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A review of shigrutvachadi vati - An ayurveda formulation for manyastambha (cervical spondylosis)

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Abstract

Cervical spondylosis is a long-term degenerative condition that affects the bones and discs in the neck region of the spine. It is a widespread issue seen in both men and women, especially among middle-aged and older adults. In classical Ayurvedic texts, *Manyastambha* is one of the *Nanatmaja Vata Vyadhi*. *Manyastambha* is described as a condition marked by pain (*Ruka*) and stiffness (*Stambha*) in the neck region (*Manya*), involving the bones (*Asthi*) and joints (*Sandhi*), resulting in restricted neck movement and discomfort. *Shigrutvachadi Vati*, comprises *Shigrutvacha*, *Pushkarmoola*, *Shunthi*, *Gokshura*, *Pippali*, *Guduchi*, *Rasna*, *Shati*, *Chitraka*, and *Saindhava Lavana*. Most ingredients exhibit *Deepana*, *Pachana*, *Rochana*, *Vatakapha Shamaka*, *Tridosha Shamaka*, *Shothaghna*, *Vedanasthapaka*, *Stambhagna*, *Shoolaprashamana*, and *Balya* actions. Its herbal ingredients are known to have Analgesic, Anti-inflammatory, Antibacterial, Antifungal, Antiviral, Antiarthritic, Spasmolytic, Antibiotic, Antioxidants, Hepatoprotective, Immunoglobulins and Muscle-relaxant effects. This *Vati* has unique therapeutic qualities that help balance aggravated *Vata Dosha* in the bones and joints, effectively halting the development and advancement of *Manyastambha* (stiff neck). However, in chronic cases of long-standing duration involving multiple joints, *Shigrutvachadi Vati* was found to be less effective.

Keywords: *Nanatmaja*, *Sandhi*, *Stambha*, *Manya*, *Ruka*, *Manyastambha*

Introduction

Manyastambha is recognized as one of the eighty distinct ailments that arise specifically from *Vata dosha* imbalances, categorized under *Vataja Nanatmaja* disorders^[1]. It is characterized by pain and limited mobility of the neck, leading to restricted movements. In today's fast-paced lifestyle, individuals spend long hours on computers, work night shifts, sleep during the day, go on extended drives, watch television for prolonged periods, and rest on overly soft mattresses and pillows-often neglecting essential physical activity, mental well-being, and healthy dietary practices. The altered, inactive, and restless modern lifestyle has contributed to its increasing prevalence^[2].

In modern medical terms, *Manyastambha* is closely associated with Cervical Spondylosis, a degenerative condition of the cervical spine. It typically presents with; Persistent neck pain, Stiffness and reduced range of motion, Difficulty turning or moving the neck, Degeneration of intervertebral discs, Disc herniation or extrusion, Fibrosis in surrounding tissues, Bone spur formation (osteophytes) along vertebral edges^[3].

In the present era, cervical spondylosis is primarily managed through conservative approaches, including the use of analgesics, muscle relaxants like cyclobenzaprine, narcotics, and antiepileptic drugs such as gabapentin for nerve-related pain. Treatment may also involve steroid injections and NSAIDs to control inflammation. In more severe cases, surgical intervention might be necessary. However, these medications mainly offer temporary symptomatic relief and can cause serious side effects, including gastrointestinal bleeding and kidney damage, particularly with prolonged use. NSAIDs are also associated with an elevated risk of heart attack. Ayurvedic texts offer comprehensive guidance on maintaining a healthy lifestyle and detail the use of medicinal formulations for treating various ailments^[4]. *Shigrutvachadi Vati*⁵ of *Gadnigrha*, *Vatarogadhihara* is elaborated widely with analysis of its constituents. Indications based on classical texts and modern.

These formulations possess *Vata-Kapha* pacifying properties, making them effective in the management of *Manyastambha*.

Aim and Objectives

1. Detail literary study of *Shigrutvachadi Vati*.
2. The present study is an attempt to go through references of *Shigrutvachadi Vati* formulations in literature in

order to have comparative better understanding of these formulations in terms of their compositions, indications.

Materials and Method

Material is collected through various classical text book, journals, articles.

