Agnikarma* with *Ashtapada* shaped *Suvarna shalaka*. We got really significant result after this study. Hence, through this article, we tried our best to establish the effect of *Agnikarma* with *Ashtapada* shaped *Suvarna shalaka* in case of *Manyastambh*.

INTRODUCTION

Pain in the back of the neck is a common problem and it may be a natural occurrence of ageing in people over 40 years. It is a degenerative disease by which larger group of people have been affected. *Manyastambh* can be clinically correlated with Cervical Spondylosis. Cervical Spondylosis is deterioration of cervical spine that most likely originated by age related changes in intervertebral disc. Due to deteriorative changes of the spine of the neck, stress is created over nerves and spinal cord at the level of neck. Pain that results may range from mild ache to severe ailment.

Cervical Spondylosis is a non specific term reporting the morphological explanations of progressive deterioration of cervical spine.

Also, In the present time, leading a resting lifestyle, sitting continually in front of computers, roving too much on two wheelers, improper sitting position, excessive mental stress and strain, anxiety, food habits and continuous use of electronic gadgets, people are becoming more prone to various deteriorative disorders like Cervical Spondylosis. Rate of Cervical Spondylosis is significantly higher in individuals carrying heavy weight on their head and also in office workers & tailors due to long sitting hours in same position. According to Ayurvedic point of view, we can correlate cervical spondylosis with *Manyastambh*.

Manyastambh comes under 80 types of *Nanatmaja vatavyadhis* in which the back of neck becomes stiff or rigid and the movements of neck are impaired^[1]. Along with *Vata dosha*, *Kapha dosha* also gets involved. In the case of *Manaystambha*, the *Vata* is

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Quick Response Code



<https://doi.org/10.47070/ayushdhara.v9i1.865>

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vitiated either by *Avarana* or by *Dhatukshya*^[2]. According to Ayurveda texts, wrong sleeping positions, use of large pillows, sleeping in the daytime, watching upwards, downwards for the side for long time causes *Manyastambh*.^[3]

The *Kaphavritta Vyana Vayu* is a chief causative factor to produce *Ruja* (pain) and *Gatisanga* (restricted movements and stiffness) of neck.^[4] With passage of time, many different clinical and experimental studies have been carried out by Ayurvedic experts to study the disease *Manyastambh* and its treatment. *Shalya Tantra* is one of the most important branches of Ayurveda. It includes parasurgical treatments like *Ksharkarma*, *Agnikarma*, *Siravyadha* and *Jalaukavcharana* which help to eradicate the diseases. In case of severe pain localized in skin, muscles, ligaments and joints, *Agnikarma* can be performed.^[5]

Therefore, this study was undertaken to evaluate the effect of *Agnikarma* with *Suvarna shalaka* to find out better result oriented therapy and an attempt is made to help the patients suffering from *Manyastambh* in our community.

OBJECTIVE

To evaluate the effect of *Agnikarma* with *Ashtapada* shaped *Suvarna Shalaka* in *Manyastambh*.

MATERIALS

- Gold *Shalaka* of *Ashtapada* shaped
- Sterile surgical gloves No. 6.5
- Gown
- Surgical mask
- Sterile cotton swabs
- Kidney tray
- Distilled water
- Candle
- Match box
- Probe holder
- Aloe vera pulp
- Goniometer

METHODOLOGY

As a treatment method in various ailments via advocating indirect heat by using *Shalakas* of different materials like iron, copper, gold, clay etc., is called as *Agnikarma*. There are many types of *Agnikarma* on the basis of *Akriti-Valya*, *Bindu*, *Vilekha* and *Pratisarana*^[6]. *Acharya Vagbhatta* also included *Ardhchandra*, *Ashtapada* and *Swastik* types of *Agnikarma* in this category.

PROCEDURE

Agnikarma is divided into 3 phases according to *Trividh karmas*

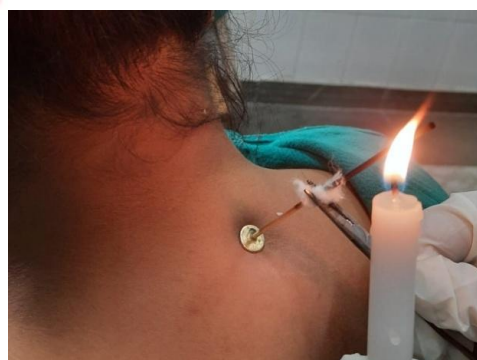
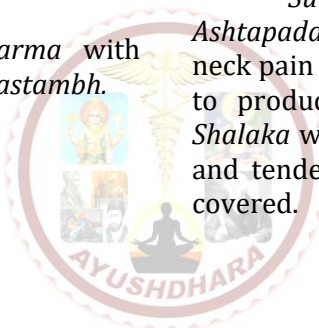
- *Poorvakarma*- Pre-operative procedure
- *Pradhankarma*- Operative procedure
- *Pashchatkarma*- Post-operative procedure

Poorva Karma

- Written informed consent was taken as it is an important part of any surgical or parasurgical procedure. Complete procedure was explained to the patient before treatment.
- Patient was made to sit on the chair bending his head on table with comfort.
- Goniometric measurements were taken.
- Preparation of the local part: Neck area was cleaned with distilled water and wiped with dry sterilized gauze piece.
- Most painful sites were marked with marker on the neck with proper space between each point.

