

**“A RANDOMISED CLINICAL STUDY TO EVALUATE THE
EFFICACY OF KSHEERBALA AND KSHEERBALA
AAVARTAN TAIL NASYA IN THE MANAGEMENT OF
MANYASTAMBHA W.S.R TO CERVICAL SPONDYLOSIS.”**



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ABSTRACT

TITLE: “ A RANDOMISED CLINICAL STUDY TO EVALUATE THE EFFICACY OF KSHEERBALA TAIL AND KSHEERBALA AAVARTANA TAIL NASYA IN THE MANAGEMENT OF MANYASTAMBHA W.S.R. TO CERVICAL SPONDYLOSIS”.

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- **INTRODUCTION:** *Manyastambha* is disease causes pain, stiffness, restricted movements in *Manya Pradesha*. *Nasya* is considered as the prime treatment for *Urdhwajatrugata vikara*. which decreases *Prakupita Vata & Kapha Dosha*. In general for *Nasya karma* the *Taila yogas* are more commonly used as *Taila* have properties which are opposite to qualities of *Vata* and *Kapha Dosha*. The classical dose of *Nasya karma* is very high which is practically not possible, so to reduce classical dose of *Nasya Karma* and to get desired effect from *Nasya karma* we use the *Avartitaitaila*, as found that *Avartitaitaila* is more potent and easily absorbed in deeper tissue.

AIM AND OBJECTIVES:

AIM: To evaluate the efficacy of ksheerbala and ksheerbala Aavartana Taila Nasya in the management of *Manyastambha*.

OBJECTIVES:

1. To evaluate the therapeutic effect of *Nasyakarma* by using *Ksheerbala tail* in the management of *Manyastambha*.
2. To evaluate the therapeutic effect of *Nasyakarma* using *Ksheerbala Aavartana tail* in the management of *Manyastambha*.

3. To compare both the groups and ascertain the added effect of *Nasyakarma* with *Ksheerbala tail* in the management of *Manyastambha*

METHODOLOGY:

A minimum 30 cases of *Manyastmbha* were selected for the study from the I.P.D. of Parul Ayurved Hospital and Khemdas Ayurved Hospital.

- a) Study design: Randomized single blind comparative clinical study.
- b) Sample size: 30 patients
- c) Group A: 15 patients with *Ksheerbala Tail Nasya*
- d) Group B: 15 patients with *Ksheerbala Aavartana Tail Nasya*

OBSERVATIONS & RESULTS: Observation is done with all subjects including in study. Critical observation was made on the basis of various factors like age, gender, occupation, economical-status, symptoms, education, etc. In the result section mainly deals with critical observation of clinical study and assessment of results by using various statistical tests. All parameters were assessed very critically result was drawn for the study. In this study trial group shown more significant results compare to control group.

CONCLUSION:

- ✓ Occupational, Postural hazards are prone to *Manyastambha*.
- ✓ The maximum patients was between 51-60 age groups which is suggestive of risk factor is more on ageing.
- ✓ In *Manyastambha* drugs having *Vatahara*, *Brimhaniya*, and *Balya* properties should be administered.
- ✓ No any adverse effects were found during or after treatment.
- ✓ 30 *Aavartana tail* is costly & time consuming but it is having own importance. It reduces the almost half of the dose of *Nasya dravya* & more potent than *ksheerala taila*.
- ✓ When *Ksheerbala Aavartana taila* compare to *ksheerbala tail* in *Rogaupashanti* was found earlier in 7 days of treatment