Results

Table 1: Ingredients for the formulation *Shigrutvachadi Vati* ^[5]

S. No	Drug Name	Botanical Name	Used Part	Ratio
1.	<i>Shigru (Tavcha)</i>	<i>Moringa oleifera</i> Lam.	<i>Tavcha</i>	1 part
2.	<i>Pushkarmool</i>	<i>Inula racemose</i>	Root	1part
3.	<i>Shunthi</i>	<i>Zingiber officinale</i>	Dry rhizome	1part
4.	<i>Gokshura</i>	<i>Tribulus terrestris</i> Linn.	Fruit	1 part
5.	<i>Pippali</i>	<i>Piper longum</i>	Fruit	1 Part
6.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Stem	1part
7.	<i>Rasna</i>	<i>Pluchea lanceolata</i>	Root	1part
8.	<i>Shati(Kapurkachari)</i>	<i>Hedychium spicatum</i>	Rhizomes	1part
9.	<i>Chitrak</i>	<i>Plumbago zeylanica</i>	Root	1part
10.	<i>Saindhav lavan</i>	Rock salt	-	1part

Table 2: *Rasapanchak* and *Doshaghnata* of single drugs

Drug Name	Rasa	Virya & Vipaka	Doshaghanta
<i>Shigru</i> ^[6] (<i>Tavcha</i>)	<i>Katu, Tikta</i>	<i>Ushna & Katu</i>	<i>Vata-Kapha Shamak</i>
<i>Pushkarmool</i> ^[7]	<i>Tikta, Katu</i>	<i>Ushna & Katu</i>	<i>Kapha-Vata Shamak</i>
<i>Shunthi</i> ^[8]	<i>Katu</i>	<i>Ushna & Madhura</i>	<i>Kapha-Vata Shamak</i>
<i>Gokshura</i> ^[9]	<i>Madhura</i>	<i>Sheeta & Madhura</i>	<i>Vata-Pitta Shamak</i>
<i>Pippali</i> ^[10]	<i>Katu</i>	<i>Anushna & Madhura</i>	<i>Vata-Kapha Shamak</i>
<i>Guduchi</i> ^[11]	<i>Tikta, Kashaya</i>	<i>Ushna & Madhura</i>	<i>Tridoshaghna</i>
<i>Rasna</i> ^[12]	<i>Tikta</i>	<i>Ushna & Katu</i>	<i>Kapha-Vata Shamak</i>
<i>Shati</i> ^[13] (<i>Kapurkachari</i>)	<i>Katu, Tikta, Kashaya</i>	<i>Ushna & Katu</i>	<i>Kapha-Vata Shamaka</i>
<i>Chitrak</i> ^[14]	<i>Katu</i>	<i>Ushna & Katu</i>	<i>Tridosh shamak</i>
<i>Saindhav lavan</i> ^[15]	<i>Lavana, Madhura</i>	<i>Sheeta & Madhura</i>	<i>Tridoshahara</i>

Discussion

The causative factors of *Manyastambha* have been described by Acharya Sushruta. As per his explanation, daytime sleeping, resting or lying on uneven surfaces, frequent upward gazing, and *Avarna* of *Vayu* by *Kapha* are the primary contributors to the development of *Manyastambha* ^[16].

Classical texts describe the symptoms of *Manyastambha* as *Ruka* (pain) and *Stambha* (stiffness) in the *Manya* (neck) region, involving the *Asthi* (bones) and *Sandhi* (joints). *Shigrutvachadi Vati* ^[5] is one of the important formulations used in the classics. In *Gadnigrha* 10 ingredients have been mentioned. Grind all the above given ingredients into fine powder and then it is triturated using water and finally converted to tablets form. This particular *Yoga* contains mostly those drugs which have *Deepana Pachana, Rochana, Vata-Anulomana, Shoolahara*, properties. That keeps the *Vata* and *Kapha Doshas* in balance the research studies regarding ingredients of *Shigrutvachadi Vati* also show results on *vatavyadhi* like *Manyastambha*. The initial stage of *Manyastambha* involves *Vata* imbalance, which may arise from tissue depletion, obstruction, or excessive intake of *Vata*-aggravating diet and lifestyle. When *Vata*, vitiated by *Avarana* or *Dhatukshaya*, gets lodged in *Kapha Sthana*, *Kapha* also contributes to the pathology. *Shigrutvachadi Vati* comprises *Shigrutvacha, Pushkarmoola, Shunthi, Gokshura, Pippali, Guduchi, Rasna, Shati, Chitraka*, and *Saindhava Lavana*. Most ingredients exhibit *Deepana, Pachana, Rochana, Vata-kapha Shamaka, Tridosha Shamaka, Shothaghna*,