Pradhan Karma

Suvarna shalaka was hold with artery forceps. *Ashtapada* end of *Shalaka* was placed on the site of neck pain and the other end was burnt with the candle to produce continuous heat. After heat sensation, *Shalaka* was removed and placed on other site of pain and tenderness. About 6-7 points of neck pain were covered.



Pashchat Karma

- Immediately after *Agnikarma*, Aloe vera pulp was applied on the site of *Agnikarma* to avoid burning scar and other adverse effects.
- The patient was advised to take rest for 10 minutes and was sent home.
- The patient was advised to avoid dietic regimen which aggravates *Vata Kapha* like potato, rice, brinjal, pumpkin, taro root etc. *Agnikarma* was done daily for 7 days. The periodic observations were made before treatment and after treatment. Follow up was done on 14th & 21st day.

Case Details

- Name - XYZ
- Age /Sex- 30 years female
- UHID No.-133359
- Address - XYZ

Main Complaints

- Pain in the back of the neck
- Restricted movements of neck
- Radiating pain in left shoulder

Observation Table

Subjective Parameters

Present History of Illness

Patient has complaint of pain in the back of neck, difficulty in neck movements especially flexion of the neck and radiating pain in the left shoulder since last four months. The patient develops pain in the back of neck after awakening in the morning. She has taken analgesic drugs for this since last one month, but she was not completely relieved. So she came to our hospital for further treatment.

Personal History

- Habit: No addiction
- Diet: Veg
- Social life: Average
- Body constitution: Thin

Vitals examination

- Blood Pressure: 110/70 mm of Hg
- Pulse rate: 72 /minute
- Temp.: 98°F
- Respiration rate: 17/ minute

a) Pain (<i>Ruja</i>)	Grade	B.T.	A.T.	14 th day	21 st day
a) No pain	0		✓	✓	✓
b) Mild pain but able to continue work. Relieves on his own/rest	1				
c) Moderate, frequent pain. Interferes with routine work. Relieve after taking analgesics.	2	✓			
d) Severe pain. Not tolerable. Not relieved	3				
b) Stiffness (<i>Gatisanga</i>)					
1) Normal Movements	0				
2) Mild restricted movements	1		✓	✓	✓
3) Moderate restricted movements	2	✓			
4) Severe restricted movements	3				
c) Radiating pain (<i>Vikeernashoola</i>)					
• Absent	0		✓	✓	✓
• Present	1	✓			

Objective Parameters

Range of movements by Goniometry

Movements	Normal Reading	Before Treatment	After Treatment
a) Flexion	80°-90°	20°	45°
b) Extension	70°	15°	40°
c) Lat. Flexion	20°-45°	20°	35°
d) Rotation	80°-90°	20°	50°

RESULT AND DISCUSSION

Assessment was done before and after treatment. There was partial relief in neck pain after 1st sitting and complete reduction in neck pain after 7th sitting. Radiating pain was also absent after treatment. Patient had moderate restricted movements of neck before treatment. After treatment, movements of neck were also improved. Patient complaint less pain during neck movements. Patient had no burning scar during and after *Agnikarma* with *Ashtapada* shaped *Suvarna shalaka*.

CONCLUSION

This is a very simple procedure and can be done at OPD level. Patient can do all routine activities without any problem on the same day. Along with this, *Agnikarma* causes no harm, take less time and hopefully more beneficial technique. Gold is the best metal. Gold remains conductive for a longer time as compared to copper and silver. Also gold does not corrode. From this study, we can say that *Agnikarma* with *Ashtapada* shaped *Suvarna shalaka* is very effective in *Manyastambh*.

Further study with a large group of people of *Manyastambh* will be helpful.

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Cite this article as:

Gupta Monika, Gujjarwar Shriniwas, Singh Rajender, Anamika. The Effect of Agnikarma with Ashtapada Shaped Suvarna Shalaka in Manyastambh- A Case Study. AYUSHDHARA, 2022;9(1):51-54.

<https://doi.org/10.47070/ayushdhara.v9i1.865>

Source of support: Nil, Conflict of interest: None Declared

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