

Comparative Clinical Evaluation of Shrungaberadi Yoga Nasya and Gudadi Nasya in Manyastambha (Cervical Spondylosis)

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Abstract—Background: Manyastambha is a Vatavyadhi affecting the cervical region presenting with pain, stiffness, tenderness and restricted movements. It correlates with Cervical Spondylosis in contemporary medicine. Nasya Karma is an important Panchakarma procedure for Urdhvajatrugata disorders. **Aim:** To evaluate and compare Shrungaberadi Yoga Nasya and Gudadi Nasya in Manyastambha (Cervical Spondylosis). **Materials and Methods:** A prospective, randomized, open-label, parallel group comparative clinical study was conducted on 40 patients (n=20 each). Group A received Shrungaberadi Yoga Nasya and Group B received Gudadi Nasya as Avapeeda Nasya (4 bindu per nostril) once daily for 7 days. Assessments were done on Day 0 (BT), Day 7 (AT), and Day 14 (follow-up). **Outcomes included pain (VAS), stiffness, tenderness and cervical ROM. Results:** Both groups showed statistically significant improvement in all parameters. Between-group comparison showed comparable reduction in pain and stiffness, while Gudadi Nasya showed sustained advantage in tenderness at follow-up. **Conclusion:** Both interventions are effective and safe; Gudadi Nasya showed marginally superior improvement in selected objective parameters.

Index Terms—Avapeeda Nasya, Cervical Spondylosis, Manyastambha, Panchakarma, Shrungaberadi Yoga, Gudadi Nasya

I. INTRODUCTION

Manyastambha is described among Vata Vyadhis [9] and presents with pain and stiffness in the neck region. It can be correlated with Cervical Spondylosis [16][19], a common degenerative disorder of cervical spine with similar clinical manifestations. Nasya is

considered the prime therapy for Urdhvajatrugata disorders [1][2][3] as 'Nasa hi Shiraso Dwaram'. Hence, the present study evaluates and compares Shrungaberadi Yoga Nasya and Gudadi Nasya in Manyastambha.

II. MATERIALS AND METHODS

Study design: Prospective, randomized, open-label, parallel group comparative clinical study. **Sample:** 40 subjects of Manyastambha (Cervical Spondylosis) were selected from OPD/IPD of Ramakrishna Ayurvedic Medical College Hospital and Research Centre, Bangalore and divided into two groups (n=20 each). **Intervention:** Group A – Shrungaberadi Yoga Nasya; Group B – Gudadi Nasya; both administered as Avapeeda Nasya [1][2][3], 4 bindu per nostril once daily for 7 days with follow-up on Day 14. **Assessment:** Pain (VAS), stiffness grading, tenderness grading, cervical ROM. **Statistics:** Paired and unpaired t-test, Wilcoxon signed rank, Mann-Whitney U, Chi-square/Fisher exact as applicable.

III. OBSERVATIONS AND RESULTS

All 40 patients completed the study. Both groups showed significant improvement in pain, stiffness, tenderness and cervical ROM. No adverse drug reactions were observed.

TABLE I: BETWEEN-GROUP COMPARISON OF SUBJECTIVE PARAMETERS (MEAN ± SD)

Parameter	Day	Group A	Group B	P value
Neck Pain (VAS)	Day 0	6.10 ± 1.12	5.90 ± 1.07	0.543
	Day 7	2.40 ± 1.14	2.40 ± 0.94	0.989
	Day 14	0.50 ± 0.51	0.45 ± 0.60	0.641
Neck Stiffness (Grade 0–4)	Day 0	2.20 ± 0.62	2.15 ± 0.67	0.830
	Day 7	0.80 ± 0.62	0.50 ± 0.51	0.123
	Day 14	0.20 ± 0.41	0.25 ± 0.44	0.708

TABLE II: BETWEEN-GROUP COMPARISON OF OBJECTIVE PARAMETERS (MEAN ± SD)

Parameter	Day	Group A	Group B	P value
Tenderness (Grade 0–4)	Day 0	1.75 ± 0.72	1.60 ± 0.68	0.495
	Day 7	0.85 ± 0.59	0.75 ± 0.55	0.595
	Day 14	0.45 ± 0.51	0.15 ± 0.37	0.041*
Cervical Flexion (°)	Day 0	42.75 ± 2.55	42.50 ± 2.56	0.759
	Day 7	44.25 ± 1.83	44.00 ± 2.05	0.687
	Day 14	44.75 ± 1.12	45.00 ± 0.00	0.324
Cervical Extension (°)	Day 0	64.00 ± 5.03	64.00 ± 5.03	1.000
	Day 7	67.75 ± 3.43	68.00 ± 2.99	0.807
	Day 14	68.00 ± 2.51	69.25 ± 1.83	0.080
Right Lateral Flexion (°)	Day 0	43.25 ± 2.45	42.75 ± 2.55	0.531
	Day 7	43.75 ± 2.22	44.25 ± 1.83	0.442

	Day 14	43.75 ± 2.22	44.25 ± 1.83	0.442
Left Lateral Flexion (°)	Day 0	43.25 ± 2.45	42.50 ± 2.56	0.350
	Day 7	43.75 ± 2.22	44.25 ± 1.83	0.442
	Day 14	43.75 ± 2.22	44.25 ± 1.83	0.442
Right Rotation (°)	Day 0	80.25 ± 6.17	83.50 ± 5.87	0.096
	Day 7	81.00 ± 5.53	82.50 ± 5.50	0.395
	Day 14	81.00 ± 5.53	82.00 ± 5.23	0.560
Left Rotation (°)	Day 0	80.25 ± 6.17	80.25 ± 6.97	1.000
	Day 7	81.00 ± 5.53	82.00 ± 5.23	0.560
	Day 14	81.00 ± 5.53	82.50 ± 6.39	0.432

IV. DISCUSSION

Manyastambha is mainly Vata predominant with Kapha association causing pain and stiffness in Manyapradesha. Nasya Karma, especially Avapeeda Nasya [1][2][3], helps in pacifying Vata-Kapha, reducing Shoola and Stambha and improving mobility. In the present study, both Shrungaberadi Yoga Nasya and Gudadi Nasya produced significant improvement. Gudadi Nasya showed marginally superior sustained improvement in tenderness at follow-up, suggesting better effect on pain-related tissue sensitivity.

V. CONCLUSION

Both Shrungaberadi Yoga Nasya and Gudadi Nasya administered as Avapeeda Nasya (4 bindu per nostril) for 7 days are effective and safe in the management of Manyastambha (Cervical Spondylosis). Gudadi Nasya showed marginally superior results in tenderness at follow-up.

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CONFLICT OF INTEREST: None declared.

ETHICAL CONSIDERATION: Informed consent was obtained from all participants. The study was conducted as per institutional research protocol.

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