Vedanasthapaka, Stambhagna, Shoolaprashamana, and *Balya* actions. A formulation such as *Shigrutvachadi Vati* endowed with these actions, is expected to counter the pathogenesis of *Manyastambha* and halt its further development. *Shigru* ^[6], owing to its *Tikta, Katu Rasa, Tikshna, Ruksha, Laghu, Ushna Guna, Katu Vipaka* and *Ushna Virya*, pacifies vitiated *Kapha* and *Aama Dosha*. *Tikshna* and *Ruksha Guna*, along with *Ushna Virya*, pacify *Vata Dosha*, resulting in the reduction of *Toda, Shula*, and other related symptoms. *Shigru* also enhances *Dhatvagni* through its *Tikta* and *Katu Rasa*, leading to proper nourishment of the *Dhatu*, while symptoms of *Vata* vitiation are relieved due to its *Vata-Kapha Shamak* and *Rasayana* properties. Hence, it exhibits *Shothahara*, Anti-inflammatory, Antimicrobial, Antifungal, Antiviral, Antibiotic, Antioxidants, Hepatoprotective, Immunoglobulins and effects on Neuro-transmitter regulation. *Pushkarmoola* ^[7] possesses primarily *Tikta, Katu Rasa, Laghu, Tikshna Guna, Ushna Virya, Katu Vipaka, Kapha-Vata hara, Dipana, Vedanasthapana, Shothahara*. Thus, it shows analgesic and anti-inflammatory effects. *Shunthi* ^[8] pacifies *Kapha and Vata*, aids in digesting *Ama*, and enhances *Agni* due to its *Ushna Virya, Katu Rasa* and *Laghu, Snigdha Guna*. "It alleviates pain and inflammation associated with musculoskeletal conditions. Research confirms the anti-inflammatory, spasmolytic, and analgesic actions of methanolic extract of *Zingiber*. *Gokshura* ^[9] primarily exhibits *Guru, Snigdha Guna, Madhura Rasa, Sheet Veerya, Madhura Vipaka, Vata-pittashamaka, Vedanasthapana, Agnideepaka, Anulomana, Shothahara*,

Vastishodhaka. So, it have CNS Stimulant, Analgesic, Vaso-depressant, Muscle relaxant, Cardiotonic, Antibacterial, Anti-fungal, Anti-microbial, Hepatoprotective. *Pippali* ^[10] primarily has *Katu Rasa*, *Snigdha*, *Laghu Guna*, *Anushna Veerya*, *Madhura Vipaka*, *Vata-shleshmahara*, *Rechana*, *Shoolahara*, *Vatahara*, *Ama-Nashaka*, *Medo-Kaphanashaka*, *Agnivardhaka*. Thus, it exhibits Antispasmodic, Anti-inflammatory, Antibacterial, Central Nervous System-stimulating, Blood sugar-lowering, Liver-protective, and Immune-enhancing activities. *Guduchi* ^[11] (*Amrita*) mainly possesses *Tikta*, *Kashaya Rasa*, *Snigdha*, *Ushna*, *Tridosha Shamaka*, *Vedanasthapana*, *Deepan*, *Pachan*, *Vatanulomana*. Hence, it shows Anti-inflammatory, Antiarthritic, Antioxidant, and Analgesic effects. The drug *Rasna*, ^[12] due to its *Tikta Rasa*, *Katu Vipaka*, and *Ushna Virya*, pacifies aggravated *Kapha* and *Ama Dosha*. Its *Guru Guna* and *Ushna Virya* help calm *Vata Dosha*, leading to a reduction in *Toda*, *Shula*, and other related symptoms. "*Rasna* also enhances *Dhatvagni* through its *Tikta Rasa*, leading to proper nourishment of the *Dhatu*, while symptoms of *Vata* vitiation are relieved due to its *Vatashamak* and *Rasayana* properties. *Shati* ^[13] primarily possesses *Katu*, *Tikta*, *Kashaya Rasa*, *Laghu*, *Tikshna Guna*, *Ushna Veerya*, *Katu Vipaka*, *Kaphavatashamaka*, *Sandhishothahara*, *Shoolahar*, *Amavata*, *Aruchi*, *Agnimandhya*, *Adhamana*, *Vedanasthapana*. Thus, it exhibits Analgesic and Anti-inflammatory effects. The properties of *Chitrak* ^[14] are primarily *Katu Rasa*, *Laghu* and *Tikshna Guna*, *Ushna Veerya*, and *Katu Vipaka*. It predominantly pacifies *Kapha* (cough) and *Vata* (vayu), but also acts as a *Tridoshaghna*-helping to balance all the fundamental bodily constituents. *Chitrak* is especially known for its potent *Ama Pachana* and *Agni Deepana* actions. The properties of *Saindhava Lavana* ^[15] are primarily *Madhura Rasa*, *Laghu*, *Snigdha*, *Tikshna*, *Sheeta Guna*, and *Madhura Vipaka*. It is *Tridoshahara*, especially effective in pacifying *Vata*, and possesses *Anulomana*, *Deepana*, and *Rochana* actions. Thus, it exhibits Analgesic and Anti-inflammatory effects. *Shigrutvachadi Vati* has unique therapeutic qualities that help balance aggravated *Vata Dosha* in the bones and joints, effectively halting the development and advancement of *Manyastambha* (stiff neck). However, in chronic cases of long-standing duration involving multiple joints, *Shigrutvachadi Vati* was found to be less effective.

Conclusion

As per the above discussion, it can be concluded that *Shigrutvachadi vati* is an excellent drug of choice for *Manyastambha*.

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