

Effect of nasya in manya stambha

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Cervical spondylosis is a degenerative disease of cervical spine. It is age related degenerative disease but the incidence is increasing day by day due to following postures while working sleeping, sitting and faulty dietary habits. According to ayurveda this disease should be correlated with Asthigata vata owing to its basic pathogenesis of bony degeneration. In the presence of the effect of nasya in cervical spondylosis were studied. In neurological manifestation nasya proved better in symptoms like stiffness, pain, tenderness are also relieved by Nasya. Nose is the nearest & easiest entry for conveying the medicines to cranial cavity because *Naasa hi siraso dwaram* the drugs administered will reach the *shringataka marma* & spread through the openings of eyes, Ears & throat etc & to the head and the drug will act through absorption by *shringataka marma*. Only region of the body through which neurons are directly exposed to external environment is nose. Olfactory receptors extend through about 20 olfactory foramina in the cribriform plate of the Ethmoid bone. Nasya dravya may stimulate olfactory neurons which may have effect on the regions through which the impulse travels. After the absorption of drug it acts on the diseases of *amsa, skada & greeva*. Then it takes out the doshas like *Munjadi shikavat*. The nasya dravya acts on the 2 regions.

1. The area through which the dravya is travelling
2. The area to which the dravya is absorbed.

Biography

Sk. Razimuneesa begum studying as a PG Scholar in Dr B.R.K.R Govt Ayurvedic College, India in the Dept of Kaya Chikitsa. In allopathy, there is no best/complete remedy for cervical spondylosis. So create awareness for the people.