NECK PAIN: AN ANCIENT VIEW
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INTRODUCTION
Neck is a most important part of the human body. It serves as a pillar in between head and trunk part of the body, without which human being cannot be picturize. Though we find many options in treating neck pain according to modern medicine. Particularly in psychosomatic diseases, they are less effective. Hence here, an attempt is made to find out what the ancient scriptures say about neck pain. As per the ancient scriptures, the term greeva is considered as the neck. The nape of the neck or posterior part of the neck is said as manya (Neck region) and the disease manyastambha occurs in manya region associated with pain and stiffness in the neck region. It is one of the vatavyadhī.

Vyutpatti And Nirukti
Manya is a stree linga sabda. In sabdakalpadruma, it is said as manya is the seat of stambha (stiffness) & dukha sorrow or pain and so on. Amarakosha defines manya as the vessels which traverse behind the neck region and Greeva, the region of cervical vertebrae.

Synonyms
Shirodhī - that which carries shiras or head kandhara - pillar to the head stambha – stiffness Manyastambha - Manyastambha (stiffness of the neck) is one of the vātavyādhi.1

Dictionary Meanings
Manya - Nape or back of the neck or knowledge. Greeva - The neck, back part of the neck, tendon of the trapezius muscle, neck of a bottle. Stambha - To become stiff, rigid or immovable.3

NECK PAIN IN VEDA’S AND UPANISHAD’S
In Atharva veda, we find some of the references such as kikasa, anuka & greeva denoting spine or vertebral column which includes even cervical region. Here, anuka denotes spine. No reference is available either in yajurveda or samaveda regarding neck or spine and also in Upanishads’s.4

In Puranas
In Agni Mahapuramam, we find the reference of manya, its related ailments and cikitsa. A reference of vatayadhi lakshanas and cikitsa is also available with specific treatment to stambha. In case of swelling & stiffness of the vessels in the neck kati taila abhyanga should be done A person suffering from vittitation of vata dosha should be given buttermilk constantly.5

Garuda Mahapuramam also describes manyastambha same as of Agni Mahapuramam in detail, importance of vata dosha, its' gunas and the diseases caused by it.6

Hatha yoga pradipika In hata yoga pradipika we can find kukkutasana which is said as it strengthens the arm and shoulder muscles and gives the sensation of levitatio.7

NECK PAIN IN AYURVEDA
In Ayurveda we find the detail description of neck pain and its treatment which can be correlated to manyastambha based on the features. Manyastambha is one of the vatayadhi caused due to vitiation of vata dosha, there fore the causes, pathology and general treatment is same as that of vatayadhi, with some specific features and specific treatment.

In Hata yoga pradipika, the word grivastamba is not mentioned anywhere. In Indriya shana, the term greevavamardā or greevapida (pain in the neck) is explained in the concept of Arista lakṣana bhedā (the signs of imminent death). Shushruta quotes the term manyastambha for the pain and stiffness occurring in neck region found in vatayadhi cikitsa of nidana shana which is said to be due to vata vitiation associated with kapha dosa. Apart from samanya vatayadhi cikitsa, specific nidana, samprapti and cikitsa for the disease is also explained. But the the word grivastamba is not mentioned anywhere.

Asganta hrdayakara vagbhata calls manyastambha or the neck pain as antarayama, a vatayadhi with addition of some more lakshanas or symptoms. In Madhava nidanam, the lakshana’s of manyastambha is explained same as of Sushruta.9 Sharangadharā samhitā in his prathama khanda also mentions the disease manyastambha as antarayama as vagbhata.10 Bhavamishra, author of Bhavaprakasha samhitā interprets manyastambha same as of Sushruta except the...
cikitsa part which he has elaborately given.

Nichana (Aetiological Factors)
Nichana of manyastamha is the vatadosha prakopa in which

- Excessive sexual indulgence
- Remaining awake at night in excess,
- Inappropriate therapeutic measures,

Administration of therapies which cause excessive elimination of tridoshas & rakta dosha, excessive fasting
- Excessive swimming,
- Resorting to wayfaring, exercise Resorting to wayfaring, exercise & other physical activities in excess,
- Loss of dhatu (tissue elements), excessive emaciation because of worry, grief & affliction by diseases,
- Sleeping over uncomfortable beds & sitting over uncomfortable seats, anger, sleep during day time
  fear & suppression of natural urges, formation of ama, residence in windless place, covering the body with blankets

Samprapti (Pathology)
Because of the above mentioned factors, the aggravated vayu, sugar, sour & saline & such other measures which are

- Sleeping over uncomfortable beds & covering the body with blankets.
- Ghee, oil, muscle fat marrow, fomentations which are

Vishesha Chikitsa (Specific Treatment)
In manyastambha, application of sniffs alleviating vata & kapha dosha should be given along with rough sudation.11 In

manyastambha use of decoction of either dashamula or of pancamula, dry fomentation & nasal medication shchould be

administered. The neck should be anointed & massaged with oil or ghee, then covered with leaves of arka or eranda and

then fomentation given many times. Yolk of hens egg, sandhava & ghee mixed well, made warm & applied in the

neck and massaged, this relieves stiffness of the neck.13

Pathya Ahara

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<thead>
<tr>
<th>Food Group</th>
<th>Ayurvedic Name</th>
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<tbody>
<tr>
<td>Prabhava</td>
<td>Godhuma, Masha, Raktashali, Kudathya</td>
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<tr>
<td>Dugdha</td>
<td>Gau-Aja Dugdha, Ghrita, Kilatam etc.</td>
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<tr>
<td>Jalavarga</td>
<td>Usna Jala, Shrishita Jala</td>
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<tr>
<td>Madyavarga</td>
<td>Sura, Madira, Surasava, Amlakangika</td>
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<td>Mamsavarga</td>
<td>Kuukuta, Mayura, Chaitaka, Ittir, Nakra,</td>
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<td>Mitraavarga</td>
<td>Goo, Avika, Asvha, Hasti Mutra</td>
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<tr>
<td>Pralavarga</td>
<td>Draksha, Badara, Anra, Madhuk etc</td>
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<td>Rasavarga</td>
<td>Shakavarga Patola, Shigu, Rason, Jivanti</td>
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<tr>
<td>Snayavarga</td>
<td>Inita Vasa, Meja, Ghitra</td>
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Injuries to maridhi, riding over an elephant, camel, horse or fast moving vehicle

Pathya Vihara
Atapa Sevana, Mridushayya, Ushnodaka Snana etc.

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<td>Jalavarga</td>
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<td>Navamadaya, Atimadayaapa</td>
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<td>Kapota, Paravat, Kuhinga, Shuka, Shushka Mansa</td>
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<td>Jambu, Kramuka, Kasheruka, Lavali, Parapatti Phulaetc.</td>
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<td>Rasavarga</td>
<td>Katu, Tikta, Kasaya Rasa, Kamuda, Kamalana, Palaka, Udumbura</td>
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Apathya Vihara
Chinta, Jagarana, Vega Sandharana, Shrama, Anashana, Vyavaya, Vayyama, Pravata, Chankramana, Kathin Shayya, Yana Gamana etc.

REFERENCES